As the program opens, Wise Owl sees his niece Wendy in trouble. Hanging upside down on a tree branch, Wendy is about to fall. Wise Owl flies over to help. When he asks Wendy what she was doing, she explains, “My friend Larry said hanging upside down was cool. He’s the coolest owl in school!” Wise Owl explains that some of the things people call “cool” aren’t always safe. When Wendy asks him to name some safe ways to be cool, Wise Owl tells her to look around. Down below their tree branch, she sees young people doing cool, fun things.

Vignette 1:
Aiden and Kayla are walking home from school together. Kayla offers Aiden a colorful candy that spins and lights up. Aiden takes an apple from his backpack. Aiden thinks for a moment, then decides to eat the apple. Wise Owl congratulates Aiden on a good choice. “It’s important to put healthy things in your body,” he says, “like fruits, vegetables, whole-grain breads, low-fat cheese and milk.” He tells Wendy that healthy foods give the body energy and help the brain work better. “The coolest foods are the ones that help you grow up smart and strong.”

Vignette 2:
Ivy and Alisa are jumping rope. As Wise Owl says, it’s good exercise for their bodies. Suddenly, Will appears in a pirate costume and mask. He tells the girls that he plans to stay up late watching pirate movies. Alisa reminds him that they have a big history test the next day. “Won’t you be tired without enough sleep?” she asks. Will thinks about it, then decides to stay up late. The next morning at the bus stop, he can barely stay awake. Ivy and Alisa went to bed on time, so they have plenty of energy. Wise Owl explains that TV now and then is okay. But it’s important to do homework first and get plenty of sleep every night. Sleep gives the body energy and helps the brain think more clearly. “Getting a good night’s sleep,” he says, “is like recharging your batteries!”

Vignette 3:
Kevin straps on his bike helmet before riding in the park. He knows it’s important to stay safe. When Kevin sees Nadia, she tells him she has a secret to show him. Kevin feels strange about following Nadia. He doesn’t like secrets. On a wooded trail, she shows Kevin a beer can left on a park bench. She picks up the can and tells Kevin to take a sip. When Kevin says no, she assures him it will be cool. Kevin thinks about what to do, then says no and leaves. Kevin knows that alcohol is dangerous for kids. Wise Owl explains that alcohol is a drug. Some grownups choose to drink alcohol, and most use it without any problems. But alcohol is never safe for young people to drink. As he explains, “A young person’s brain is still growing and can be hurt by alcohol.” Wise Owl also says that it’s against the law for kids to buy or drink alcohol.

Next, Wise Owl gives viewers a chance to decide if the objects they see on screen are healthy or not. Afterward, Wendy says she learned how cool it is to stay healthy. She says, “That means eating good food, exercising and getting plenty of sleep.” She also talks about the importance of staying safe. “That means staying away from dangerous things like alcohol.”
Wise Owl finds Wendy reading *Owl Kids* magazine. She says her favorite movie star, Zac Goldwing, is in big trouble. He got caught with drugs. When Wise Owl explains that using drugs is very dangerous, Wendy asks why. He shows her several scenes below with kids who are in trouble.

**Vignette 1:**
Alisa and Whitney are doing their math homework at Whitney’s house. “What’s in all those bottles?” asks Alisa. Whitney explains that it’s where her parents keep their alcohol. “Wanna check it out?” she asks. Alisa says she doesn’t think that’s a good idea, explaining that “Kids shouldn’t touch alcohol. It’s dangerous.” Whitney wants to know why her parents have alcohol if it’s so bad. Wise Owl answers Whitney’s question by saying, “Some grownups choose to drink alcohol. Most use it safely without causing any problems. But alcohol is never safe for young people.” He explains that alcohol is found in drinks like wine, wine coolers, beer, liquor and whiskey. Alcohol changes the way the brain works, and that can be extra dangerous for young people because their brains are still growing. Alcohol changes the brain’s signals, making it harder for someone who drinks alcohol to walk, talk and think. Alisa tells Whitney that alcohol is dangerous for kids. “Plus,” she says, “we could get in trouble.” Instead, the girls go outside and practice soccer kicks.

**Vignette 2:**
Justin invites two friends, Will and Kevin, to his clubhouse. He shows them a bottle of liquor he found at his cousin’s house. “There’s some liquor left inside,” says Justin. “To be in the club, everybody has to take a sip.” Kevin and Will refuse to drink the alcohol. They know that alcohol is a drug and that it’s against the law for kids to drink. Plus, the liquor smells bad. They tell Justin they don’t want to be in his club. Walking away, Kevin and Will decide to toss the football instead. Wise Owl says, “A caring friend would never ask you to do something dangerous or force you to do something you don’t want to do.”

**Vignette 3:**
Wise Owl reminds Wendy that alcohol is not the only drug to watch out for. “Tobacco is a drug we see in lots of places,” he says. Wise Owl explains that tobacco contains a drug called nicotine. Tobacco leaves can be smoked or chewed. Just like alcohol, nicotine changes how the brain works. Wise Owl shows Wendy two boys playing checkers. “Uh oh,” says Wendy, recognizing Justin as the boy from the clubhouse. When Justin sees a pack of cigarettes on a table, he seems curious. Aiden tells him the cigarettes are gross. “They mess up your lungs and they make you stink. You can’t even play sports if you breathe that stuff.” Justin seems grossed out and puts the cigarettes down. Wise Owl commends Aiden on making a good choice and keeping Justin out of trouble. “Always stay away from tobacco,” he says, “even if a friend says it’s okay.” As the program ends, Wendy realizes that Zac Goldwing is not so cool anymore. The kids who made safe, healthy choices seem much cooler. She watches as they kick a soccer ball, toss a football and finish their game of checkers.
Program Summary
Part Three: What Is Medicine?

Wise Owl finds Wendy with a hurt wing. When he asks what happened, she says, “A giant acorn fell on my wing. I tried to get out of the way, but I was too late.” Wendy says she asked her mom for help. “She gave me some medicine to make me feel better.” Wise Owl tells Wendy that was the smart thing to do. “You should always ask a grownup for help with medicine,” he says. When Wendy asks why, he shows her some kids who need help.

Vignette 1:
Whitney and Kayla are planting flowers. Kayla keeps sneezing. “Allergies,” says Whitney. “Do you have any medicine?” Kayla says yes and they head into the house. Inside, Kayla takes some medicine out of a drawer. “I think this one is allergy medicine.” Wise Owl explains that Kayla is making a big mistake. She should ask a grownup for help first. Kayla’s mom comes in, upset that Kayla was touching medicine. “You should have asked me for help. Your dad and I can make sure you take medicine the right way.” Kayla apologizes. “Moms, dads and grandparents are grownups you can trust,” says Wise Owl. “If you’re sick, you can trust them to give you medicine.” Wendy names some grownups she trusts. Wise Owl explains that a trusted grownup can read a medicine label carefully, making sure you take the medicine the right way. When Wendy asks what medicine looks like, Wise Owl talks about the many different kinds. “Medicines come in many sizes, shapes and colors.”

Vignette 2:
Taya’s older sister Hayley is watching her while their parents are away. When Taya gets hungry for a snack, she finds a bottle in the cabinet. “Hey,” she says, “I think these are from the candy store.” Hayley rushes over to show Taya that the bottle really contains medicine. “See the label?” says Hayley. “Medicine can make you feel better when you’re sick. But taking too much or taking it the wrong way can be dangerous.” She offers Taya some pretzels instead. Wise Owl reminds viewers to “Always ask a grownup you trust before tasting food or drinks. Eating or drinking medicine by mistake can make you very sick.” Wendy says her dad gives her a vitamin every morning. “Vitamins,” says Wise Owl, “can keep you healthy, and they can help your body grow strong. But like medicine, taking too many vitamins can make you sick.”

Vignette 3:
Nadia and Hanna are painting when Hanna gets a stomachache. “I think my mom has some special medicine for that,” says Nadia. “You want some?” Nadia takes the medicine out of her mom’s purse. “It’s medicine from the doctor,” she says. As Hanna thinks about it, Wise Owl explains that Nadia should ask her mother before touching the bottle. Luckily, Hanna chooses not to take the medicine. She knows that it’s dangerous to take someone else’s medicine. “Plus,” she says, pointing to the prescription label, “this medicine has her name on it. That means it’s just for her.” Wise Owl explains that it’s dangerous to share medicine with a friend or to take medicine that belongs to someone else. Wendy reviews everything she’s learned, and Wise Owl congratulates her on being a wise niece.