



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
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- Activities for Students
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Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: www.cdc.gov/healthyschools/sher/standards/index.htm

A drug is a chemical that's used to treat, cure, or prevent a disease or sickness. Many drugs, or medicines, are good for you when you need them. But there are many other drugs that are illegal or can make you sick if you don't take them properly. These activities will help your students learn about drug safety.

Related KidsHealth Links

Articles for Kids:

What You Need to Know About Drugs

KidsHealth.org/en/kids/know-drugs.html

Dealing With Peer Pressure

KidsHealth.org/en/kids/peer-pressure.html

School Counselors

KidsHealth.org/en/kids/school-counselors.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. What is a drug? Can you name some kinds of drugs? What are some drugs that are good for your body and help you when you are sick? What are some drugs that are bad for your body and can make you very sick?
2. Why do people take drugs? What do drugs do to your body?
3. How do you use medicines safely?
4. What would you do if someone asked you if you wanted to try a drug that you knew was bad for you? Who can you ask for help in this situation?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Trusted Adults

Objectives:

Students will:

- Identify trusted adults to whom they can turn for help with problems.

Materials:

- "Trusted Adults" handout
- Pencils, markers, and/or crayons

Class Time:

45 minutes

Activity:

People use illegal drugs for all kinds of reasons. Sometimes, they do it because they want to fit in with friends or because they think it will make them cool. Other times, people do it because they want to escape from a stressful or difficult time in their lives, and they think drugs will help them forget about their problems. Many drugs may give people a high when they first take it and make them think things are better, but when the drug wears off, they feel **may** sick and have even more problems than they did before they took the drug! It's important for you to know that abusing drugs doesn't solve your problems or make things better. They actually make your life worse! A much better way to handle your problems is to talk to a grown-up you trust and ask for help. Today, we are going to identify up to four adults who can help you with problems. On the "Trusted Adults" handout, name and draw a picture of up to four adults you trust who can help you with problems.

Extension:

Invite a trusted person from the community - such as a physician, guidance counselor or police officer - to come speak to the class about making good choices related to drugs and medicine.



What Should You Do?

Objectives:

Students will:

- Identify safe ways to deal with situations in which medicines are involved
- Role-play and discuss situations in which they would need to make a decision about medicines

Materials:

- "What Should You Do?" handout
- Chart paper and markers, or chalkboard and chalk, or interactive whiteboard

Class Time:

45 minutes

Activity:

Doctors prescribe medicine to people to help them feel better or to make illnesses go away. Grown-ups can buy some medicines in a store without a doctor's permission. These kinds of medicines usually make people feel better when they are sick or hurt. Another word for medicine is "drug." When taken the right way, these kinds of drugs help people. But some drugs are illegal. This means that it's against the law to use them because they're very bad for your mind and body. They can hurt your brain, heart, and other organs, and are especially bad for children because your bodies are still growing. Even too much of a medicine can make you sick! So it's important for you to know some rules about how to stay safe around medicines. You and a partner are going to act out some situations in which medicines are involved. You and your partner should discuss how to handle the situation safely, and then act it out that way. We will talk about your choices as a class. After you role-play, you'll complete a handout about medicine safety.

Reproducible Materials

Handout: Trusted Adults

KidsHealth.org/classroom/prekto2/problems/drugs/drugs_handout1.pdf

Handout: What Should You Do?

KidsHealth.org/classroom/prekto2/problems/drugs/drugs_handout2.pdf



Name: _____

Date: _____

Trusted Adults

Instructions: Name and draw a picture of up to four adults you trust who can help you with problems.

1

2

Name: _____

Name: _____

3

4

Name: _____

Name: _____



Name: _____

Date: _____

What Should You Do?

Part A

Instructions: Check the box next to the right answer.

1. You find pills on the counter.
What should you do?
 - Take the pills.
 - Don't touch the pills. Tell your parent or guardian.
2. You get a headache at your friend's house. Your friend's mother offers to give you medicine.
What should you do?
 - Get your parent's or guardian's permission first.
 - Take the medicine.
3. You take some new medicine your doctor gave you. Then you get sleepy.
What should you do?
 - Tell your parent or guardian about the side effect.
 - Lie down and go to sleep.



Part B

Instructions: Answer each question.

1. What should you do if you feel sick at home?
2. What should you do if you feel sick at school?
3. What should you do if you feel sick at a friend's house?
4. Can you name one or two trusted adults who can give you medicine?



Name: _____

Date: _____

What Should You Do?

Part C

Instructions: With a partner, discuss some situations in which medicines or drugs are involved. Then role-play how to handle the situation safely.

1.

You find pills on the counter. They are pretty colors and look like candy. What should you do? Act out your best and safest choice.



2.

You get a headache at your friend's house. Your friend's mother offers to give you medicine. What should you do? Act out your best and safest choice.

3.

You take some new medicine your doctor gave you. Then you get sleepy and don't feel very well. What should you do? Act out your best and safest choice.

4.

You have a sore throat. Your friend offers to give you some medicine that her doctor gave her one time when she had a sore throat. What should you do? Act out your best and safest choice.

5.

Your doctor gave you medicine for an ear infection. You've been taking the medicine and now your ear doesn't hurt anymore. You still have some medicine left. What should you do? Act out your best and safest choice.

6.

You see your little brother or sister sitting on the floor playing with a bottle of pills. What should you do? Act out your best and safest choice.

7.

Last night your Dad gave you some pain relieving medicine when you had a headache. The medicine tasted good! You wish you could have some more medicine, so you think about telling your Dad that your head hurts again, even though it doesn't. What should you do? Act out your best and safest choice.

