

## Substance Use Education

<b>Stage:</b> <b>First</b>	<b>Lesson:</b> <b>How Do Medicines Get Into the Body?</b>
<b>Expected national standards for each level:</b> Identifies conditions which require medication and how it benefits health.	
<b>Substance Misuse Experiences and Outcomes:</b> <b>HWB1-38a</b> I know that there are medicines and some other substances that can be used in a safe way to improve health and I am becoming aware of how choices I make can affect my health and wellbeing.	
<b>Resources Required for Lesson:</b> Drawing materials	
<b>Main Activities:</b>  <b>What Goes Into My Body?</b> Encourage children to think about all of the ways in which ‘things’ can enter their bodies. For example: <ul style="list-style-type: none"> <li>• Breathing in</li> <li>• Eating</li> <li>• Drinking</li> <li>• Sniffing</li> <li>• Mouth, Ears and Eyes</li> <li>• Injection</li> <li>• Accident (splinters, wasp stings, fingernails, pins or thorns)</li> </ul> Encourage them to think widely, to include medicines, pills, berries, smoke, fumes, pleasant smells and scents. Remind them of the danger of things they cannot identify or could mistake for sweets. <p><b>It is important at this stage to discover as much as possible about the children’s perceptions of what is inside their bodies, before planning any teaching about the dangers of specific substances on different parts of the body and body systems.</b></p> Invite the children to paint large-scale pictures of what they think is inside their bodies. Display the pictures and talk with the children about what happens when all the different things they have talked about enter their bodies. Where does food and drink go? Pills? Injections? Without attempting to explain body systems, it is possible to explain that what we eat, drink, sniff or are injected with finds its way all round our bodies. <p><b>Benefits of medicine?</b>  Discuss with children and identify conditions which require medication and how it benefits health. This might be themselves, family members or friends.</p> Examples: asthma, allergies, diabetes, fever, flu, tonsillitis, skin conditions – children might be able to add in other examples.	