**Lesson 1: Healthy Choices and Helpful Resources**

**Overview:** The lesson introduces the Know to NO! principles for making healthy choices with medicines and substances. Students learn that if they recognize a choice is unhealthy or unsafe or if they are unsure, they should involve trusted adults and other resources to make a healthy choice.

National Health Education Standards

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

**Standard 3:** Students will demonstrate the ability to access valid information, products, and services 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 substance use prevention and medication safety principles to make a healthy choice. | Attachment 1.1 – Can You Make a Healthy Choice? |
| 1. Explain that medicines can only be taken with the help of trusted adults. | Attachment 1.1 – Can You Make a Healthy Choice?  Attachment 1.3 – Frog Family Review |
| 1. Identify trusted adults at home and at school who can help with medication safety. | Attachment 1.1 – Can You Make a Healthy Choice?  Attachment 1.3 – Frog Family Review |
| 1. Identify situations that are unhealthy and unsafe involving medications and substances. | Attachment 1.1 – Can You Make a Healthy Choice?  Attachment 1.3 – Frog Family Review |

Introduction

* ASK: Can you think of an example of a healthy choice?
* Why is it a healthy choice?
  + (Healthy and safe choices protect our body and mind so they can be their best.)
* ASK: Can you think of an unhealthy choice?
  + (An unhealthy choice can be harmful, unsafe, and unhealthy.)
* ASK: Who can help us make healthy choices?
  + (Trusted adults, rules, and resources.)

Teaching Steps:

Activity 1: Know to No! Medication Safety and Substance Use Prevention Rules

* In today’s lesson we’ll practice making healthy choices about medicines and substances to help Finlee and Fenix Frog “hop” toward being safe and healthy.
  + Substances like alcohol, tobacco, drugs, and poisonous substances are unsafe and unhealthy and could hurt you.
* Today we are going to talk about healthy and safe ways you can take medicine.
* What is medicine? Medicine is pills or liquid or ointment or other material that can help you feel better if you are sick or prevent you from getting sick.
  + Medicine must be taken with the help of a trusted adult because they can follow the directions and give you the correct amount at the right time.
* What are some healthy and safe choices we should hop to when taking medicine?
  + Know to NO! Medication Safety and Substance Use Prevention Rules
    - Rule 1: If you don’t know what something is or where it came from *(use motions with arms to show “X”):* 
      * Don’t touch it! *(Touch pointer finger to palm for “touch.”)*
      * Don’t take it! *(Make a grabbing motion for “take.”)*
      * Don’t taste it! *(Point to lips for “taste.”)*
      * Reach out to a trusted adult for help.
    - Rule 2: Only take medicine with the help of a trusted adult.
    - Rule 3: Never take someone else’s medicine.
* Let’s practice using our medication safety rules and making healthy choices (see Attachment 1.1)
  + For each picture, we will use our thumbs to share if we think the picture is healthy (thumbs up) or unsafe (thumbs down) or if we’re unsure (sideways).
  + After each picture, repeat the rules (start with Rule 1, then 2 and 3).
  + All of the pictures should be unsafe or unsure. Remind students that our goal is to realize we need the help of trusted adults to help us with medicine or substances.

Activity 2: Trusted Adults

* Who is a trusted adult?
  + Trusted adults can help us make healthy choices.
* How do you know they are a trusted adult?
  + They are grown-ups who help you be healthy and safe.
  + Trusted adults can be found at home, at school, and in the community.
* Can you spot the trusted adult?
  + Trusted adults can be family members, police officers, teachers, nurses, and others. Our friends or a stranger on a bench would not be a trusted adult.
  + Remember, trusted adults can help us make healthy choices.

Activity 3: Finlee and Fenix Frog

* READ: Finlee and Fenix Frog Learn a Lesson About Medicine Rules (see Attachment 1.2).
* Finlee Frog and has an older sibling Fenix, and they are spending the week with their grandma. Finlee thinks it might be time to take his medicine. He asks Fenix, “Where is grandma? I need to take my medicine.” Fenix tells him that Grandma is in the family room talking on her phone. Finlee starts hopping toward the family room, but Fenix says, ‘Wait, Finlee, I have watched Mommy give you your medicine lots of times. I know how to do it. Go sit on your lily pad chair, and I will get a spoon and your medicine.”
* Fenix hops to the cupboard and sees three bottles of medicine. They are not sure which one is Finlee’s medicine. Fenix thinks maybe it is the orange medicine, but it could be the yellow medicine — or maybe it is the blue one. Fenix looks at Finlee and says, “I am not sure which one is your medicine. Finlee, do you remember what color your medicine is?” Finlee hops over to the cupboard and looks at the bottles. He is not sure, but he thinks maybe his medicine is the orange one. Fenix agrees, “Yes, I think it might be the orange one.”
* Just then Grandma Frog comes hopping into the kitchen and croaks, “What are you two doing?” Fenix looks at Finlee, and Finlee looks at Fenix, and then their eyes grow big, and they both look at Grandma Frog. “Well, Fenix,” croaks Grandma, “Why don’t you tell me what you two little croakers are doing?”
* “Oh, Grandma Frog — I was just trying to help Finlee with his medicine,” cries Fenix. Grandma Frog looks surprised. “Oh, my croaking heart, Fenix. Do you know the rules about medicines?” Fenix lowers her head and squeaks, “No, I do not.”
* “Well, then, Finlee and Fenix, please sit on your lily pad chairs, and I will teach you about taking medicines,” Grandma softly croaks.
* Grandma Frog begins by saying, “Finlee and Fenix, I love you very much, and I want you to be healthy and safe. So please listen carefully so you Know to NO!”
  + **Rule 1:** If you don’t know what something is or where it came from *(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.”)*
    - Reach out to a trusted adult for help.
  + **Rule 2:** Only take medicine with the help of a trusted adult.
  + **Rule 3:** Never take someone else’s medicine.
* Use Attachment 1.3: Frog Family Review to Check for Understanding
  + Did Fenix and Finlee make a healthy or unhealthy choice?
    - Unhealthy
  + What rules did they break?
    - Rules 1 and 2
  + Who was the trusted adult that could help them make a healthy choice?
    - Grandma Frog
  + Why do trusted adults want to help us?
    - Trusted Adults want us to be healthy and safe.
* STATE: “Clap or snap with me to echo this medicine rule: ONLY take medicine with the help of a trusted adult.” *(The teacher will model to clap or snap as the rule below is stated, then ask the students to join in, and then the students do it on their own*.)
  + Additional pictures/scenarios are available in the presentation (Slides 7-12).

Closure:

* Use the questions on Attachment 1.3 to check for understanding or as an exit ticket.

Attachment 1.1: Can you make a healthy choice?

Place a A green smiley face with black background

Description automatically generated or A red face with black lines

Description automatically generated or unsure A yellow face with black background

Description automatically generatedfor each picture.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| A pile of pink pills  Description automatically generated | | | A white object with black dots  Description automatically generated | | | A pile of blue rectangular objects  Description automatically generated | | |
| A green smiley face with black background  Description automatically generated | A yellow face with black background  Description automatically generated | A red face with black lines  Description automatically generated | A green smiley face with black background  Description automatically generated | A yellow face with black background  Description automatically generated | A red face with black lines  Description automatically generated | A green smiley face with black background  Description automatically generated | A yellow face with black background  Description automatically generated | A red face with black lines  Description automatically generated |
| A purple liquid in a plastic cup  Description automatically generated | | | A close-up of a pill  Description automatically generated | | | A group of yellow pills  Description automatically generated | | |
| A green smiley face with black background  Description automatically generated | A yellow face with black background  Description automatically generated | A red face with black lines  Description automatically generated | A green smiley face with black background  Description automatically generated | A yellow face with black background  Description automatically generated | A red face with black lines  Description automatically generated | A green smiley face with black background  Description automatically generated | A yellow face with black background  Description automatically generated | A red face with black lines  Description automatically generated |

If you areA red face with black lines

Description automatically generated or A yellow face with black background

Description automatically generatedyou should….

Don’t \_\_\_\_\_\_\_\_\_\_ it! Don’t \_\_\_\_\_\_\_\_\_\_ it! Don’t \_\_\_\_\_\_\_\_\_\_ it!

Only take medicine from a \_\_\_\_\_\_\_\_\_\_\_\_\_ adult

Attachment 1.2: Hopping to Healthy Choices Story

**HOPPING TO HEALTHY CHOICES: The Frog Family Story**

Finlee Frog is in first grade. He and his older sister Fenix are spending the week with their grandma. Finlee thinks it might be time to take his medicine. He asks Fenix, “Where is grandma? I need to take my medicine.” Fenix tells him that Grandma is in the family room talking on her phone. Finlee starts hopping toward the family room, but Fenix says, ‘Wait, Finlee, I have watched Mommy give you your medicine lots of times. I know how to do it. Go sit on your lily pad chair, and I will get a spoon and your medicine.”

Fenix hops to the cupboard and sees three bottles of medicine. She is not sure which one is Finlee’s medicine. Fenix thinks maybe it is the orange medicine, but it could be the yellow medicine — or maybe it is the blue one. Fenix looks at Finlee and says, “I am not sure which one is your medicine. Finlee, do you remember what color your medicine is?” Finlee hops over to the cupboard and looks at each bottle. He is not sure, but he thinks maybe his medicine is the orange one. Fenix agrees. “Yes, I think it might be the orange one.”

Just then Grandma Frog comes hopping into the kitchen and croaks, “What are you two doing?” Fenix looks at Finlee, and Finlee looks at Fenix, and then their eyes grow big, and they both look at Grandma Frog. “Well, Fenix,” croaks Grandma, “Why don’t you tell me what you two little croakers are doing?”

“Oh, Grandma Frog — I was just trying to help Finlee with his medicine,” cries Fenix. Grandma Frog looks surprised. “Oh, my croaking heart, Fenix. Do you know the rules about medicines?”

Fenix lowers her head and squeaks, “No, I do not.”

“Well, then, Finlee and Fenix, please sit on your lily pad chairs, and I will teach you about taking medicines,” Grandma softly croaks.

Grandma Frog begins by saying, “Finlee and Fenix, I love you very much, and I want you to be healthy and safe. So please listen carefully to the following rules.”

* + **Rule 1:** If you **don’t know** what something is or where it came from *(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.”)*
    - Reach out to a trusted adult for help.
  + **Rule 2:** Only take medicine with the help of a trusted adult.
  + **Rule 3:** Never take someone else’s medicine.

Attachment 1.3: Frog Family Review



1. Did Fenix and Finlee make a healthy or unhealthy choice?
2. Healthy
3. Unhealthy
4. What rules did they break? (Circle the letters of all that apply.)
   1. Don’t touch it, take it, or taste it.
   2. Reach out to a trusted adult for help.
   3. Only take medicine with the help of a trusted adult.
5. Who was the trusted adult who could help them make a healthy choice?

|  |  |
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| A cartoon of a child  Description automatically generated | A cartoon frog with a necklace  Description automatically generated |
| A cartoon of a person wearing a hat  Description automatically generated | A cartoon of a person with a beard  Description automatically generated |

1. Who is a trusted adult who can help **you** make healthy choices?

***Remember***

1. “ONLY take medicine with the help of a t\_\_\_\_\_\_\_\_\_\_\_ a\_\_\_\_\_\_\_\_\_\_.”
2. Don’t \_\_\_\_\_\_\_\_\_\_\_, don’t touch, don’t \_\_\_\_\_\_\_\_\_\_\_\_.
3. I can make \_\_\_\_\_\_\_\_\_\_\_\_ choices!