



## HEALTHY B.A.S.I.C.S. (Building Active Strategies to Inform Children in School)

is a project devoted to bringing simple, engaging and culturally relevant health materials to elementary and middle school children.

For additional information, contact:



### Children's Health Fund

Healthy B.A.S.I.C.S.  
215 West 125th Street, Suite 301  
New York, NY 10027  
[www.ChildrensHealthFund.org](http://www.ChildrensHealthFund.org)

The Children's Health Fund (CHF) produces low-literacy, culturally relevant health education booklets and brochures to simplify complex medical issues affecting families and children. The materials make vital health information accessible to children, teenagers, parents and other care givers. They are created by clinicians within CHF's national network and undergo an extensive review process, which includes external topic experts and cultural anthropologists. English and Spanish materials adhere to low-literacy writing and design conventions and are tested for appropriate reading levels.

Made possible by a grant from

## MetLife Foundation

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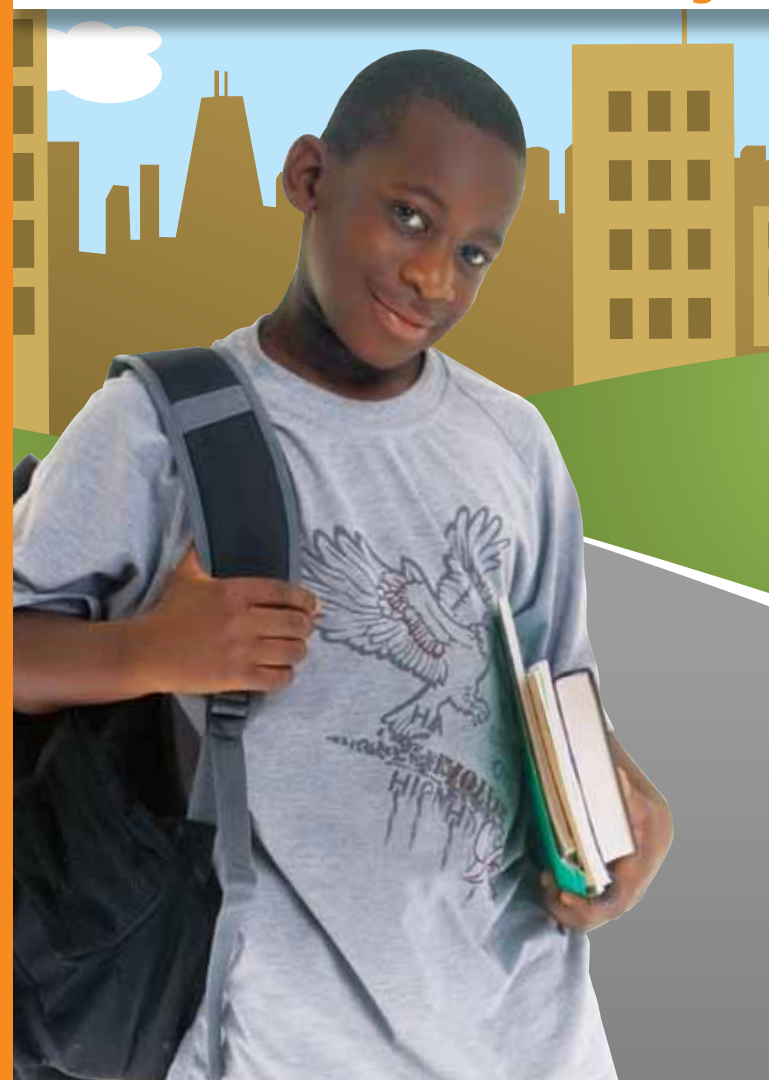


Children's Health Fund

## HEALTHY B.A.S.I.C.S.

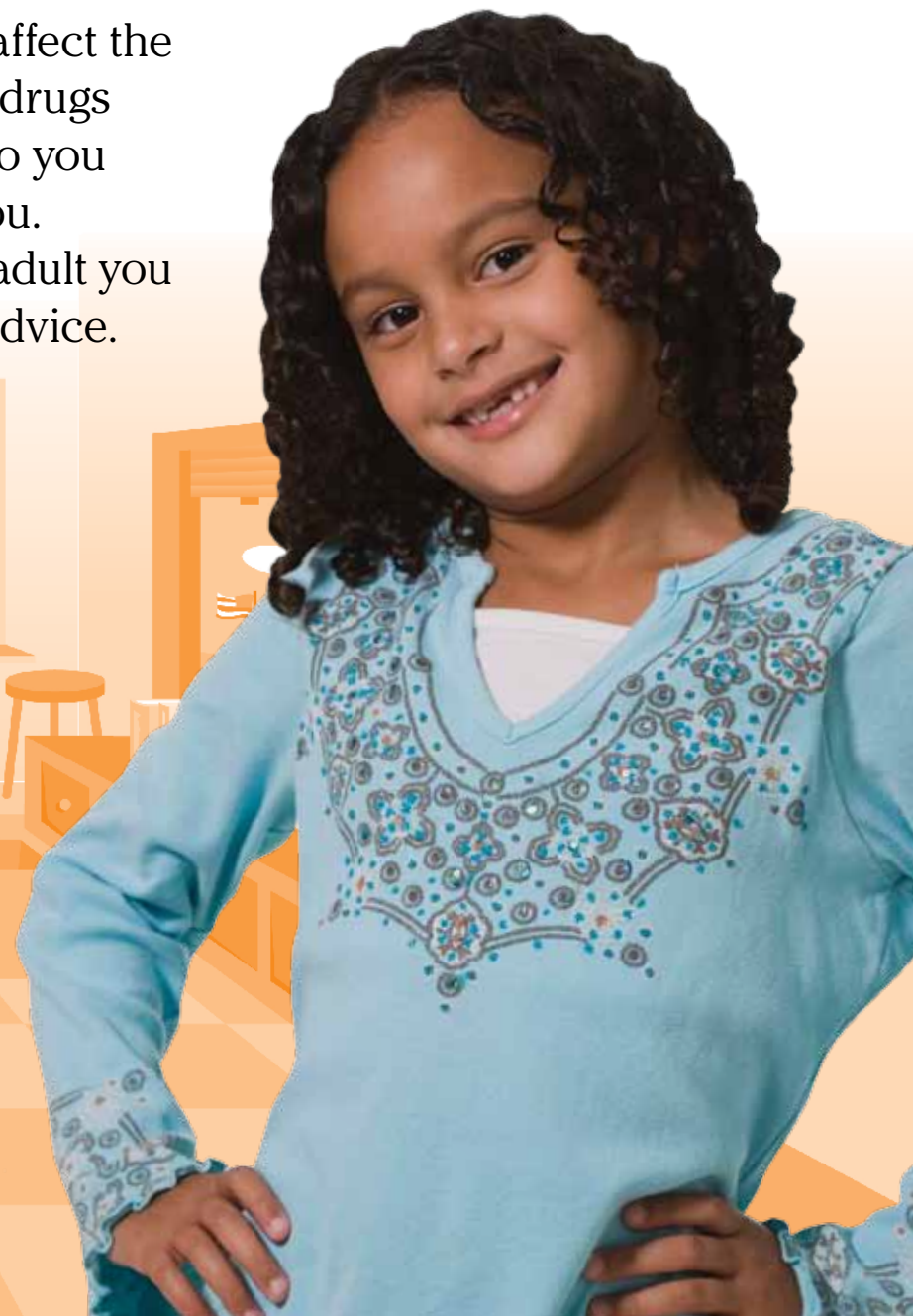
# MAKE SMART CHOICES

Avoid Tobacco, Alcohol, and Drugs

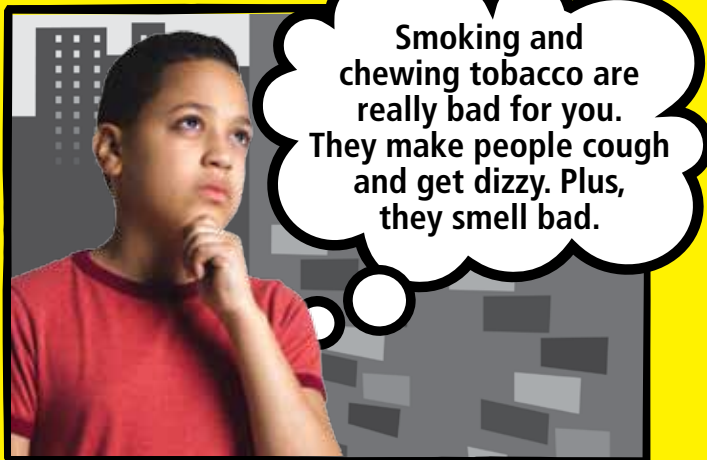


# You CAN make smart choices.

Choices you make today affect the rest of your life. Tobacco, drugs and alcohol are harmful to you and the people around you. Don't be afraid to ask an adult you trust if you need help or advice.



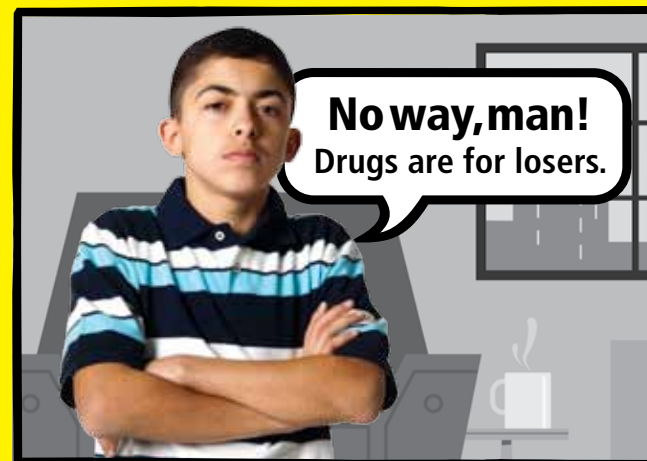
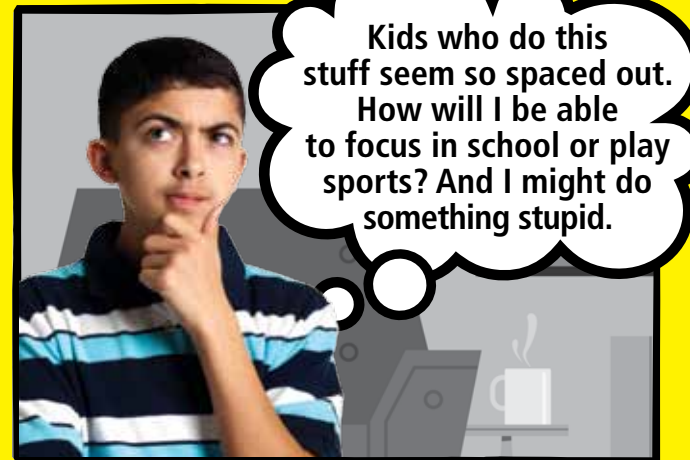
# TOBACCO



# ALCOHOL



# DRUGS



# Smart Choices

