

Grade 1

Health Objective 5.01

Evaluate the benefits of medicine when used correctly.

Language Arts 5.04

Use complete sentences to write simple texts.

Materials Needed:

Appendix 1 - copies for each student

Appendix 2a, b, c - copy and cut apart, one picture for each small group

Focus:

Distribute the Appendix 1 handout and discuss what each picture is. Explain how and why people use each of these items/resources to get well. Ask the students to circle all of the pictures they have used when they were sick.

Teacher Input:

[Many children only hear negative messages about drugs. Young children can easily be confused when older children or adults use the term drug to describe both legal and illegal substances. It is important that students learn that medicines are legal drugs that can be very beneficial when used properly however they must also understand that the term drugs is also used to describe harmful illegal substances. Many people avoid discussing medicine or drugs because they are so concerned with children understanding how to resist and avoid illegal drugs. The media is constantly advertising medication and the use of drugs to relieve aches and pains. Children are being expected to self-medicate at younger ages. Given these facts, it is important that students understand that drugs can be beneficial if used properly. Children must also comprehend what proper usage means. Developing responsible attitudes towards medicines can help children form healthy attitudes towards all drugs.]

Refer to the Appendix 1 handout again, and ask students to draw an 'X' over any type of medicine on the page. Explain that medicine can come in many different forms such as, liquids, pills, shots, creams, or inhalers. Discuss guidelines for taking medication safely.

Guidelines For Taking Medicine

- You may not need medicine every time you visit a doctor.
- If your doctor prescribes medicine, follow your doctor's precise instructions.
- Do not take additional medicines without asking your doctor or your parents.
- If you feel different after taking your medicine let your parents or another adult know.
- Never take another person's medicine or give anyone your medicine.

When you are sick, medicine can help you feel better, however, it is important to follow the doctor's instructions for taking the medication. There are some medications that people take to stay healthy. Some people have to take medicine to prevent illness. People who have asthma, a heart condition, or diabetes may take medicine to prevent a problem from occurring. A medicine can also be called a drug and drugs can be used to help prevent and treat illnesses. There are drugs that are illegal and should not be taken and some people take medicines that are intended to make you feel better incorrectly which may hurt them. As a class, brainstorm reasons why people take medicine. (Examples are: coughing, poison ivy, headaches, fever, diabetes, asthma, cancer, and heart disease). Discuss how medicine can help people with diseases and illnesses. Explain how some medicines will actually cure

the disease and other medicines may not cure the disease but make the person feel better, and some medicines prevent illnesses.

Practice & Assessment:

Divide the students into small groups and distribute a picture from Appendix 2a, b, c. Ask the group to write three sentences about the type of medicine in the picture and how the medicine can help someone. The students should also list at least one safety rule for taking medication.

Activity 2

Place a picture of Appendix 2a, b, and c on the board. Ask students to pick one picture and write about the type of medicine in the picture, how the medicine can help someone, and a safety rule for taking the medication.

Circle all of the pictures that show what you have used when you were sick.







