

Substance Use Education

Stage: Early	Lesson: What Goes Onto My Body?	
Expected national standards for each level: Identifies which substances may be helpful and which may be harmful in given situations.		
Substance Misuse Experiences and Outcomes: HWB 0-38a I understand there are things I should not touch or eat and how to keep myself safe, and I am learning what is meant by medicines and harmful substances.		
Resources: Drawing materials		
Main Activities: Ask the children what they put onto their bodies throughout the day. Their first responses may focus on clothing, so invite them to think of other situations, for example getting washed. Encourage the children to talk about other times of the day: <ul style="list-style-type: none"> • What else do they put onto their bodies when they are out playing? • When they are having their hair washed? • When they have a sore or a cut? • When they go to the beach? Draw a large outline of a child. Around the outline draw or stick on pictures of the things children think go onto their bodies, and label them. Both you and the children can do the drawing and writing as you talk. Read through the work as you go.		
Example: What Goes Onto Our Bodies? <ul style="list-style-type: none"> • Soap • Bubbles • Hairbrush • Glasses • Dust • Kisses • Ointment • Suncream • Shampoo 	<ul style="list-style-type: none"> • Mud • Dirt • Paint • Clothes • Bandages • Plasters • My Dog's Tongue • Talcum powder 	
Talk with the children about: <ul style="list-style-type: none"> • How they feel when they (or someone else) puts these different things onto their bodies. • Who tells me to put it onto my body? E.g. parents/carers, nurse • What is it for? • Which of these things feel good, and which feel not so good? • Which of these things please adults and which make adults cross? Why? Ask the children to pick out any of these situations which might be dangerous. This may also present opportunities to discuss individual differences such as allergies; to highlight that what might be healthy or safer for one child may be different for someone else: links to medicine safety.		