

**But there's something  
we should **NOT** do!**



Drugs, alcohol and cigarettes are absolutely the worst, most gross, icky, nasty things you can do to your body.

**Your body is an awesome machine.**



- It can run and leap and dance and sing.
- Your brain stores incredible amounts of information you learn at school.
- Your heart pumps life-giving blood.
- Your lungs give you oxygen you need to breathe.

