

Let's talk about drugs

Time: 30 minutes

Materials

None

Instructions

- Introduce topic to student and begin discussion using the following questions (supplement and clarify discussion using Core Knowledge Content as needed):
 - What is a drug?
 - Can you name some different kinds of drugs?
 - Ensure that tobacco, caffeine, alcohol, and medication are mentioned.
 - When might you need to take medication? What kind of medication might you take?
 - How would someone take medicine safely?
 - Explain or revisit the **5 rules for taking medication**
 1. Take medication only from an adult you trust.
 2. Take only the amount of medicine your doctor or a grown-up says to take.
 3. Never share medication.
 4. Never take someone else's prescription medication e.g. inhaler
 5. If you do not feel well after taking a medication, tell a grown-up you trust right away.
 - What are some drugs that are harmful to your body and can possibly make you sick?
 - Emphasize that any drug can cause negative health outcomes.
 - What does it mean to be addicted to something?
 - If people know that using drugs can be harmful, why do they still choose to use them?
 - What should you do if someone offers you drugs? (Review refusals skills)

Teaching Tool

Be smart, don't start – Grade 3

Variations

- Follow immediately with be smart, don't start scenarios activity.
- Supplement or substitute with OPHEA lesson plan, What do you know about substance misuse? ([Grade 3, Making Healthy Choices](#))