

Alcohol, Tobacco, & Other Drugs

Unintentional Injury Prevention

Lesson Title:

No Poison For Me, Thanks.

K 1st 2nd 3rd 4th 5th

Learning Target based lesson concepts:

- A1) Identify different types of drugs: alcohol, tobacco (cigarettes, cigars, pipes, smokeless tobacco*
- A2) Understand how drugs damage body organs: brain, heart, liver, lungs*
- B) Understand how habit/addictions form (chemicals replacing natural body chemicals)*
- C) Practice strategies to stay away from drugs and poisons: refusal skills, identifying poisons we may see, who to talk to about drugs, how to get help from adults during emergencies*

Pre-Teach Activity: (Assessing previous knowledge) Ask students what they know or have heard about drugs and poisons. List student answers visually. Consider keeping answers on the board as you may choose to go back to these at the end of the lesson so students can contrast what they thought before the lesson with what they know now.

Teacher Prompts

- What is a drug and what is not a drug?
- What is a medicine? When is a medicine not ok to take?
- What types of drugs do you know about?
- What happens to your body when you put drugs and poisons in it?
- Why would someone choose to use a drug?

Teach: A

- Drugs are chemicals that hurt your body and make you feel sick; some right away, some over a longer period of time.
- Remind students of what it feels like to be sick with flu-like symptoms (nausea, body aches, lack of energy, headache) and that these are some of the same symptoms you feel when you use drugs.
- Drugs include alcohol, tobacco (cigarettes, cigars, pipes, smokeless tobacco) and narcotics (syringes, powders)
- Drugs are poisons that can steal oxygen from the brain, cause cancer in the brain, liver, and lungs, and cause the heart to suddenly stop.
- Using a drug can make other people sick around you, like when they breathe in smoke from cigarettes.

Teach B:

- Drugs are poisons with chemicals that trick the body into thinking it needs more and more. Then people use it more and more. Using the drug eventually makes the body very sick and sometimes die.
- Drugs are addictive because they become a habit making it very hard for a person to stop using the drug even though they know it's making the body very sick.

Student Activity A/B, "Drugs Are Poisons"

Teach C:

- Talking with an adult you trust is the best way to keep drugs and poisons away.
- When offered a drug, tell an adult what happened.
- If you're not sure if something is a drug or poison, ask an adult.
- If you're offered a drug, saying "No" keeps you from feeling very sick and from starting a habit.
- If someone looks sick from taking a drug or poison, tell an adult right away or call 911 if no adult is around.
- Medicines you take that a doctor told you to take can make your body feel better.
- Taking medicines the doctor wanted someone else to have can hurt your body like a drug.

Student Activity C, "Adults Can Keep Me Safe From Drugs"

Optional* You may choose to go back to the students original thoughts you recorded visually at the beginning of the lesson as a review/study tool before they take the End of Unit Assessment.

End of Unit Assessment (multiple choice)

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DRUGS ARE POISONS!

(Activity A/B)

Directions: Look at the table below. Your teacher will point to each of the **drugs** and to each of the **"Effects on the body"**. Raise your hand if you think the "Effects on the body" matches with the drug. Your teacher will record your class answers with an "X". The first one has been done for you.

Effect on the body	Disease or Drug (Poison)				
	The Flu	Beer/Wine/Liquor	Cigarettes/Cigars/Pipes	Smokeless Tobacco	Household Cleaners
Vomiting	X				
Body Aches	X				
Fever	X				
Coughing	X				
Low Energy	X				
Stinky Breath & Clothing					
Damaging brain, liver, heart, lungs					
The more you use it, the more your body wants more					
May cause early death					

When you're done with the table above, can anyone explain to your teacher and your classmates the answers to these questions?

- 1) How are drugs and chemicals the same as "The Flu"?**
- 2) How are drugs and chemicals different than the "The Flu"?**

ADULTS CAN KEEP ME SAFE FROM DRUGS (ACTIVITY C)

Directions: You are so lucky! There are so many adults and family members who love you and want to help you. Can you think of at least five of them? Get a piece of paper and write down their names. (Hint: Think of people you know from home, school, after school clubs, and in your neighborhood).

Role Play!

Your teacher will ask you to think about the three problems below. Pick the person from your list you would most like to talk with about each problem. Your teacher may ask for volunteers to role-play with in front of the class.

- **An older kid or an adult offers a drug to you.**
Who will you talk to for help?
What will you say?
- **You know doctors give pills. You've found some and don't know what to do.**
Who will you talk to for help?
What will you say?
- **Another kid you know drank some colorful liquids and is getting sick.**
Who will you talk to for help?
What will you say?
- **An older kid or an adult offers a drug to you, AND THERE'S NO ADULT AROUND THAT YOU TRUST.**
What will you say?
Who will you tell about this later?

Calling 911

Directions: Your teacher will ask for volunteers to role-play in front of the class on the following situation (your teacher will play the part of the "911 operator"):

"Someone May Have Been Drinking Poison"

911 Operator: 911 Operator. What's the emergency?

You: My friend drank a strange liquid and looks very, very sick.

911 Operator: Where are you at?

You: (give the address) * *What will you say if you don't know the exact address?*

911 Operator: Stay with your friend. I'm sending someone to help you right now. How long ago did your friend drink the liquid?

You: (say how long it's been)

911 Operator: I know this is very scary, but what is your friend doing that makes him/her look sick?

You: (say what is happening to your friend)

911 Operator: Don't hang up. Stay on the phone with me until help arrives. You're really helping your friend by being calm while you're on the phone with me.

How Much Do You Remember About, "No Poison For Me, Thanks"?

Name:

Directions: On a piece of your paper, choose the best answer for each question. Your teacher may choose to read these questions and answers out loud to your class.

1) Some adults are drinking beer and behaving strangely. What is the alcohol doing to their bodies to make them behave this way?

- A) *"Alcohol is attacking the brain and replacing the oxygen"*
- B) *"Alcohol is making them laugh or yell."*
- C) *"Alcohol is poisoning the brain."*

2) Some students are tempted to "just try" an illegal drug like tobacco (cigarettes or smokeless tobacco), or alcohol. What will probably happen?

- A) *"Trying a drug is probably ok as long as it never happens again."*
- B) *"They will probably become addicted because it will become habit."*
- C) *"They will probably become addicted because the chemicals make their body want more."*

3) Some teenagers are using drugs in front of you and ask if you want some. How will you tell them, "no".

- A) *"No, I will not have any. You need to leave or I will."*
- B) *"No. I don't want any."*
- C) *"I probably shouldn't."*

4) You tell people that you care about, that drugs are poisons. They want to know why you think so. What do you tell them?

- A) *"Drugs are poisonous because they hurt the body."*
- B) *"Drugs are poisonous because they have chemicals that attack parts of the body like the liver, heart, lungs, and brain."*
- C) *"Drugs are bad."*

5) Some kids you're walking with to school light up a cigarette. How will their smoking affect your health?

- A) "Smoke hurts my lungs, too. Even though I'm not smoking."
- B) "It stinks."
- C) "Smoke hurts my lungs more. No filter means I'm getting the dirtiest part of the smoke."

6) Why is smoky air from other people's cigarettes so dangerous to you?

- A) It's dangerous only if the wind doesn't blow the smoke away.
- B) The poison in the cigarette isn't filtered for me, so I get the biggest amount of smoke.
- C) I may be burned by the hot cigarette.

7) You see that another kid has been drinking a liquid he/she found. There isn't an adult nearby. What do you do?

- A) *"Call 911 immediately."*
- B) *"Call 911 immediately. If possible, find an adult and stay with the sick child."*
- C) *"Watch the kid to see if was really poison."*

8) If you need to call 911, what will you tell the operator?

- A) *Information about the emergency*
- B) *Information about the emergency and your location*
- C) *Information about the emergency, your location, and what day it is*

9) You or another child find some liquid that is very pretty and smells nice, but you don't know what it is. What should you do?

- A) *"Be careful, because it may be dangerous."*
- B) *"Leave it alone, and tell an adult what you found."*
- C) *"Leave it alone."*

10) Who are the best adults to talk to about Drugs and Alcohol?

- A) *People you trust like family members and adults at school*
- B) *Any adult*
- C) *Only your Mom or Dad*

Key

Unit: "No Poison For Me, Thanks"

Assessment

Some adults are drinking beer and behaving strangely. What is the alcohol doing to their bodies to make them behave this way?

- Exceeds** **A) "Alcohol is attacking the brain and replacing the oxygen"**
- Does Not Meet** **B) "Alcohol is making them laugh or yell."**
- Meets** **C) "Alcohol is poisoning the brain."**

Some students are tempted to "just try" an illegal drug like tobacco (cigarettes or smokeless tobacco), or alcohol. What will probably happen?

- Does Not Meet** **A) "Trying a drug is probably ok as long as it never happens again."**
- Meets** **B) "They will probably become addicted because it will become habit."**
- Exceeds** **C) "They will probably become addicted because the chemicals make their body want more."**

Some teenagers are using drugs in front of you and ask if you want some. How will you tell them, "no".

- Exceeds** **A) "No, I will not have any. You need to leave or I will."**
- Meets** **B) "No. I don't want any."**
- Does Not Meet** **C) "I probably shouldn't."**

You tell people that you care about, that drugs are poisons. They want to know why you think so. What do you tell them?

- Meets** **A) "Drugs are poisonous because they hurt the body."**
- Exceeds** **B) "Drugs are poisonous because they have chemicals that attack parts of the body like the liver, heart, lungs, and brain."**
- Does Not Meet** **C) "Drugs are bad."**

Some kids you're walking with to school light up a cigarette. How will their smoking affect your health?

- Meets** A) "Smoke hurts my lungs, too. Even though I'm not smoking."
Does Not Meet B) "It stinks."
Exceeds C) "Smoke hurts my lungs more. No filter means I'm getting the dirtiest part of the smoke."

Why is smoky air from other people's cigarettes so dangerous to you?

- Does Not Meet** A) I may be burned by the hot cigarette.
Exceeds B) The poison in the cigarette isn't filtered for me, so I get the biggest amount of smoke.
Meets C) Smoke from others cigarettes hurts me, too.

You see that another kid has been drinking a liquid he/she found. There isn't an adult nearby. What do you do?

- Meets** A) "Call 911 immediately."
Exceeds B) "Call 911 immediately. If possible, find an adult and stay with the sick child."
Does Not Meet C) "Watch the kid to see if was really poison."

If you need to call 911, what will you tell the operator?

- Meets** A) *Information about the emergency*
Exceeds B) *Information about the emergency and your location*
Does Not Meet C) *Information about the emergency, your location, and what day it is*

You or another child find some liquid that is very pretty and smells nice, but you don't know what it is. What should you do?

- Does Not Meet** A) "Be careful, because it may be dangerous."
Exceeds B) "Leave it alone, and tell an adult what you found."
Meets C) "Leave it alone."

Who are the best adults to talk to about Drugs and Alcohol?

- Exceeds** A) *People you trust like family members and adults at school*
Does Not Meet B) *Any adult*
Meets C) *Mom or Dad*

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