**Lesson 2: Who Can Help Me Make Healthy Choices?**

**Overview:** Students will learn to STOP, THINK, and ASK to make healthy choices to prevent substance use. STOP requires students to think about what is happening and what Know to No! principles apply. THINK asks students to think who can help, and ASK is reaching out to a trusted adult for help.

National Health Education Standards

**Standard 1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

**Standard 5:** Students will demonstrate the ability to use decision-making skills to enhance health.

Healthy Behavior Outcomes (HBOs):

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| **Alcohol and other drugs** | HBO 2. Avoid misuse and abuse of over-the-counter and prescription drugs. |
| HBO 3. Avoid the use of alcohol. |
| HBO 4. Avoid the use of illegal drugs. |
| **Tobacco** | HBO 1. Avoid using or experimenting with any form of tobacco. |

Lesson Objectives – Students will be able to:

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| **Objective** | **Assessments** |
| 1. Apply the rules for medicines and unknown substances to make healthy choices. | Attachment 2.1 – Stop & Think |
| 1. Identify healthy, safe choices involving medicines and unknown substances. | Attachment 2.1 – Stop & Think |
| 1. Apply Stop, Think, Ask to make healthy choices to prevent substance use. | Attachment 2.1 – Stop & Think |
| 1. Identify decision situations that need help from a trusted adult. | Attachment 2.1 – Stop & Think |

Introduction:

* Show a picture of a child who is trying to decide.
* Think of some of the decisions you made today. (Examples: what to wear, what to eat, who to talk to)
* Making decisions requires us to STOP and THINK so we can choose the option that is healthy, safe, and respectful.
* Sometimes we have to make big decisions that impact our health and well-being. These are called thoughtful decisions. We have to STOP, THINK, and ASK trusted adults for help to make thoughtful decisions.
* Let’s practice.
  + (Look at Attachment 2.1) Also show *pills or an unknown substance; look on child’s face says, “I am not sure what to do.”*)
* Stop
  + Recognize what is happening. What rule should I remember?
  + Do I need help from a trusted adult?
* Think: Who can help me?
* Ask: Ask a trusted adult for help to make a healthy and safe choice.
  + STATE: If I were the child in the picture, I would choose to \_\_\_\_\_\_\_\_\_.
  + Stop and recognize what is going on. Do I need help?
    - Think about who can help me.
    - Ask for help.

Teaching Steps:

Activity 1: Review rules of medicines and unknown substances/objects

* **Rule 1:** If you Don’t Know *(use motions with arms to show “X”):*
  + Don’t touch it! *(Touch pointer finger to palm for “touch.”)*
  + Don’t take it! *(Make grabbing motion for “take.”)*
  + Don’t taste it! *(Point to lips for “taste.”)*
  + Tell a trusted adult.
* **Rule 2:** Only take medicine from a trusted adult.
* **Rule 3:** Never share or take someone’s medicine
* Why do we use these rules?
  + They help us make healthy choices.
* Let’s practice using these to make healthy choices.
* Story 1: Emma loves exploring the outdoors. One day while playing in the park, she finds a small bottle with an unknown liquid inside. She is curious but doesn’t touch.
  + STOP: What is happening? Did Emma make a healthy choice? (Yes)
    - Which rule did Emma follow? (Rule 1: If you don’t know, don’t touch, don’t take, don’t taste.)
    - Do I need help? (Yes)
  + THINK: Who can help me?
    - Tell a trusted adult. Who is a trusted adult who can help you? (Parent)
  + ASK: Reach out to a trusted adult for help to make a healthy decision.

Activity 2: Stop and Think Practice

* We’re going to learn a tool that can help you make a healthy choice: Stop, Think, and Ask.
* Story 1 (Attachment 2.2a): Your friend wants to give you a gummy worm from a package they found at home. You asked where they got it, and they said they don’t know.
* **STOP:**
  + Recognize what is happening. (*You don’t know where the substance came from and aren’t sure if it’s safe.)*
  + Do I need the help of a trusted adult? (*Yes*)
* **THINK:**
  + What are the options?
    - 1. Eat the gummy worm.
    - 2. Say NO. Ask a trusted adult for help.
  + Who could help you make a healthy choice? *(A trusted adult)*
* **ASK:**
  + Ask a trusted adult for help to make a healthy decision and put it into action.
* Story 2 (Attachment 2.2b): You are at Maddie’s playing when Maddie begins coughing. She turns to you and says, “I am going to go take my cough medicine.” When she cannot find her mom, Maddie tells you she is going to just take the medicine all by herself.
  + **STOP:**
    - Recognize what is happening. (*Maddie wants to take medicine without help.)*
    - Do I need the help of a trusted adult? (*Yes*)
  + **THINK:**
    - What are the options?
      * 1. Don’t do anything. Let her take the medicine, then go on playing.
      * 2. Ask a trusted adult for help.
    - Who could help you make a healthy choice? (Parent)
  + **ASK:**
    - Ask a trusted adult for help to make a healthy decision and put it into action.
    - Maddie needs to ask her mom for help taking her medicine.
  + We’ll learn in the next lesson to ask for help, tell the trusted adult what you need, and listen to what the trusted adult says.
    - You would say “Can you help me? I need to take my medicine.”
  + In our next lesson, we’ll practice asking for help and communicating a healthy and safe choice.

Closure:

* Remind me about the new tool you can use to make healthy choices.
  + **STOP:** Is this a healthy choice?
  + **THINK:** Who can help me?
  + **ASK:** Ask a trusted adult to help you make the healthy choice.
* Who can help you make healthy choices?

Attachment 2.1: Stop, Think, Choose

Circle the correct answer when you Stop and Think.

A pink pills on a black background

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**Do I need help?**

**** A green smiley face with black background

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**Who can help me? (Circle your answer)**

A cartoon of a child

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Kid Teacher/Coach Stranger

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**ASK a trusted adult for help:**

A cartoon of a person with The Andy Warhol Museum in the background

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Attachment 2.2a: Stop, Think, Choose Practice

Your friend wants to give you a gummy bear from a package they found at home. You asked where they got it, and they said they don’t know.

A group of green teddy bears

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**Think: Who can help me? (Circle your answer)**

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Attachment 2.2b: Stop, Think, Choose (Maddie & Medicine)

You are at Maddie’s playing when Maddie begins coughing. She turns to you and says, “I am going to go take my cough medicine.” When she cannot find her mom, Maddie tells you she is going to just take the medicine all by herself.

A purple liquid in a plastic cup

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Do I need help?

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**Think: Who can help me? (Circle your answer)**

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Kid Teacher/Coach Stranger

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