

Substance Use Education

Stage: Early	Lesson: Who Can Help Me To Keep Healthy and Safe?
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 Required for Lesson: Drawing materials	
Main Activities: Where Are Medicines Found? Class or Group Activity: Talking Together. Collecting pictures, drawing and writing. Talk with the children about the places in and around the home where people put medicines or other dangerous substances. What things might they find: <ul style="list-style-type: none"> • On windowsills? • In bathroom cupboards or on shelves by the side of the bath? • On bedside tables, shelves or cabinets? • In handbags, cupboards, first aid boxes, pockets and glove compartments in cars? • In garden sheds, garages, storage places and under sinks? And which of these things could contain chemicals of any kind? Invite the children to collect or draw pictures of the many things which might be found in these places, and to label them. Add to their responses everyday items such as sweets, medicines, pills, cigarettes, matches, different kinds of drinks, bottles, jars and containers of different kinds, garden and garage materials, sprays, glue, powders, animal food and medication. <ul style="list-style-type: none"> • You could also print images or bring in old materials to show the class Invite the children to explore and categorise these places and items, by answering questions such as: <ul style="list-style-type: none"> • Who left it there? • What is it for? • Is it safe to look in here? • Is it safe to touch, pick up, taste or try this? • What must I do if I see or find this? 	

Encourage the children to ask of each place and item:

- Is it safe?
- Should I be careful?
- Am I sure?
- Should I touch?
- Should I ask for help?
- Should I tell someone?

Again you could use a simple colour-coding system or similar on their pictures to show what is safe and unsafe.

Reflection and Action:

- Look back with the children at all they have learned about the world of medicines, drugs and other substances.
- Remind the children of the rules about medicines which can make us better but which need to be used safely.
- Remind them to practise keeping these rules at home and in school.