

### LEARNING OBJECTIVES

The purpose of this lesson is to help students think about helpful choices that keep our bodies and minds safe and healthy.



### LESSON CONTENT

We want to take good care of our bodies so they can grow strong and healthy. There are harmful drugs we should avoid. Helpful drugs are called medicine. We should medicine safely.

### STRATEGIES

- Only take medicine from a trusted adult.
- When taking medicine, take the right amount.
- Never share your medicine.

### CONVERSATION STARTERS

- What medicine rules do we follow in our home?
- Why is it important to keep your body and mind safe?
- Do you have any questions or concerns about drugs?

### EXTENDING THE LEARNING

- Ask a trusted adult to share advice about keeping our mind and body safe.
- Create a set of rules about using medicine safely at home. Discuss it as a family.
- Look up pictures of e-cigarettes that look like candy. Discuss how vaping might look safe, but is not. Make a plan for what to do if you ever see harmful drugs.