# **Drug, Alcohol & Tobacco Education**

**Lesson Plan**

| **Year Group: Year 1** | **Lesson Number: 3****Lesson Heading: How Can Medicines and Other Substances Harm Me?** |
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| **Learning Outcomes:**Children:* Are able to identify adults who can help them keep safe and healthy.
* Recognise situations that might be dangerous and when they must talk to a safe adult.
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| **Links:**This lesson contributes towards: |
| **Resources Required for Lesson:*** Objects or illustrations of household medicines/objects
* Medicine Bottle
* Empty Beer Can
* Asthma Inhaler
* Tablets
* Scissors
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| **Beginning:**□ Refer to class golden rules and rewards. |
| **Main Activities:****Who Can Help Keep Me Healthy and Safe?**Invite the children to think of all the different people who have helped them keep healthy and safe, include:* Parents/Family Members
* Teacher
* Mid-Day Supervisors/Teaching Assistants
* Lollipop Man/Lady
* Nurse/Doctor
* Pharmacist
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| How do these special people help me to keep healthy and safe? Include:* They feed us
* They love us
* They look after us
* They keep us safe
* They teach us to be safe
* They give us things
* They listen to us
* They help us if we are worried/poorly/scared/sad

Get children to identify which of the special people:* They could talk to about medicines and other drugs
* Which would be able to give them medicines safely
* Which they could go to in an emergency

**When do my special people worry about me?****This work can provide a starting point for introducing other material relating to personal safety. Its main purpose is to provide as many non-threatening, warm, sharing opportunities as possible, to encourage children to talk about things which relate to keeping them safe and healthy, recognise risk and build up their own safety skills.**Explore with the children ways in which they can make the job of keeping themselves safe and healthy easier for their special people. Talk with the children about the things they do, or might do, which would worry their special people. Relate this to medicine and needle safety.Examples for group draw/write activity:* I ran off the pavement – my mum was scared stiff
* I broke a window and cut my hand
* I drank something from a bottle I found in the fridge
* I went home from school on my own – my teacher was worried
* I touched some of my mum’s medicine – she was cross
* I picked up a needle in the park – my friend told me to put it down
* I found a packet of pills in the playground and gave them to my teacher

Children could draw a poster to show a golden rule for keeping safe and healthy; for example:* Do ask an adult if you need some medicine/don’t take someone else’s medicine
* Do tell an adult if you find something dangerous/don’t pick up things

Children could be displayed on the wall, included in any further projects on safety.**Assessment of Learning Activity:****Should I Touch?**Children to identify and talk about which things are safe to touch/stop and think – this could be dangerous to touch. Include:* Scissors
* Alcohol Bottle
* Needle/Syringe
* Pills
* Inhalers
* Drugs
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