

Purpose of the Lesson

The lesson focus is making healthy decisions and applying the guidelines for using medicines and household products safely. Students will look at pictures of and use decision-making guidelines to figure out if the products/substances are safe, unsafe, or if they are unsure. If a student believes is unhealthy or unsafe, or if they are unsure, they should remember “Don’t Touch! Don’t Take! Don’t Taste! Tell a Trusted Adult.”

Background Knowledge

- Rule for medicine = Only take with the help of a trusted adult.
- If you don’t know = Don’t Touch! Don’t Take! Don’t Taste! Tell a Trusted Adult.
- If you are unsure or unsafe = Get the help of a trusted adult!

Lesson Objectives

Students will be able to:

Objective	Activity
1. Describe the words harmful, poison, and danger.	<ul style="list-style-type: none">• Green/Yellow/Red Card Activity
2. Describe rules about medicines, harmful and unknown household products.	<ul style="list-style-type: none">• Green/Yellow/Red Card Activity, Closure Scenarios

Time: 20-30 minutes

Materials

Picture of confused emoji ([Attachment 1](#)); “Do I know what this is?” Worksheet. ([Attachment 2](#)); Poison Proofing your Home ([Attachment 3](#)); green, yellow, red card for each student or a technology tool to administer quizzes.

Introduction

- Show picture of a confused emoji ([Attachment 1](#)).
 - o **ASK:** What do you think is happening to this emoji? How do you think it is feeling? (confused)
 - o **State:** “We can all get confused when it comes to making the right choice. Making healthy choices takes practice. So, today, we are going to practice making healthy and safe choices.”

Teaching Steps

Activity 1: What is This?

- **State:** “Some choices can be helpful, but some choices can be harmful.”
- Discuss the word, “harmful.”
 - Things that can hurt me, my mind or body.
 - Explore how medicine can be harmful if you don’t follow the rules **OR** helpful if taken correctly with the help of an adult.
 - Sometimes medicines can look like candy and vice versa.
 - Help children determine household products that could be harmful to them if used wrong. (if inhaled, touched, swallowed, etc.)
 - Show pictures of common household substances and explain how they could be harmful.
 - If you don’t know what it is, it is dangerous.
- Pass out a green, yellow and red card to each student
 - Show pictures of candies and medicines that look alike (See Attachment 2). Ask them to determine which is candy and which is medicine.
 - Green (or thumbs up) = **HEALTHY and SAFE**
 - Yellow (or thumbs middle) = **UNSURE**, I need some help.
 - Red (or thumbs down) = **NO, UNSAFE, UNHEALTHY**, or I need some help
- Discuss how difficult it was to tell the difference between the medicines and the candy.
- Emphasize the importance of always asking a trusted adult for help.
 - Don’t know = Don’t Touch! Don’t Taste! Don’t Take! Tell a Trusted Adult.
- We also have other things in our home that can be helpful or harmful. Show a picture of the danger symbol on a poisonous substance.
 - Discuss why this symbol is on some household products (emphasize need to stay away from products with this symbol **OR** products they don’t know).
 - Show 2-3 more pictures of substances with danger symbols and **ASK** students to respond with green, yellow or red cards.
- **State:** “Let’s take a look at some other pictures.” Show them pictures of liquids such as Blue Bolt sports drink vs. a household product that looks similar, such as window cleaner.
 - **ASK:** If I poured blue sports drink into a clear glass and poured blue window cleaner into another clear glass, how could you tell them apart? (Could not.) How could you tell which was safe to drink and which was not? (Lead them to answering: You could not.)
 - Explore that sometimes people put things in jars, etc.: something other than the container the substance is supposed to be inside.

- o Discuss the possible danger of doing this: someone might think the substance is safe when it is not.
 - o Also add that harmful substances or unknown substances such as trash or something left on the ground could be dangerous – “Don’t Touch! Don’t Taste! Don’t Take! Tell a Trusted Adult.”
 - o Is this a harmful substance? (Show several more pictures, some of safe liquids and some of harmful liquids in clear containers)
- What do you do if you don’t know what it is?
 - o “Don’t Touch! Don’t Taste! Don’t Take! Tell a Trusted Adult.”
 - o Students: We ALWAYS ask for help from a trusted adult.
 - o Discuss what to do if your card is anything but green. If you don’t know that it is safe or comes from a trusted adult, what should you do?
 - Do NOT drink it or take it!
 - Don’t know = Don’t Touch! Don’t Taste! Don’t Take! Tell a Trusted Adult.
- *Transition:* While we are learning about unsafe vs. safe, we need to remember the rule about strangers.
 - o **ASK:** Who can tell me a rule about strangers? (i.e., Do not talk to strangers; Do not take anything from strangers)
 - o Explain why they should not take any substance from a stranger and/or a person they do not trust (food, candy, medicine, etc.)
 - Discuss what students need to do if a stranger offers them “candy” or another other substance: Run to a trusted adult and say, “Can you please help me?” then tell the trusted adult what just happened.

Activity 2: Asking for Help

- Discuss what to do if your card is anything but green. Emphasize if you don’t know that it is safe or comes from a trusted adult, what should you do?
 - o If I don’t know or I’m unsure:
 - Don’t Touch! Don’t Taste! Don’t Take
 - Tell a Trusted Adult
- Discuss what students need to do if a stranger offers you “candy” or another substance, or find something that you’re unsure of or it looks dangerous: Run to a trusted adult and say, “Can you please help me?”
 - o Tell the adult what happened and tell them about the person who asked you
- o Have students practice saying, “Can you please help me?”

Closure

State: “Let’s play a little review game. I will describe a few situations. If it is safe, hold your green card. If it is unsafe, hold up your red card. If you are unsure hold up your yellow card.”

- **Situation 1:** You see a few colorful round objects on the table. They look like little chocolate candies. You decide to ask a trusted adult if they are safe to eat.
- **Situation 2:** There is a clear glass on the kitchen counter. It has a yellow bubbly liquid inside that looks like pop. You decide to drink it.
- **Situation 3:** A stranger walks up to you and says, “Here take this. It is candy.” You do not take it and run to a trusted adult for help.
- **ASK:** Can you tell me who is a trusted adult? Once you find that trusted adult, what do you say? (Can you please help me?)

Recommendation and Reminders

- Teachers could bring in actual examples from the pictures, but teachers must label and store any hazardous materials following the school guidelines.
- Instead of cards, you can also use: Thumbs up = green; thumbs sideways = yellow; thumbs down = red.

National Health Education Standards

Standard 1: *Comprehending Concepts*

Standard 3: *Accessing resources*

Standard 4: *Communication Skills*

Standard 5: *Decision-making skills*

Healthy Behavior Outcome (HBO)

Alcohol and Other Drugs HBOs:

HBO 1: *Avoid misuse and abuse of over-the-counter and prescription drugs.*

HBO 4: *Avoid the use of illegal drugs.*

English Language Arts Standards

L.K.5a. With guidance and support from adults, explore word relationships and nuances in word meanings.

5a. Sort common objects into categories to gain a sense of the concepts the categories represent.

Follow-up Activities

- **Parent/ Guardian Interaction Activity:** Send home a *Harmful Household Products Checklist* for students to discuss with their parents ([See Attachment 3](#)).



HOPE

Do I Know What This Is?





Read each situation below to the students. After each situation, ask students to hold up either their green card or their red card: If the situation is **SAFE**, hold up your green card. If you are **UNSURE**, hold up your yellow card. If it is **UNSAFE**, hold up your red card.

SITUATION

1

You see a few colorful round objects on the table. They look like little chocolate candies. You decide to ask a trusted adult if they are safe to eat.

SITUATION

2

There is a clear glass on the kitchen counter. It has a yellow bubbly liquid inside that looks like pop. You decide to drink it.

SITUATION

3

A stranger walks up to you and says, “Here, take this. It is candy.” You do not take it and run to a trusted adult for help.



POISON-PROOFING YOUR HOME

In our classroom we have been learning about **SAFE** and **UNSAFE** household products. Please help your child complete the checklist. Thank you for supporting your child to make safe and healthy choices.

- ☐ Keep medicines, poisons, and other dangerous substances (such as paint, charcoal lighter fluid, gasoline and cleaning supplies) out of reach of children and pets. If possible, store these items in locked cabinets.
- ☐ Read all labels carefully. Your child knows medicine is only taken with the help of a trusted adult such as a parent or guardian. Please discuss this more with your child.
- ☐ Clearly label all poisonous products.
- ☐ Store poisonous substances away from food or food containers.
- ☐ Protect utensils and food when spraying chemicals such as bug spray and cleaning solutions.
- ☐ Date all medicine supplies when you buy them.
- ☐ Keep medicines in original labeled bottles; do not transfer them into unlabeled bottles/containers.
- ☐ Clean out the medicine cabinet regularly to remove outdated medicines.
- ☐ When you throw away drugs and medicines, take them to a safe disposal area. Do NOT flush down toilet or put in trash. Contact your city government center or local police to locate out safe medicine disposal places.
- ☐ Keep a poison control kit in the house in case of accidental poisoning. Also keep local Poison Control Center number handy.
- ☐ Make sure all family members know what to do in case of a poisoning emergency.

My child and I have reviewed the poison-proof guidelines listed above.

Thank you for being an education partner.

Parent or Guardian Signature

REMEMBER: UNSAFE or UNSURE = *Don't Touch, Don't Taste, Don't Take and Get Help!*