

K-2 LESSON OVERVIEW

	K	1st	2nd
Lesson 1	<p>Trusted Adults & Using Medicines Safely</p> <p>Students will differentiate between an adult, friends and trusted adults. Students will identify trusted adults at home, school or in the community who can help with taking medicines. The lesson emphasizes why we take medicine and the rule that we only take medicines with the help of a trusted adult.</p>	<p>We Make Healthy Choices</p> <p>The lesson focus is on how to make healthy and safe choices with medicine. Students will read multiple scenarios and sort them into healthy and unhealthy choices. The lesson reinforces how to make healthy and safe choices with medicine and only take medicines from a trusted adult.</p>	<p>Making Healthy Choices to Protect My Brain</p> <p>Students play a <i>Jeopardy</i>-type game to review making healthy choices, family and school rules about medicines and trusted adults. The lesson reinforces the importance of protecting the brain, particularly from the negative consequences of drug misuse.</p>
Lesson 1 Objectives	1. Explain that the medicine can only be taken with the help of a trusted adult.	1. Differentiate between healthy/unhealthy and safe/unsafe choices about medicines.	1. Describe a healthy choice and how to make a healthy choice about medicines by involving a trusted adult.
	2. Differentiate between an adult and a trusted adult.	2. Identify who can help children make healthy choices.	2. Describe family and school rules about medicine use.
	3. Identify trusted adults in their home and in their community who will help them use medicines in a healthy way.		3. Sort pictures about medicines, drugs and other substances into categories of healthy/safe, unsure, and unhealthy/unsafe.
			4. Describe how the brain works, reasons to protect our brain and how misusing medicines can be harmful to you and your brain.
Lesson 2	<p>Safe, Unsafe, or Unsure? Making Healthy Decisions</p> <p>The lesson focus is making healthy decisions and applying the guidelines for medicines and household products. Students will look at pictures to decide if they are safe, unsure or unsafe decisions. If a student is faced with a substance or situation where they feel it is unhealthy, unsafe or they are unsure remember – Don't Touch! Don't Taste! Don't Take! Tell a Trusted Adult.</p>	<p>Who Wants to Make Healthy Choices?</p> <p>Students will play the game "Who Wants to Make Healthy Choices?" During the game, students analyze the situation to determine if it was a healthy and safe, or unhealthy and unsafe choice. Following the game, a quick debrief will reinforce to ask for help from a trusted adult to make a healthy decision.</p>	<p>Steps to Making Healthy Choices</p> <p>Students will use the steps of making a healthy decision (STOP, THINK, CHOOSE) in three situations. Students will apply school and home rules for medicines and drugs to make healthy choices and unlock the "Code of Choices."</p>
Lesson 2 Objectives	1. Describe the word harmful.	1. Identify trusted adults who can help make healthy decisions about medicines.	1. Describe the basic steps (STOP, THINK, CHOOSE) to make a healthy decision
	2. Differentiate between medicines and non-medicines (candy, harmful substances, and unknown substances).	2. Identify a healthy or unhealthy decision from a given scenario.	2. Apply the basic steps of decision-making to make a healthy choice about using medicine.
	3. Describe rules about medicines, harmful and unknown household products.	3. Describe what to do to make healthy choices about using medicines, harmful household products, unknown substances and things given to you by strangers.	3. Apply the rules and key points to remember to make a healthy decision about medicines.

K-2 LESSON OVERVIEW (CONTINUED)

	K	1st	2nd
Lesson 3	<p>Healthy Decisions Keep “Sammy Safe”</p> <p>Students will analyze choices and determine if they are safe and healthy or unsafe and unhealthy. Students will then apply the guidelines for making healthy decisions with medicine to help the “Sammy” puppet be safe, happy, and healthy.</p>	<p>Asking a Trusted Adult for Help to Make a Healthy Decision</p> <p>Lesson 3 applies decision-making and communication skills in scenarios. The emphasis initially will be to identify healthy choices and when to ask for help from a trusted adult.</p>	<p>Being Assertive To Be Healthy</p> <p>The lesson will introduce assertive skills, which will help students communicate their healthy decisions to others. Students will seek help from trusted adults for situations involving medicines or drugs.</p>
Lesson 3 Objectives	1. Describe the meaning of healthy.	1. Describe a healthy choice and unhealthy choice and how it feels to make a healthy choice.	1. Explain assertive communication is important to standing up for what you know is right and for healthy decisions.
	2. Identify healthy (safe) or unhealthy (unsafe) decisions involving medicines.	2. Identify situations that need help from a trusted adult.	2. Demonstrate assertive communication skills to refuse an unhealthy choice.
	3. Identify a trusted adult to help make healthy choices.	3. Demonstrate how to ask for help from a trusted adult to make a healthy decision using medicines.	
Lesson 4	<p>I Will Make Healthy Choices</p> <p>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.”</p>	<p>I Will Make Healthy Choices about Medicine</p> <p>Students will brainstorm three possible reasons for making healthy choices. The student selects their favorite reason and writes a sentence. The student also writes a sentence about who can help them make a healthy choice.</p>	<p>Encouraging Others to Make Healthy Choices about Medicines</p> <p>Students will develop a paragraph to encourage others to make healthy choices by describing who can help with making healthy choices and the reasons to make healthy choices.</p>
Lesson 4 Objectives	1. Share with others how they will make healthy choices and seek the help of trusted adults when taking medicines.	1. Write a statement about why it is important to make healthy choices about medicine and asking for help to make healthy choices.	1. Students write an informative paragraph that states the importance of healthy decisions about medicines and who can help them make healthy decisions about medicines.
		2. Students will write about who can help them make a healthy choice.	2. Provide supporting facts or reasons to make healthy choices about medicines.