**Lesson 4: Be a Positive Influence!**

**Overview:** Students will identify rules, trusted adults, and positive influences that will help them make healthy choices.

National Health Education Standards

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

**Standard 2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

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 medication safety rules in a scenario to determine whether a choice is healthy or unhealthy. | Attachment 4.1– Don’t Take, Touch, Taste |
| 1. Identify trusted adults at home and at school who can support healthy choices and medication safety. | Attachment 4.1– Don’t Take, Touch, Taste |
| 1. Describe how to be a positive influence by following rules and making healthy choices. | Attachment 4.2 – Bee a Positive Influence |
| 1. Self-assess their level of confidence to make healthy choices, identify trusted adults, and use Stop, Think, Ask to prevent substance use. | Attachment 4.2 – Bee a Positive Influence |

Introduction (Hook):

* When we helped Wally learn to make healthy choices using our medication safety rules, we were a positive influence on Wally. Today we’re going to show how we’re a positive influence by using Stop, Think, Ask to make healthy and safe choices.

Teaching Steps:

Activity 1: Healthy Choices Review

* What are the rules to remember to Know to No!
  + Rule 1: If you Don’t Know -
    - Don’t touch it!
    - Don’t take it!
    - Don’t taste it! Tell a trusted adult
  + Rule 2: ONLY take medicine with the help of a Trusted Adult.
* What steps should we follow to make a health choice?
  + Stop, Think, Ask
* Let’s stop and think if this is a healthy and safe choice.
  + Ask for a thumbs up (healthy), down (unhealthy or unsafe) or in the middle (unsure).
  + Thumbs down
* How did you know it was unhealthy or unsafe? (We remembered Know to NO!)
  + Don’t take, touch or taste. Tell a trusted adult.
* Think – Who can help me?
  + Ask – Do you remember how to ask for help?
  + Ask, Tell, and Listen

Activity 2: Healthy Choices Helpers

* You know how to make healthy choices. Who or what can help you make healthy choices?
  + Trusted adults help us make safe and healthy choices.
  + Rules also help us make safe and healthy choices.
* We call both influences. Influences can change, alter, or direct a choice.
  + Trusted adults and rules are positive influences because they help us make healthy choices.
  + They are positive influences because they help us learn how to make healthy choices.
* Here are some examples of a few rules and who or what else can affect what we choose to do at home. Who and what can affect the choices we make?
* Ask: Who helped you learn how to brush your teeth?
  + A parent or other trusted adult at home; a teacher or dentist or school nurse could have taught a lesson about why you needed to brush our teeth.
* Ask: Why do you think they helped you learn how to brush your teeth?
  + They want you learn how to be healthy — how to keep your teeth healthy. They wanted to help you learn a healthy habit. They were being a healthy influence.
* Ask: Who helped you learn the rules about taking medicines?
  + A parent or other trusted adult at home; a teacher or school nurse or doctor
* Ask: Why did they teach you the rules of medicine?
  + To help keep you safe and healthy
  + Trusted adults want you to be healthy and safe.
  + Trusted Adults are healthy influences on your choices.
* EXPLAIN: We can also be a positive influence on others by making healthy choices. We are now going to read two short stories to check whether you are a positive influence.
* Story 1: You and Raphael are on the playground. You find a small white object that might be a pill. What will you do?
  + What rule of medicine needs to be followed and why?
    - Discuss with table partners and share your response with the class.
    - Emphasize: Rule No. 1 – If you don’t know what an object, liquid, or other substance is, then don’t touch it, don't take it, don’t taste it!
  + Name a trusted adult at school who you could go to for help you.
    - Emphasize: Trusted adults want you to be healthy and safe. Trusted adults can affect or influence our choices — especially our healthy choices.
* Read: Story 2: You are at your friend Elsa’s house. She tells you her throat hurts and then says, “Mom is busy, so I am going to take my medicine all by myself.”
  + What rule of medicine needs to be followed in this story and why?
    - Discuss with table partners and share your response with the class.
  + Emphasize: Rule No. 1: Only take medicine with the help of a trusted adult.
    - Discuss how you could help Elsa make a healthy choice by sharing Rule No. 2 with her.

Activity 3: I Will BEE a Positive Influence

* Complete Attachment 4.2 and share students’ work with others.

Closure:

* Reinforce: Being able to make healthy, safe choices is an important part of who we are. We have trusted adults and rules that can be positive influences. We can also BEE a positive influence by making healthy choices.

Extension.

* + Students will take these pictures home and discuss them with their families.

Attachment 4.1a: Don’t Take, Touch, or Taste! Tell a Trusted Adult

**Healthy choice?**

**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

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**Do I need help?**

**** A green smiley face with black background

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**Who can help me?**

A cartoon of a child

Description automatically generated A cartoon of a person wearing glasses

Description automatically generated A cartoon of a person wearing headphones

Description automatically generated

Kid Nurse Stranger

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**ASK: Can you help me?**

**TELL your trusted adult your need or problem.**

**LISTEN to your trusted adult.**

**THANK your trusted adult.**

Attachment 4.1b: Don’t Take, Touch, or Taste! Tell a Trusted Adult

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**Healthy choice?**

**A purple liquid in a plastic cup

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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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**Who can help me?**

A cartoon of a child

Description automatically generated A cartoon of a person wearing glasses

Description automatically generated A cartoon of a person wearing headphones

Description automatically generated

Kid Nurse Stranger

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**ASK: Can you help me?**

**TELL your trusted adult your need or problem.**

**LISTEN to your trusted adult.**

**THANK your trusted adult.**

Attachment 4.2: Healthy Choices Helper – Bee a Positive Influence

**A bee and flowers with text

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Circle how confident you feel about each sentence

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I can make healthy choices.

A green smiley face with black background

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**I know a trusted adult.**

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**I can use Stop, Think, Ask.**

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