

Purpose of the Lesson

Lesson 4 is a lesson enhancement. This lesson could be added as an extension to another lesson or it can be a separate stand-alone lesson if time allows. In this lesson, students will advocate for making healthy choices with medicines. Students will develop and sign the pledge to be safe with medicines and harmful substances, “I will make healthy choices about medicine. I will only take medicine from a trusted adult.”

Lesson Objectives

Students will be able to:

Objective	Assessment
1. Share with others how they will make healthy choices and seek the help of trusted adults when taking medicines.	<ul style="list-style-type: none">Sentence Completion or signed Pledge Card

Time: 20-30 minutes

Materials

Who Wants to Make Healthy Choices? Activity Sheet ([Attachment 1a](#) or [1b](#)). Optional: large chart paper or blank lined writing paper.

Introduction

- ASK:** Who can tell me how we kept Sammy safe? *(Students should recall earlier lesson about making safe choices.)*
- ASK:** What else have we learned about safety? *(Students should recall information about trusted adults and medicines)*

Teaching Steps

- Students will complete the following :
- We will make (healthy) choices about medicines. I will only take medicines with the help of a (trusted) adult. (Healthy) choices help keep me (safe).
- Option 1:** Sentence completion worksheet/pledge card
 - Students can have a worksheet with the same sentence, but write or trace the words to practice writing their letters. Students can sign and decorate their own pledge. These can be displayed, then taken home to share with a trusted adult. The students can help the teacher create their own pledge using a shared writing approach.
 - Option 1a: Students write the pledge on their own paper while the teacher writes the pledge on the board.

- **Option 2:** Chart Paper
 - Using a large piece of chart paper, students help complete the sentence with the correct words. Students then print their name on the chart paper. Display the chart in the classroom
 - Ask students to sign the pledge ... but no pressure to do so. They sign only if they want to do so. Then display in a prominent place in the classroom. When other opportunities arise, refer back to the classroom Safe Pledge (could have picture of Sammy Safe on the chart).
- **Option 3**
 - Students could draw a picture of trusted adults in their life and write the names of the people they drew in their picture. In addition, students could draw to describe how making healthy choices makes them feel.

National Health Education Standards

Standard 8: *Advocate for health*

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.*

ELA Standards

W.K.2. Use a combination of drawing, dictating and writing to compose information/explanatory texts that name what is being written about and supply some information about the topic.

Follow-up Activities

- **Parent/ Guardian Interaction Activity:** Send home signed pledge.

WHO WANTS TO MAKE **HEALTHY** CHOICES?

Student Name _____

Date _____

I make healthy choices
about medicine. I will
only take medicine from a
trusted adult.

WHO WANTS TO MAKE **HEALTHY** CHOICES?

Student Name _____

Date _____

I make healthy choices
about medicine. I will
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