



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## 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.

Your state's school health policies:  
[nasbe.org/HealthySchools/States/State\\_Policy.asp](http://nasbe.org/HealthySchools/States/State_Policy.asp)

A drug is a chemical that is 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. The following discussion questions and activities will help your students learn about drug safety.

## Related KidsHealth Links

### Articles for Kids:

#### What Medicines Are and What They Do

[KidsHealth.org/kid/feel\\_better/things/kidmedic.html](http://KidsHealth.org/kid/feel_better/things/kidmedic.html)

#### How Do Pain Relievers Work?

[KidsHealth.org/kid/talk/qa/ibupro.html](http://KidsHealth.org/kid/talk/qa/ibupro.html)

#### Alcohol

[KidsHealth.org/kid/stay\\_healthy/body/alcohol.html](http://KidsHealth.org/kid/stay_healthy/body/alcohol.html)

#### What You Need to Know About Drugs

[KidsHealth.org/kid/grow/drugs\\_alcohol/know\\_drugs.html](http://KidsHealth.org/kid/grow/drugs_alcohol/know_drugs.html)

#### What You Need To Know About Drugs: Marijuana

[KidsHealth.org/kid/grow/drugs\\_alcohol/know\\_drugs\\_marijuana.html](http://KidsHealth.org/kid/grow/drugs_alcohol/know_drugs_marijuana.html)

#### What You Need To Know About Drugs: Cocaine and Crack

[KidsHealth.org/kid/grow/drugs\\_alcohol/know\\_drugs\\_cocaine.html](http://KidsHealth.org/kid/grow/drugs_alcohol/know_drugs_cocaine.html)

#### What You Need To Know About Drugs: Ecstasy

[KidsHealth.org/kid/grow/drugs\\_alcohol/know\\_drugs\\_ecstasy.html](http://KidsHealth.org/kid/grow/drugs_alcohol/know_drugs_ecstasy.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.*

### Who Do You Trust?

#### Objectives:

Students will:

- Identify trusted adults to whom they can turn for help with problems.
- Create a class book of all the trusted adults in their lives.

#### Materials:

- 2 pieces of construction paper (for front and back of book)
- White drawing paper
- Trusted Adults handout (available at: [KidsHealth.org/classroom/prekto2/problems/drugs/drugs\\_handout1.pdf](http://KidsHealth.org/classroom/prekto2/problems/drugs/drugs_handout1.pdf))
- Pencils, markers, 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 a group of peers 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 do give people a “high” when they first take it and make them think that their lives are better, but when the drug wears off, they feel sick and have even more problems than they did before they took the drug! It is important for you to know that drugs do not solve your problems or make your life better. They actually make your life much 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 three people in your community who can help you with problems.

#### Extensions:

1. Invite a trusted person from the community, like a guidance counselor or a police officer, to come speak to the class about making good choices around drugs and medicine.
2. Read the class book that you made to other classes in the school so that other children can learn about the adults they can trust in their community.



## What Should You Do?

### Objectives:

Students will:

- Identify safety procedures for handling situations where medicines or drugs are involved
- Role-play and discuss situations where they would need to make a decision about medicines or drugs

### Materials:

- What Should You Do? handout (available at: [KidsHealth.org/classroom/prekto2/problems/drugs/drugs\\_handout2.pdf](http://KidsHealth.org/classroom/prekto2/problems/drugs/drugs_handout2.pdf))
- Role-Play Scenarios handout (available at: [KidsHealth.org/classroom/prekto2/problems/drugs/drugs\\_handout3.pdf](http://KidsHealth.org/classroom/prekto2/problems/drugs/drugs_handout3.pdf))
- Chart paper and markers, or chalkboard and chalk

### 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 while their bodies fight the germs that are making them sick. Another word for medicine is "drug." When taken properly, these kinds of drugs help people. But some drugs are illegal. This means that it is against the law to use them because they are very bad for your 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 that is legal can make you sick! So it is important for you to know some rules about how to stay safe around medicines and drugs. You and a partner are going to act out some situations where 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 will complete a handout about drug and medicine safety.

## Reproducible Materials

### Handout: Trusted Adults

[KidsHealth.org/classroom/prekto2/problems/drugs/drugs\\_handout1.pdf](http://KidsHealth.org/classroom/prekto2/problems/drugs/drugs_handout1.pdf)

### Handout: What Should You Do?

[KidsHealth.org/classroom/prekto2/problems/drugs/drugs\\_handout2.pdf](http://KidsHealth.org/classroom/prekto2/problems/drugs/drugs_handout2.pdf)

### Handout: Role-Play Scenarios

[KidsHealth.org/classroom/prekto2/problems/drugs/drugs\\_handout3.pdf](http://KidsHealth.org/classroom/prekto2/problems/drugs/drugs_handout3.pdf)



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Trusted Adults

Instructions: Name three people in your community who can help you with problems. Draw a picture of these three people and tell where you can find them.

1

This person is \_\_\_\_\_

I can find this person \_\_\_\_\_  
\_\_\_\_\_

2

This person is \_\_\_\_\_

I can find this person \_\_\_\_\_  
\_\_\_\_\_

3

This person is \_\_\_\_\_

I can find this person \_\_\_\_\_  
\_\_\_\_\_



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## What Should You Do?

### Part I

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 II

Instructions: Read each question and write your answer down in the lines that follow.

What should you do if you feel sick at home?

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What should you do if you feel sick at school?

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What should you do if you feel sick at a friend's house?

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Can you name two trusted adults who can give you medicine?

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Role-Play Scenarios

Instructions: With a partner, discuss some situations where medicines 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.



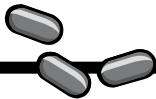
**3**

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.

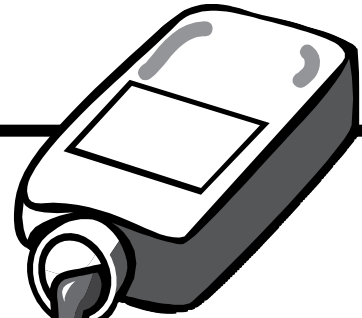


**5**

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 really yummy! 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.

