

Substance Use Education

Stage: First	Lesson: Safety
Expected national standards for each level: Know what to do if they found someone else's medicine; describe why we need medicine; safe behaviour when taking medicines; know how to get help in an emergency.	
Substance Misuse Experiences and Outcomes: HWB1-42a I know how to react in unsafe situations and emergencies.	
Resources Required for Lesson: Images of medicine packaging or old medicine packaging if possible	
Main Activities: Explain to the children that medicines are designed to keep us well and help us get better. Explain that they can be dangerous if not taken properly. <u>Group Work</u> Give some examples/show images of common medicines and demonstrate the awareness of times when we take them <ul style="list-style-type: none"> • Describe how to take medicines safely with an appropriate adult e.g. there are different amounts for babies, toddlers, over sixes, adults • Describe the need for adult supervision of medicines at all times List the rules for safe storage and dosage of medicines found on the medicine packaging <u>Role Play</u> Let the children and young people demonstrate how to get help if a medicine has been taken in an unsafe way Let the children demonstrate what to do if they find medicine that does not belong to them <u>Emergency situation</u> Explore what emergency situations might be, and let the children demonstrate what to do in an emergency situation. Show how to get help if a medicine has been taken in an unsafe way. Role play an emergency situation. <u>Additional Resources</u> <i>Life. Live it. First Aid Education for children</i> by the Red Cross has education materials for children aged 5-11. They provide 'how to' videos and quizzes, and simple steps to follow for different first aid situations. https://www.redcross.org.uk/get-involved/teaching-resources/life-live-it	