

## Health

1.ATOD.1.1

Recognize harmful effects of medicine when used incorrectly.

1.ATOD.1.2

Recognize how to behave safely with medicines and household cleaners

### Materials Needed:

- Optional Video: [https://www.youtube.com/watch?v=YZO-drzD1\\_M](https://www.youtube.com/watch?v=YZO-drzD1_M)
- Scenarios: copied and cut apart for small groups OR one teacher copy and facilitated as a whole class
- Handout – Drawing and Sentences
- Handout - Poison Control Posters (copies for each student)

### Statement of Objectives:

By the end of today’s lesson you will be able to recognize the harmful effects of medicine if used incorrectly and describe how to behave safely with medicines and household cleaners.

### Teacher Input:

It is important for students to recognize that anything you put into your body, other than food can make a person very sick. You can get poisoned by eating, drinking, touching, or smelling something that can make you sick or hurt you. Always ask an adult if you don’t know what something is to find out if you should touch it or not.

Explain that some people need medicine when they are sick to feel better. Some people need medicine each day or several times a day to stay healthy. Medicines can be prescribed by doctors and also purchased at a store by your parents. Medicines are intended to help people stay healthy or get well; however, when medicines are misused or not used as intended, people can get very sick. Only take the amount of the medicine that your doctor or your parents tell you to take. Never take anyone else’s medicine and never take medicine without your parents’ permission. If you take medicine that is not yours, take too much of medicine that is prescribed for you, or do not take your medicine at the time you are supposed to, you can get very sick. You might feel very tired, have an upset stomach, experience a headache, or feel cold or hot. It is very important to tell a grown up if you feel different or sick after taking medicine.

When you find medicine, household cleaners, or products used in the garage or on the lawn and garden, it is very important that you tell an adult. Don’t touch these products unless leaving them there might make someone else unsafe (example – little brother or sister or a pet). If you must pick it up, be very careful and give it to an adult immediately. Wash your hands after you give it to an adult. Some products are intended to clean but contain chemicals that would be very harmful if you swallowed them or touched them and then put your hands in your mouth. Some products are used to kill bugs and pests

and it is important to avoid touching those products as well. If you find these items, tell an adult.

If you or someone you know swallows a household product (cleaner, fertilizer, gasoline, make-up, etc) or medicine, call the poison control center immediately: 1-800-222-1222 or 9-1-1. Remain calm and describe what the person consumed. Try to have the bottle or container nearby if possible. Provide the location of the person and the person's age and weight if you know it. Stay on the phone and the emergency operator will give you instructions on what to do until help arrives.

This video is a safety video, which reinforces the message that young children should not touch, smell, or pick it up – stop and ask a grown up first.

[https://www.youtube.com/watch?v=YZO-drzD1\\_M](https://www.youtube.com/watch?v=YZO-drzD1_M)

### **Assessment:**

Read the scenarios aloud and provide a copy to small groups of students. Ask students to draw a picture and write 2 sentences to describe what the character in the scenario should do.

#### Scenario 1:

Carley finds a bottle of medicine on the playground. She opens the bottle and it smells good so she decides to try one of the pills. Carley's head begins to hurt and she is scared. What should she do?

#### Scenario 2:

Thomas does not feel very well. He told Terrance that his head hurts. Terrance has headache medication in his book bag and offers Thomas his medicine. Terrance said it makes his headaches go away. What should Thomas do?

#### Scenario 3:

Joseph has to take medicine every day at lunch and at dinner. He has been taking this medication since he was 3 years old. He keeps his medicine in his lunchbox. Today, Thomas was talking during lunch and ran out of time so he couldn't finish his food. He left his medicine with his sandwich on the cafeteria table. Is Joseph being safe? What should he do differently?

#### Scenario 3:

Lilly is babysitting her little sister. Lilly finds her little sister on the floor shaking a bottle of medicine and laughing at the sound. The lid is on tightly and her sister is not trying to open it, only shake it. What should Lilly do?

#### Scenario 4:

Candice and her little brother are picking up toys in the living room and she finds a bottle of floor cleaner that her mom used earlier that day. She considers leaving it in the floor and going to her room, what should she do?

Distribute the poison control center handout and ask students to make sure their parents put these numbers in their cell phones and post these signs in places you can see them at home.

**Closure:**

Today, you learned to recognize the harmful effects of medicine and how to be safe with medicine and household cleaners.

## Scenarios

### Scenario 1:

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### Scenario 4:

Candice and her little brother are picking up toys in the living room and finds a bottle of floor cleaner that her mom used earlier that day. She considers leaving it in the floor and going to her room, what should she do?

Draw Your Picture:

The drawing area is a large, empty white space. Below it, there are five sets of horizontal lines for writing. Each set consists of a solid top line, a dashed midline, and a solid bottom line.

