**Lesson 2: Making Healthy Decisions: Stop, Think, Ask**

**Overview:** The lesson emphasizes medication safety principles. Students will apply the principles and use Stop, Think, Ask to support healthy choices.

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.

**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. Identify substances that are unhealthy or unsafe and describe how to stop, think, and ask. | Attachment 2.1 – Practice Making Healthy Choices |
| 1. Identify trusted adults at home, at school, and in the community. | Attachment 2.2 - Who Is a Trusted Adult? |
| 1. Apply the Stop, Think, Ask model to make a healthy and safe choice. | Attachment 2.3 – Stop, Think, Ask |

Introduction (Hook):

* SHOW a picture of the owl.
* ASK: What does an owl say?
* Repeat: “Who!”
* ASK: What does a wise old owl say?
* State: “Who, Who, Who!”
* STATE: The Wise Owl is going to guide us through our lesson which is filled with WHOs.
* The key to making healthy choices is to Stop, Think, and Ask a trusted adult for help.

Teaching Steps:

Activity 1: Review Know to NO!

* Review rules of medicines and unknown substances/objects (see Slides 1-3 in presentation)
  + **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.”)*
  + **Rule 2:** ONLY take medicine with the help of a trusted adult.
* Use Attachment 2.1 to practice Know to NO!
* Why do we use our Know to No! rules?
  + They help us make healthy choices. We’re going to use a new tool called Stop, Think, Ask to help us apply the rules and make healthy choices.
* Show video: [Wise Owl’s Drug Safety Kit: What is a Medicine?](https://youtu.be/9OK6_OdWxTA)
  + **STOP:** What is happening? (Wendy’s wing is injured.)
    - What is medicine?
    - Medicine can help us feel better, prevent illness, or treat an illness or injury — but only if they take it the correct way, with the help of a trusted adult.
  + **THINK:**
    - Why did Wendy need medicine?
    - When should a child take medicine? (Only with the help of trusted adults.)
  + **ASK:** Ask a trusted adult for help.
    - Who gave Wendy the medicine? (Answer: Trusted adult)
* STATE: In fact, there are some BIG, IMPORTANT rules about medicine and trusted adults.
  + Ask: Are you listening very carefully?
    - If you do NOT know what something is: Don’t TOUCH, Don’t TAKE, Don’t TASTE. *(Show picture; act out touch, taste, take; have children role-play too.)*
    - Emphasize: Medicine can look like candy, BUT medicine is NOT candy! *(Show picture illustrating this.)*
      * ONLY take medicine with the help of a trusted adult. (Show picture of trusted adult helping child taking medicine)
  + The Wise Old Owl wants you to repeat these words after I say each one *(after saying each word, extend your hand out, palm up, to indicate that children need to repeat the word):*
    - Medicine *(pause)* is *(pause)* NOT *(pause)* CANDY! *(pause)*
* Use Attachment 2.1 to practice making healthy choices.

Activity 2: Who Is a Trusted Adult? (Attachment 2.2)

* LEAD a review about trusted adults/grown-ups.
* Ask: How do we know someone is a trusted adult (grown-up)?
  + Someone who is ready to help you if needed.
  + Someone who will answer your questions kindly.
  + Someone who helps you feel safe.
* Ask: What are some ways trusted adults can help us?
* Practice: Who is a trusted adult? (Slide 4)
* Ask the class to decide if the picture is a trusted adult by using the following scale:
  + Thumbs up = trusted adult
  + Thumbs down = not trusted adult
  + Thumbs to the middle = unsure
* SHOW pictures one at a time *(post pictures on front board):* parent, stranger, teenager, firefighter, doctor, nurse, dog, police officer, child, grandparent
  + Ask students to tell how each of the trusted adults could help them be safe and healthy.
* DISCUSS: Trusted adults who can help them take medicine are usually found at home, at school, or at a doctor’s office or hospital *(refer to pictures).*
  + Home: Parent, guardian, grandparent, etc.
  + School: School nurse/health aide (move nurse/health aide to the picture of the school)
  + Hospital or doctor’s office: Doctor, nurse (move picture to the hospital)
* STATE: Police officers, teachers, and firefighters ARE trusted adults, but they usually do NOT help with medicine.

Activity 3: Who knows healthy choices? YOU!

* STATE: Trusted adults can also help us with something very important. They can help us make healthy choices.
* INTRODUCE: Why are decision-making skills important? We can use Stop, Think, Ask for all the choices we make because these steps will help us make healthy and respectful choices.
* REVIEW THE STEPS: (Attachment 2.3)
  + **STOP** (*put hand up in STOP gesture*)
    - Recognize WHAT is happening.
    - Do I need help?
  + **THINK** (*point to your head*)
    - Who can help me?
  + **ASK**
    - Reach out to a trusted adult to ask for help. (We’ll practice asking in Lesson 3)
* Practice Stop and Think using Attachment 2.3a
* Debrief – What should we do if a substance is unhealthy or unsafe or if we don’t know?
  + Ask a trusted adult for help!

Closure:

* ASK: What are our rules for medicine?
* ASK: Why are these rules important?
  + They keep us healthy and safe
* ASK: What are the steps you should remember to make healthy choices?
  + Stop, Think, Ask a trusted adult for help.

Attachment 2.1 – Practice Making Healthy Choices

Look at each picture. Place a:

A green smiley face with black background

Description automatically generated if it is healthy

A red face with black lines

Description automatically generated for unhealthy

A yellow face with black background

Description automatically generated if you are unsure.

A pink pills on a black background

Description automatically generated A group of yellow pills

Description automatically generated A close up of a label

Description automatically generated

A group of wrapped candy

Description automatically generated A pile of blue rectangular objects

Description automatically generated A group of green teddy bears

Description automatically generated

Attachment 2.2 – Who is a Trusted Adult

Place a check in the box if the person is a trusted adult.



Attachment 2.3 – What should you do? Stop, Think, Ask.

Circle the correct answer when you Stop and Think.

A pink pills on a black background

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STOP: Is this a healthy choice?

**** A green smiley face with black background

Description automatically generated A yellow face with black background

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Do I need help?

A green smiley face with black background

Description automatically generated A yellow face with black background

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THINK: Who can help me?

A cartoon of a child

Description automatically generated A cartoon of a person with a mustache and a tie

Description automatically generated A cartoon of a person wearing a hat

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Kid Teacher/Coach Stranger

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ASK a trusted adult for help:

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