

♪ DRUG-FREE... THAT'S ME! ♪

*Mini-Album available from **SongsForTeaching.com***

**All songs written by Linda K. Williams
Produced by Patricia Mikkelsen.**

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Drug Abuse Prevention and Self-Esteem Songs for Kids

"Drug-Free...That's Me!"

"There are So Many Ways to Say NO"

"To Be the Best Me"

Words and music for songs in the "DRUG-FREE...THAT'S ME!" Mini-Album were written by Linda Kay Williams.

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DRUG-FREE...THAT'S ME!

REFRAIN:

I love my life---that's why I'm drug-free!
I love my life---that's why I'm drug-free!
 Drug-free...that's me---all right!
 Drug-free...that's me---yeah!
 And what about YOU?

(1)

I'm glad I know how to lead a life that's drug-free!
I'm glad I know how to do what's really best for me!
I feel sad for drug users; they lose out on life!
I choose to live my life drug-free!
And that means I'm a winner---
'cause I'm drug-free, naturally!

(2)

My body and mind are much too special to wreck 'em with drugs;
I wonder if the people who go for that maybe could use some more hugs.
We need hope in our brains, not dope in our veins!
I'm destined for much better things;
but dope in the veins is a waste of life,
a deadly dead-end street.

(3)

I don't need powders or pills or potions to have a good time!
I don't want drugs to dull my power to use my mind.
And I don't need drugs to hide behind
when I've got problems; I know how to solve 'em.
I'll brainstorm my options and think 'em through
take steps to get to my goal.

(4)

Some people use drugs to escape from feelings that cause them pain;
They may deny what they're feeling, and bottle 'em up again and again.
I'm gonna own my feelings, call 'em by name---
I'm gonna get 'em out and deal with them---
pound a pillow, write myself a letter,
or talk it over with friends.

FINAL REFRAIN, ADD:

I love my life---that's why I'm drug-free!
I love my life---that's why I'm drug-free!
 And what about YOU?---
(SPOKEN:) DRUG-FREE!

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THERE ARE SO MANY WAYS TO SAY 'NO!'

REFRAIN:

Oh, there are so many ways to say "NO!"---(xTO DRUGS!x)
and there are so many reasons to do so!

- (1) "I've got better things to do,"
"Drugs are just not my style"
"Why do you think they call it 'dope'?"
"I go for natural highs!"

REFRAIN (Yes...; 2nd refrain, no intro. word)

- (2) "I've got plans for my future---
not gonna let drugs mess them up!"
"No, thanks; I value my brain!"
"I may want healthy kids some day!"

REFRAIN (2nd refrain, Oh...)

- (3) "Oh, drugs don't fit in with the kind of
life I want to live!"
"I care about my body!"
"I'm too special for that junk!"

REFRAIN (1st refrain, no intro. word; 2nd refrain, "Oh...")

- (4) I'm gonna say 'NO' to drugs and say 'YES' to life!
Say 'NO' to drugs and say 'YES' to life!
I've got what it takes to say "NO!"

(REPEAT ENTIRE SONG)

- (4) I'm gonna say 'NO' to drugs and say 'YES' to life!
Say 'NO' to drugs and say 'YES' to life!
I've got what it takes to say
got what it takes to say
got what it takes to say "NO!"
Oh, yes,
I've got what it takes to say "NO!"---(YES, I DO!)
I've got what it takes to say "NO!"---(AND I CAN DO IT!)

(SING LAST TWO LINES 4 MORE TIMES AND FADE OUT; ON CASSETTE, THE
SPOKEN PORTION IS LEFT OUT THE LAST TIME.)

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TO BE THE BEST ME

- (1) I'm lovable and capable; I'm lovable and capable!
To be the best me that I can be, I affirm myself each day!
- (2) I believe in myself, and I am special; I believe in myself, and I am special!
To be the best me that I can be, I affirm myself each day!
- (3) I stay true to who I am; I stay true to who I am!
To be the best me that I can be, I affirm myself each day!
- (4) I learn from my mistakes; I learn from my mistakes!
To be the best me that I can be, I affirm myself each day!
- (5) I know that I am loved; I know that I am loved!
To be the best me that I can be, I affirm myself each day!
- (6) I can make wise decisions; I can make wise decisions!
To be the best me that I can be, I affirm myself each day!
- (7) I choose my friends wisely; I choose my friends wisely!
To be the best me that I can be, I affirm myself each day!
- (8) I handle problems calmly; I handle problems calmly!
To be the best me that I can be, I affirm myself each day!
- (9) I like myself and I'm unique; I like myself and I'm unique!
To be the best me that I can be, I affirm myself each day!
- (10) I get high on life and live drug-free; I get high on life and live drug-free!
To be the best me that I can be, I affirm myself each day!

(SPOKEN: "For the next 4 verses, choose your favorite affirmations, or make up your own positive messages to yourself!")

(A) _____!
To be the best me that I can be, I affirm myself each day!

(B) _____!
To be the best me that I can be, I affirm myself each day!

© _____!
To be the best me that I can be, I affirm myself each day!

(D) _____!
To be the best me that I can be, I affirm myself each day!

(REPEAT FIRST VERSE:)

(1) I'm lovable and capable; I'm lovable and capable!
To be the best me that I can be, I affirm myself each day!

(REPEAT REFRAIN:)

To be the best me that I can be, I affirm myself each day!

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