



# YOUNG GUARDIANS

OUTSMART THE TRAP



**JUST ONE TIME**

*A story about  
Real Courage*

**STRONG MINDS • GOOD FRIENDS • BRIGHT FUTURES  
SAY NO TO DRUGS. SAY YES TO DREAMS.**

# ★ MEET THE YOUNG GUARDIANS ★

## ARYAN

Age: 13

Curious and thoughtful. Loves football. Sometimes overthinks but always tries to do the right thing.



## MEERA

Age: 13

Confident and observant. stands up for what is right. Aspiring journalist.



## KABIR

Age: 12

Funny and energetic. Makes everyone laugh. And a Loyal friend.



## ZARA

Age: 13

Tech-smart and creative. Knows how to spot online traps.



## INSPECTOR AMAN

Friendly neighbourhood officer. Always ready to help and guide children.



## MRS. SEN

Class Teacher  
Kind, patient and supports students like her own children.



## GRANDMA

Wise and loving.  
Tells stories that teach important life lessons.



## SCHOOL COUNSELLOR

Helps students talk openly about their feelings and problems.



School gets over...  
Everyone heads home.



Aryan notices two  
older boys near  
the shop.



Hey you!  
Want to try  
something that'll  
make you feel  
amazing?

Don't worry.  
It's harmless.  
It will help  
you relax





Meera notices the packet and remembers what they learned in class.



Meera remembers her teacher's words.



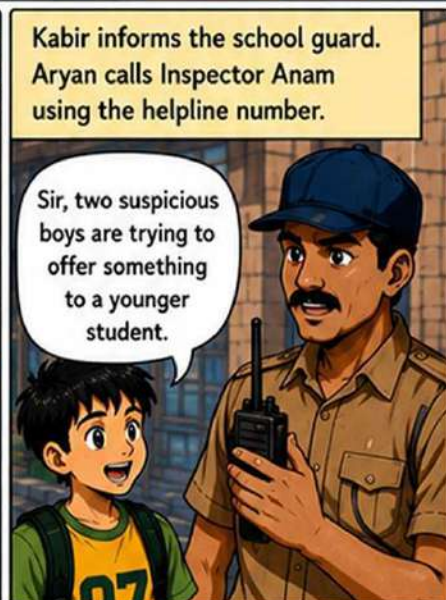
Guys, look carefully. We don't know what's in it. This is how many kids get trapped.





They walk away together.  
Proud of their choice.







We choose to be  
strong, smart and kind.  
We say **NO** to drugs  
and **YES** to our dreams!





## DID YOU KNOW?

- Drug peddlers use tricks to make friends, offer free items or promise "just one time".
- They target young people because they are easy to influence.
- The earlier you say NO, the safer you are.



## MYTH vs FACT

| MYTH                        |    | FACT                                       |
|-----------------------------|----|--------------------------------------------|
| Trying once is not harmful. | VS | Even once can be dangerous.                |
| Drugs help in studies.      | VS | Drugs damage your brain.                   |
| Everyone is doing it.       | VS | Most people choose to stay healthy.        |
| I can quit anytime.         | VS | Drugs create addiction. It's hard to quit. |
| Herbal/ natural means safe. | VS | Any unknown substance can harm you.        |

## SMART CHOICES

- ✓ Think before you act.
- ✓ Say a strong NO.
- ✓ Walk away from risky situations.
- ✓ Stay with good friends.
- ✓ Talk to a trusted adult.



## WHAT WOULD YOU DO?

A senior offers you a vape and says it will make you cool.

### What will you do?

- Take it to try.
- Say NO and walk away.
- Take it but not tell anyone.
- Laugh and stay there.

Write your answer in the diary.



## ACTIVITY TIME

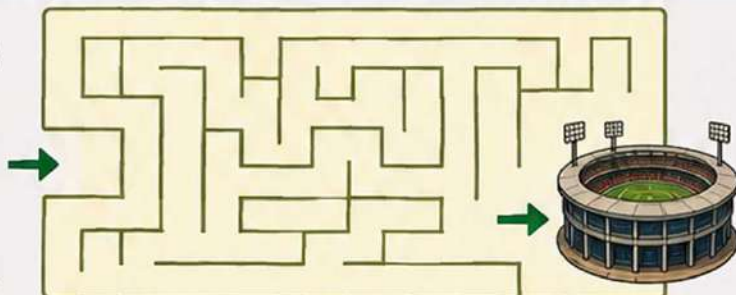
### SPOT THE DANGER

Circle the people or things that look suspicious.



### MAZE

Help Aryan reach his football practice.



### PARENTS' CORNER

Watch for these signs:

- Sudden mood changes
- Loss of interest
- New secretive friends
- Poor school performance
- Unusual sleep patterns

Ask, listen and support.



### TEACHERS' CORNER

Discussion ideas:

- How do peer pressure situations start?
- What are healthy ways to handle stress?
- Why is it important to support friends?

Activity: Role play scenarios and discuss good choices.



### POLICE CORNER

When and how to seek help:

- If you or your friend faces any such situation, talk immediately to parents, teachers or police.
- You can call or visit the nearest police station.



## NEED HELP? WE ARE HERE FOR YOU



National Narcotics Helpline  
**1933**



CHILDLINE  
**1098**

Talk to:

Parents • Teachers • School Counsellor • Police

Remember: Asking for help is a sign of strength, not weakness.



**BE A YOUNG GUARDIAN. INSPIRE OTHERS.**



A Delhi Police Initiative for a Drug-Free Tomorrow

