



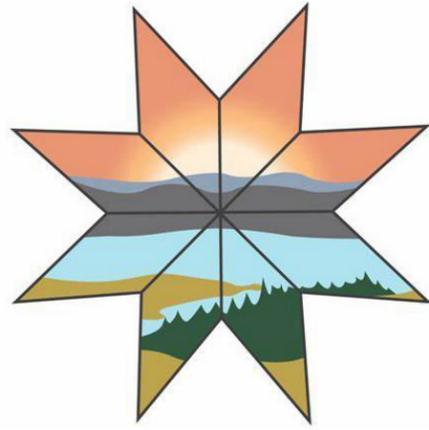
SAMHSA
Substance Abuse and Mental Health
Services Administration



THE PĚŽŮTA WAŠTÉ PLEDGE

WRITTEN BY: JAYLYNN STOCKLIN
ILLUSTRATED BY: TAMMY GRANADOS





THIS COLORING BOOK WAS MADE POSSIBLE BY MISSOURI BREAKS INDUSTRIES RESEARCH, INC AND WAKPA WASTE COUNSELING SERVICES IN PARTNERSHIP WITH SAMHSA.



SAMHSA
Substance Abuse and Mental Health
Services Administration



THE PHEZŪTA WAŠTÉ PLEDGE

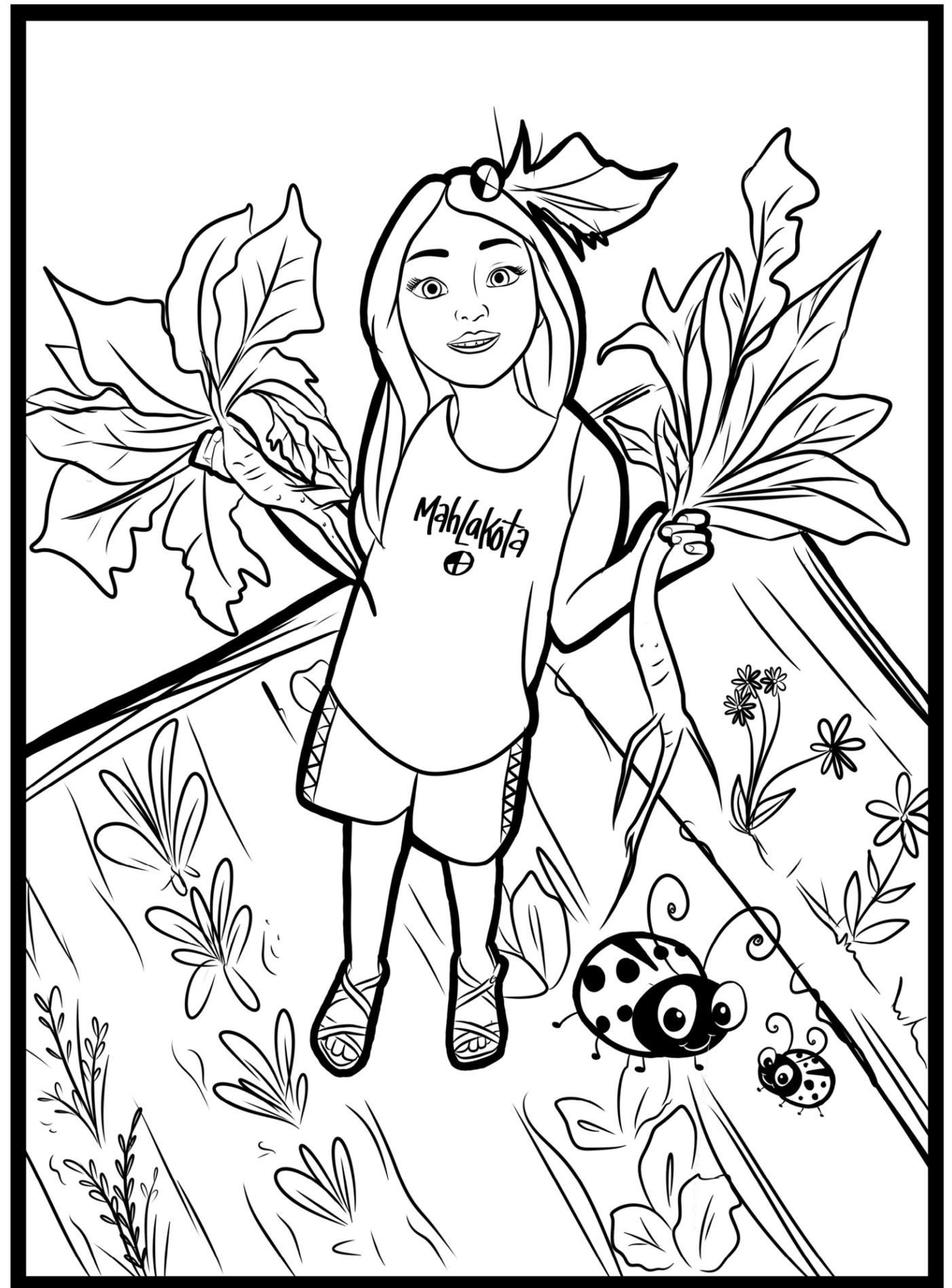
WRITTEN BY: JAYLYNN STOCKLIN
ILLUSTRATED BY: TAMMY GRANADOS

Hi there!

My name is Ida, and this is my garden for the community.

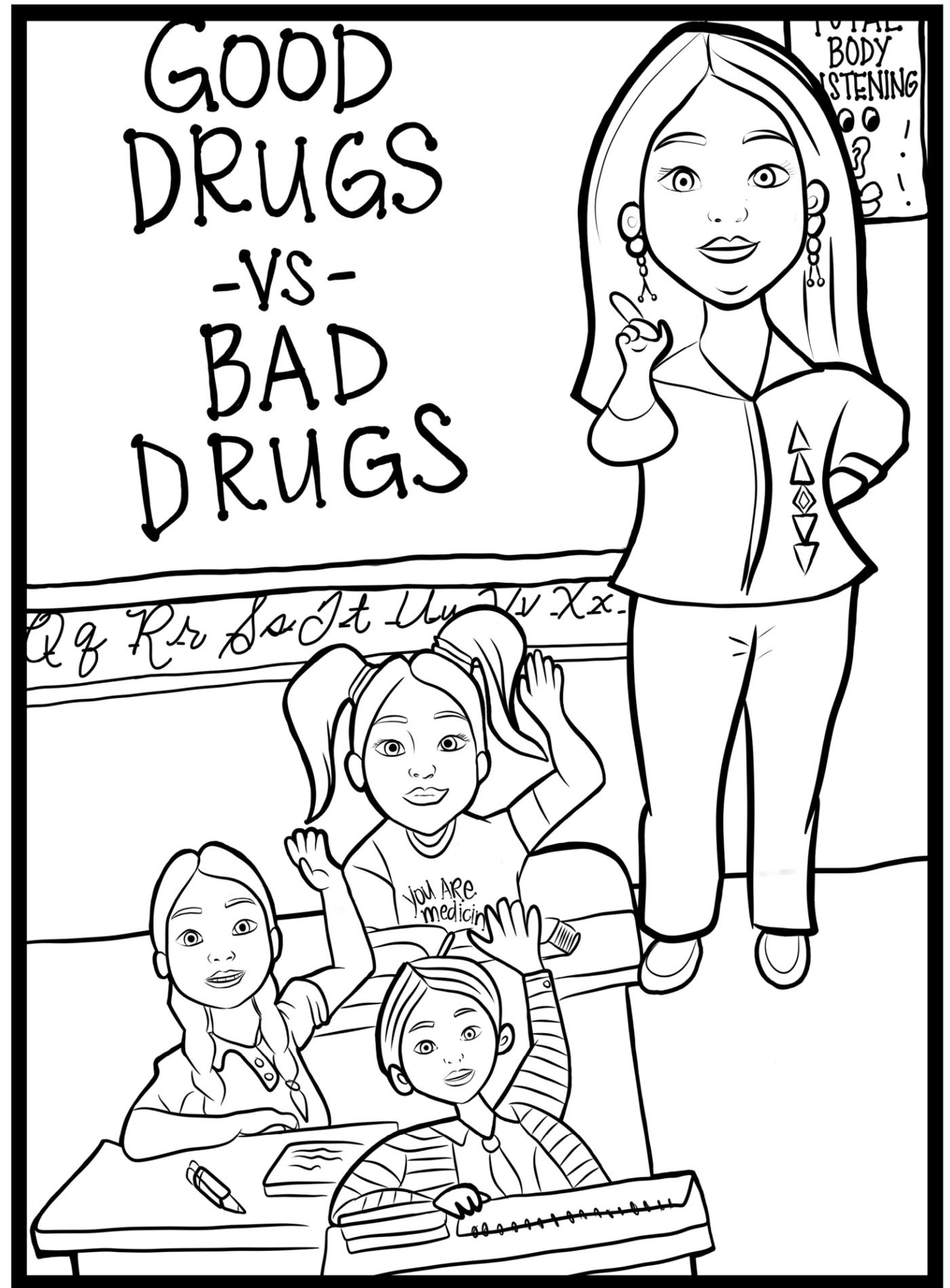
I like check on the garden every morning before school to make sure all the plants are healthy because

my grandma says that our garden can be used for food or for medicine.



“Good morning class, please take a seat.”
said Ms. B.

“Today we are going to learn about drugs.
Does anyone know what kind
of drugs are bad?”



“I do!” said Lily. “Bad drugs are drugs that come from someone who is not your doctor, or parent!”

Ms. B told Lily that was very good, then said, “If we take drugs from someone who is not a parent, or our doctor, it can hurt our bodies and make us sick.

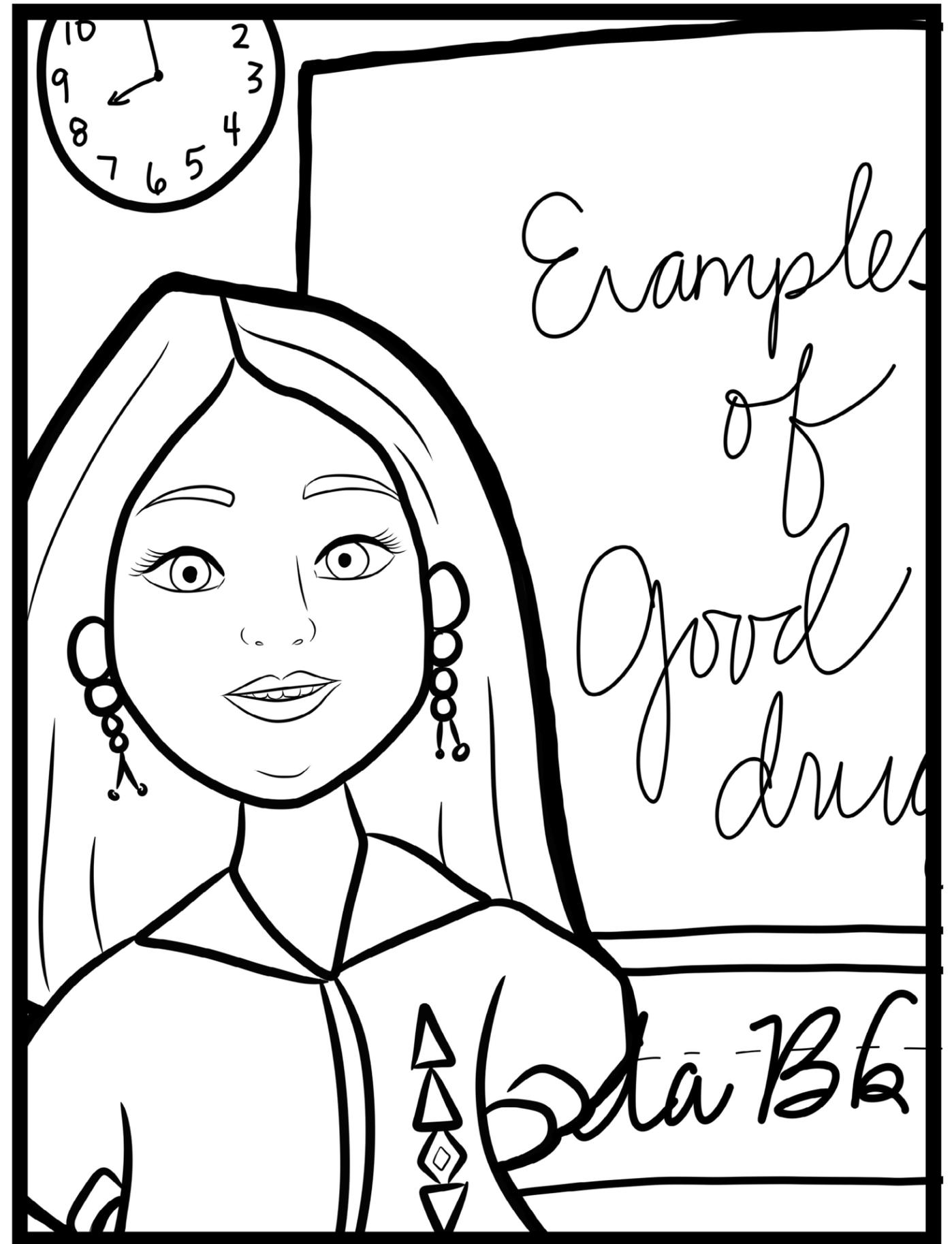
Good drugs are those that we get from our parent or doctor and are call medicine. Good drugs help us feel better.”



Ms. B said, “What else do you know about good drugs?”

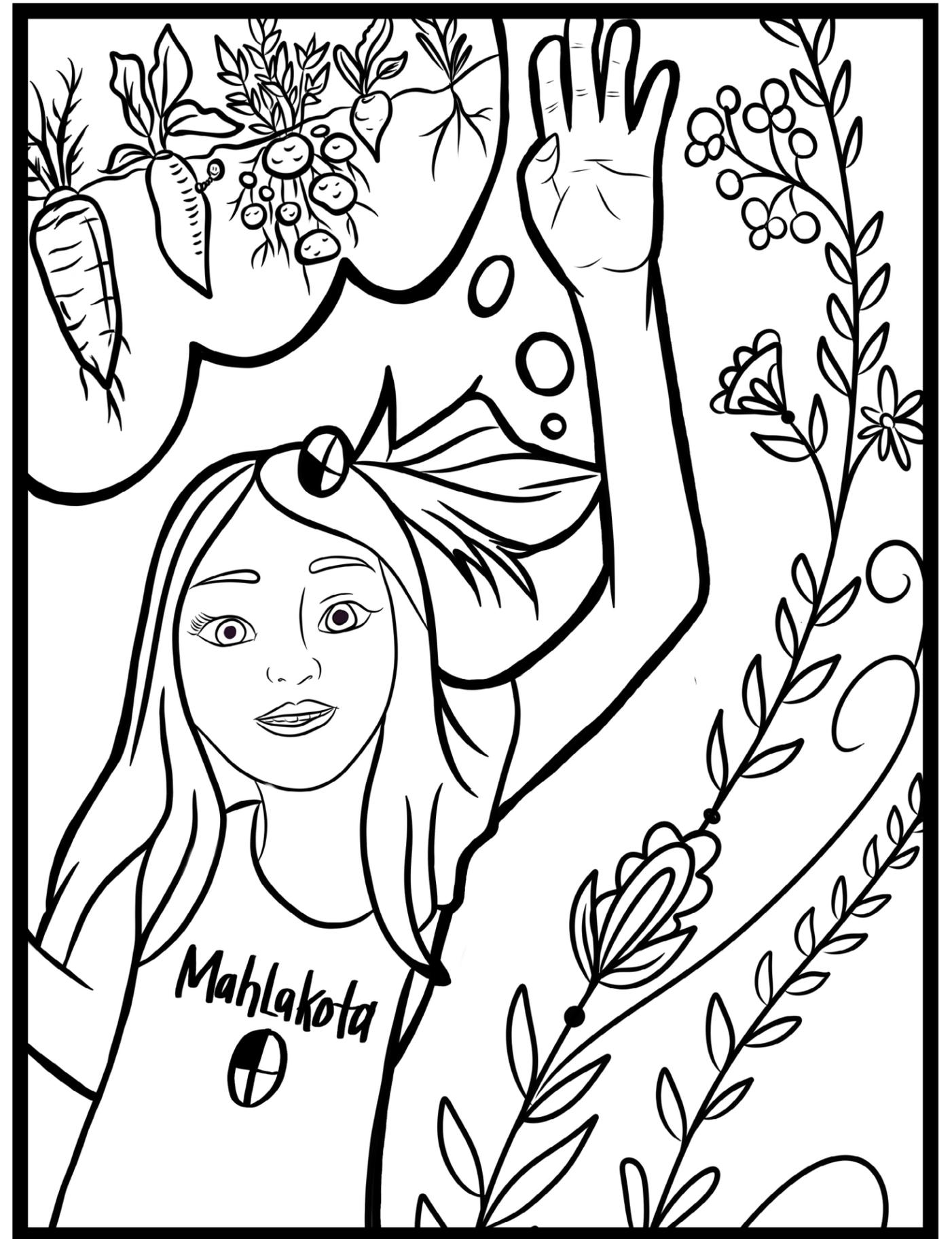
Wakínyañ raised his hand and said, “We should listen to doctors, or parents about how to use the medicine. And we should only take them if they are needed, like when we are sick.”

“Very good!” said Ms. B.



Ida raised her hand.

She had a question. “Are good drugs like medicines from doctors, the same as the medicine as grandma makes with plants from our garden?”



Ms. B said, “Both are medicine and needed for the body to heal.

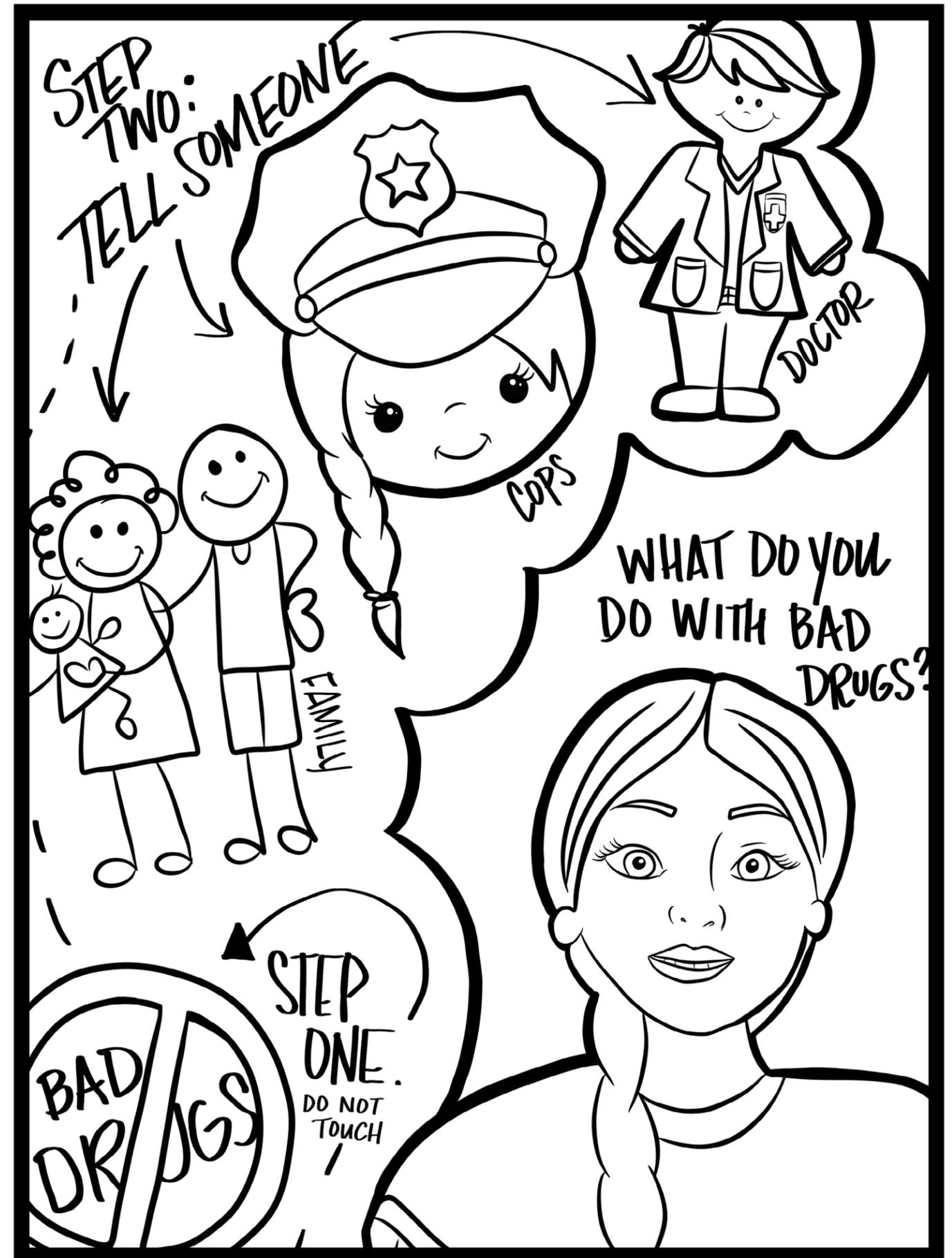
The kind your grandma makes with plants is a traditional form of medicine done by our people for hundreds of years.

This is different from the medicine we get from a doctor or parent.”



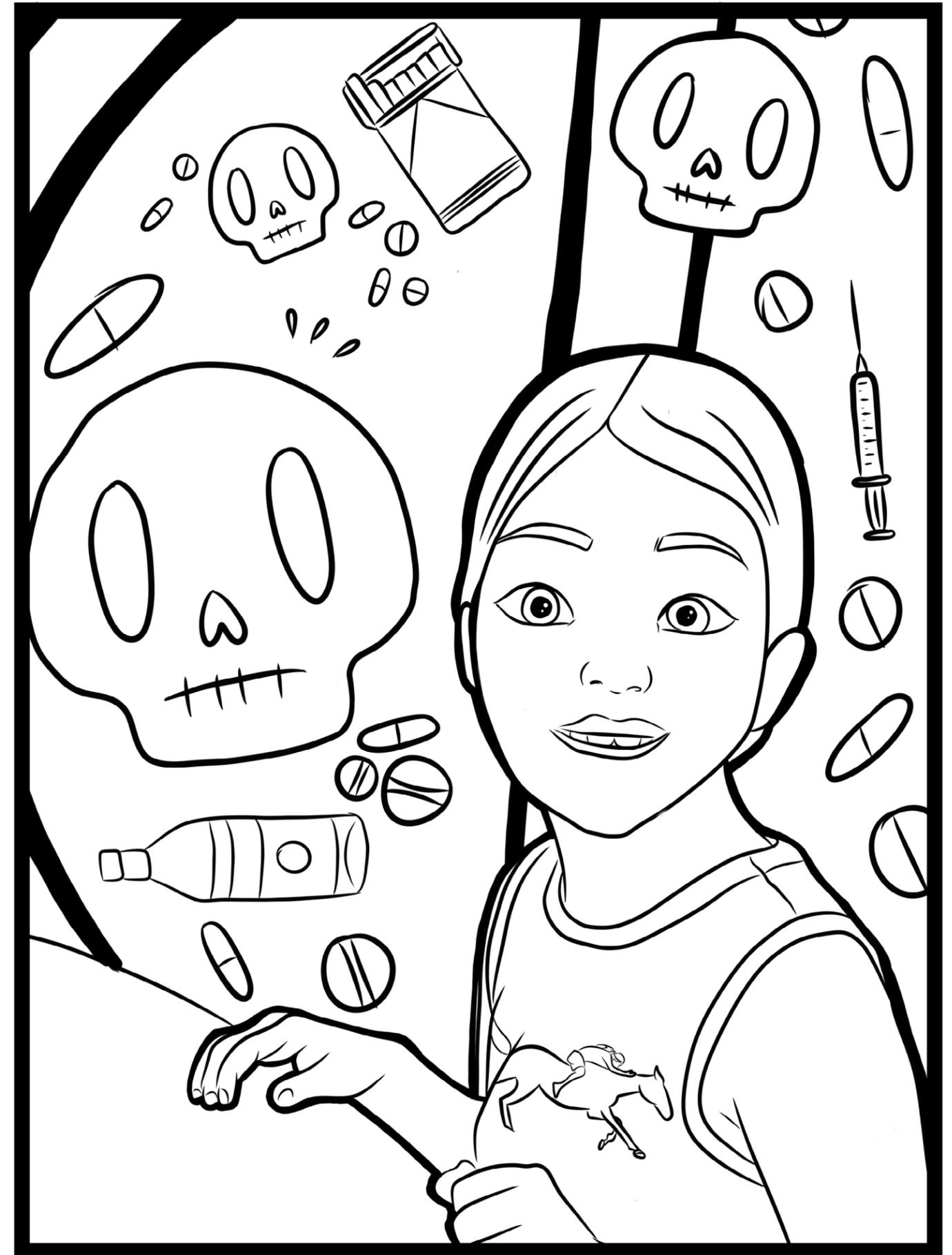
Ida said, “What do we do if we are around bad drugs, that didn’t come from the doctor or our parents?”

Stormi said, “First, don’t touch the bad drugs. Then tell a cop, teacher, or a parent. Remember? Bad drugs can make us sick.”



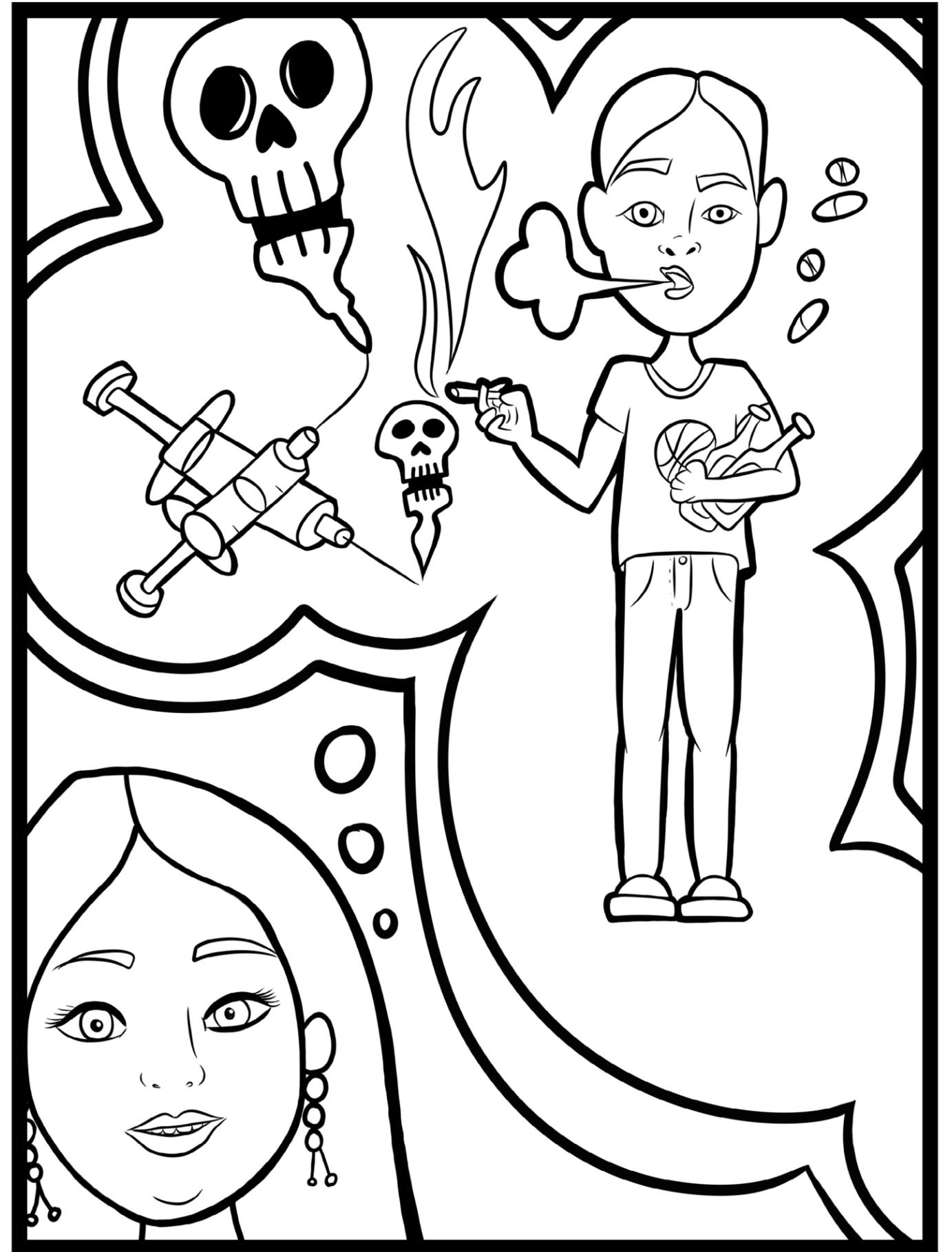
Zion spoke up, “Man drugs are scary! I don’t want any, the good, or the bad ones, YUCK!”

Lily replied, “As long as we follow the doctor, or our parent’s instructions, and only take the medicine when we need to, it will be okay, Zion.”



Ms. B said, “Zion, I understand you being afraid, but Lily is right. We just have to follow instructions.

How would you all feel if a family member took bad drugs?”



Zion said he would feel sad because he doesn't want his family to hurt their bodies, and that's why he stays away from bad drugs.

Wakínyan, said, “If my friends did bad drugs, I would try to help them by telling a doctor, teacher or parent that I trust. I love my friends and don't want them to get hurt or in trouble.”



“Class,” said Ms. B, “Can you all promise to stay away from the bad drugs and follow instructions when you have to take medicine?”

They all shouted, “YES!” It was almost time for recess so Ms. B. excused the class.

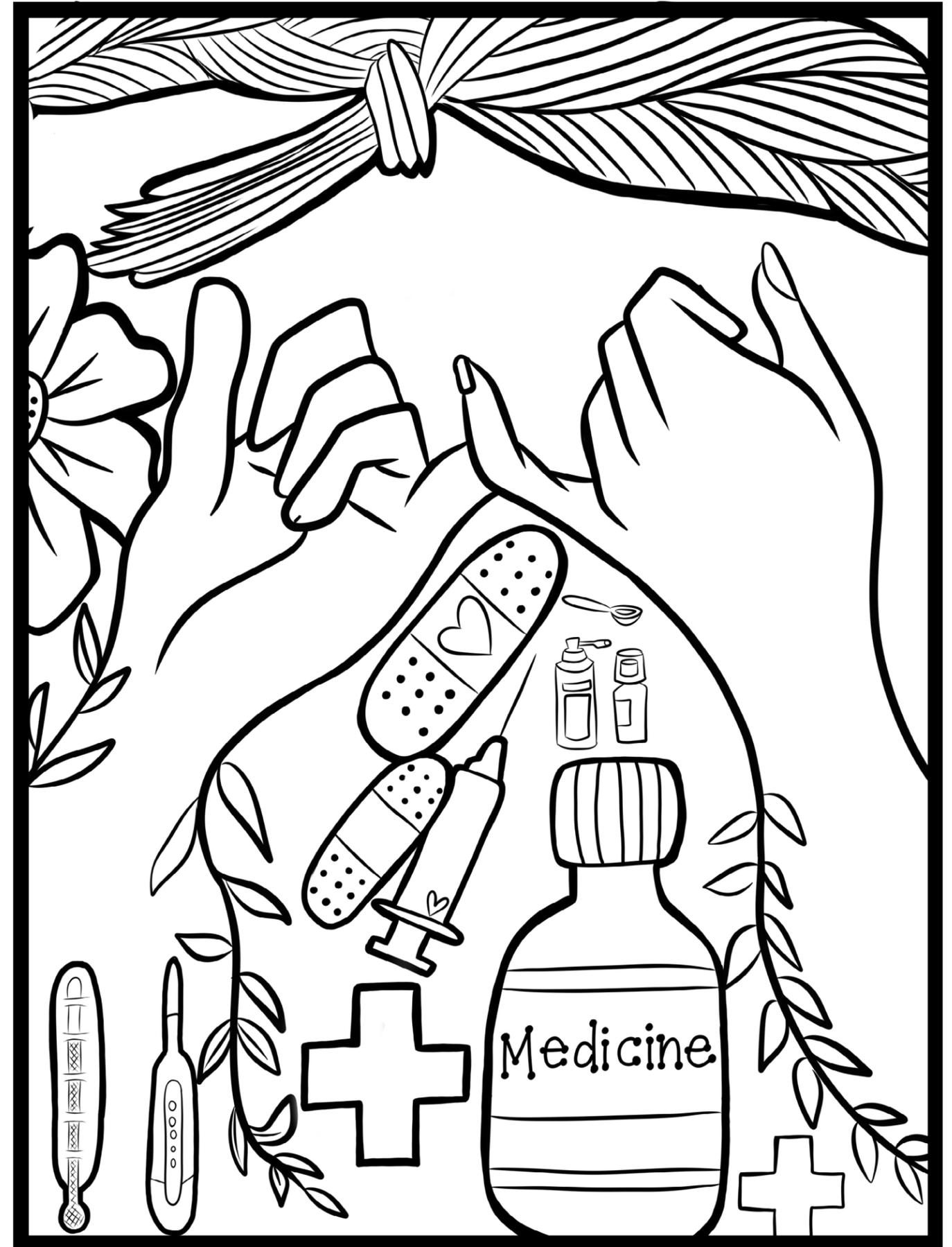


Ida went to recess with her friends and as they were all hanging from the monkey bars, she said, “Bad drugs scare me! I will definitely only use medicines given to me by a doctor or parent.”

Her friends agreed.

Stormi said, “Let’s all make a pact! We will all keep each other safe and say no to bad drugs. This way we can always be healthy enough to play tag!”

Everyone agreed.



Ida was happy she got to learn about bad drugs! After recess Ida said goodbye to her friend and left.

Back in her garden she thought about all she had learned, and the pact to say no to bad drugs. Ida decided to make a poster to hang up in the garden.

The poster read,
“DRUG FREE SPACE, Keep
The Community Safe!”



ENGLISH TO LAKHOTA DICTIONARY

Bad	Šiča
Class	Wayáwa
Community	Oyánke
Doctor	Wašiču Wakhán
Friends	OkhólayA
Good	Wašté
Grandma	Unči
Happy	Iyuškiŋ
Healthy	Zaní -
Parents	Kunkáke

QUESTIONS TO DISCUSS WITH YOUR CHILD:

- How do you feel about someone you know doing bad drugs?
- How do you feel about someone not following instructions with medications?
- Do you understand that there are good and bad drugs?
- Do you know the side effects of using bad drugs?
- What would you say if someone other than your parents or doctor gave you a drug?
- Why do you choose to stay away from bad drugs?

APPLYING LAKOTA VALUES TO DRUG AWARENESS

Caring and Compassion / Wówaŋšila

for my family and friends to stay healthy

Wisdom / Wóksape

to share what I learned about bad drugs

Respect / Waóhola

medicines and use them the correct way

Humility / Wóŋšiič'ie

to recognize the importance of a drug-free life

Generosity and Caring / Wówačhantognake

to promote wellness for my family and friends

Prayer / Wóčhekiye

for those who need healing

Honesty and Truth / Wówičakħe

about the harms of drug use

**THE
PHEZUTA WASTE
(GOOD DRUGS/MEDICINE)
PLEDGE**

PRINTED 2021

MISSOURI BREAKS INDUSTRIES RESEARCH, INC.

WAKPA WASTE COUNSELLING SERVICES

SAMHSA