

Lesson 8

Using Medicines in Safe Ways

Overview

Students identify symptoms or signals the body sends when a person is sick. They define *medicine* and learn the difference between prescription and over-the-counter medicines. They complete a chart as they discuss how to use medicines in ways that help, and ways to use medicines that can hurt or be dangerous because the medicine is being used in wrong or unsafe ways. They discuss the benefits medicines offer when used correctly and identify risks of using medicines improperly. They complete an activity sheet to review what they have learned and take home a family sheet to help them discuss family rules for using medicines safely.

Time: 45 minutes

Lesson Objectives

Students will be able to:

1. Describe symptoms that occur when a person is sick.
2. Explain how to use medicines correctly.
3. Explain the benefits of medicines when used correctly.
4. Describe potential risks associated with inappropriate use of medicines.

Healthy Behavior Outcomes

AOD-1: Avoid misuse and abuse of over-the-counter and prescription drugs.

PHW-10: Seek out help for common infectious diseases and chronic diseases and conditions.

National Health Education Standards

Standard 1: Comprehending Concepts

Performance Indicator

1.5.1: Describe the relationship between healthy behaviors and personal health.

Performance Indicator

1.5.5: Describe when it is important to seek health care.

Materials & Preparation

- Review **Images 8A–D**.
- Review the **Medicines Can Help or Hurt Chart** and **Use Medicines in Safe Ways** activity sheets in the Student Workbook.
- Prepare a **Table Talk: We Use Medicines Safely!** family sheet (Master 8) for each student.

Teaching Steps

Show Image 8A

Look at this picture. What do you see?

Summarize

These are some of the ways kids might get hurt or feel sick.

Ask & Discuss

How do you know when your body is sick or in pain?

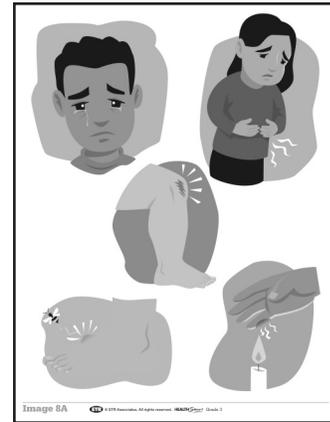


Image 8A

Explain

When you are sick or in pain your body sends you signals to let you know that something is wrong. You may hurt or ache in all kinds of places. You might burn, itch or have watery eyes if you have a rash or allergies. Sometimes when the body has been injured that part may swell or develop bruises. You may feel hot, cold or very tired. Sometimes you just don't feel right and can't quite say why.

Survey

When you get hurt or feel sick, what are some of the things you do to feel better or to get well?

Summarize

Sometimes you just need to sleep or rest. If your problem is in your stomach, you might need to not eat certain foods or eat different foods. You might put ice on an injury, or use a heating pad to help your body relax. Depending on what is wrong or how serious it is, you might even need to see a doctor.



In some cases you might be given *medicine* by a doctor or a caring adult to help you get better or feel better, or to change or fix the way your body is working.

Show Image 8B

Look at this picture. What do you see?
What does the word say?



Image 8B

Summarize

The word is *medicine*, and the pictures show some different kinds of medicines.

Explain

A medicine is something that changes the way the body works or feels. It is used to treat or prevent an illness, disease, pain or injury. People may take medicine when they are sick or injured to help them feel better or help them get well.

Some people need to take medicines even when they don't feel sick or in pain. Doctors help these people by giving them medicines to help keep their bodies working right so they won't get sick.

Sometimes medicines are pills or liquids that you swallow. Medicines can also be creams or lotions that you put on your skin. It all depends on what is wrong with you or in what ways you are sick. It's very important for kids to take medicine with the help of an adult and only when they need it.

Survey

Raise your hand if you have ever been given medicine to get well or feel better.

Show Image 8C

These are some words to know when you talk about medicine.



Image 8C

Summarize

The words are “prescription,” “pharmacy” and “over the counter.” These words describe some of the ways people can get medicines when they need them.

Explain

Some medicines require a *prescription*. This is a special note from a doctor that gives them permission to buy and use that kind of medicine. The doctor gives them the note, and then they must go to a special place or counter in a drug store called a *pharmacy*. The person who prepares the medicine for them is called a *pharmacist*. The kinds of medicines you get from a doctor are called *prescription medicines*. This means you need the note from the doctor to get them.

Some medicines can be found at drug stores or grocery stores. Adults can select and buy these medicines off the shelf just like other things you buy from a store. These are called *over-the-counter medicines* because you can buy them without a note or prescription from a doctor. Over-the-counter medicines include aspirin, pain relievers, cold and cough syrups, and creams that help cuts and burns heal or stop infections.

Some families use natural medicines made from herbs and other plants. You can get these kinds of medicines over the counter at health food stores and sometimes grocery stores.

Some people think that the over-the-counter medicines adults can choose themselves and buy off the shelf at a store are not as strong as the medicines a doctor has to give you permission to use. But this is a mistake. It isn't true.

It doesn't matter where a medicine comes from. All medicines must be used in safe ways. All medicines come with directions on how to use them. They also come with warnings to remind people that they must use the medicines in correct and careful ways, and only when they need them.

If you ever have to take medicine you must use it in a way that helps and does not hurt your body.

Review & Discuss

Review main points using the following questions. Advance the slide for **Image 8C** to help summarize and clarify the answers.

What are prescription medicines? (Medicines a doctor must prescribe or give you permission to use. You can only get these kinds of medicines from a pharmacy.)

What are over-the-counter medicines? (Medicines adults can buy at a drug store or grocery store, without a prescription.)

What do all kinds of medicine have in common? (All must be used in safe ways. All come with directions and warnings. All should be used only when you need them.)

Show Image 8D

Look at this chart. What do you see?

Explain

This chart has two sides. One side says Medicines Help When... and the other side says Medicines Hurt When.... We're going to talk more about when medicines can help and when they can hurt.



Image 8D

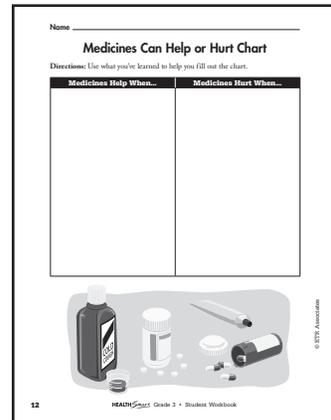
Complete & Discuss

Have students turn to the **Medicines Can Help or Hurt Chart**.

We are going to create a list of safe ways to use medicines so they can help, and another list of ways to use medicines that can hurt or be dangerous because you are using the medicine in wrong or unsafe ways.

Help students develop and discuss the two sides of the chart by using each column title to open the discussion.

Advance the slide to build the list for each column on the image and have students record notes on their mini-charts.



Workbook page 12

Medicines help when...

- An adult helps you take them.
- Your body really needs them.
- You follow the directions carefully.
- You take the right amount at the right time.
- You stop using them when you don't need them any more.

These are all good rules for using medicines in safe ways.

Medicines hurt when...

- You use them without the help of an adult.
- You don't really need them.
- You don't read and follow the directions.
- You take too much or too little or take too often.
- You stop using the medicine before you're better.
- You take medicine for the wrong reasons.

Explain

What does it mean to take medicine for the wrong reasons? Sometimes kids might take medicines to play with the way a medicine makes them feel. They may not know or might even ignore the fact that putting medicine in your body when you don't need it is a very dangerous thing to do. Using medicines in this way can hurt people or even kill them.

Some kids think that over-the-counter medicines that can be bought off the shelf at a store are not as serious as prescription medicines. But this is a mistake.

All medicines can be dangerous if you don't use them safely with the help of an adult. Always follow all the directions and only use medicines when you need them.

Ask & Discuss

What good things do you get when you use medicines in safe ways?

How can medicines hurt you if you don't use them safely?

Allow students to respond to the questions and discuss their ideas.

Summarize

Medicines can help you get well or feel better. When you take them safely with the help of an adult, they can help relieve pain, stop an itch, help you stop coughing or sneezing, or help your body heal or work the way it should.

When medicines are used in unsafe ways, they can be dangerous. They can change the way your body works in ways that hurt instead of help. They can make you feel bad and even make you sick.

Complete & Share

Have students turn to the **Use Medicines in Safe Ways** activity sheet.

Answer these questions to remind you of safe ways to use medicines.

Allow students to share their responses with a partner or the class.

Send Home

Distribute a **Table Talk: We Use Medicines Safely!** family sheet to each student. Explain that they will take this sheet home to share with their families.

Have students write their names on the sheet and fold it in half to create a table tent. Explain that it goes on the dinner table or wherever the family gathers to help them talk about their families' rules for using medicines in safe ways.

Name _____

Use Medicines in Safe Ways

Directions: Think about what you know about how to be safe when you use medicines. Then answer the questions.

1. How do you know when you're sick?
What signals does your body send you?

2. What are some rules for using medicines in safe ways?

3. How can medicines help when you use them in safe ways?

4. How could medicines hurt if you don't use them in safe ways?

HEALTHSource® Grade 3 • Student Workbook 13

Workbook page 13

Table Talk:
We Use Medicines Safely!

In school, your child is learning about using medicines safely. The goal is to help your child understand that medicines should only be taken with the help of an adult and can be dangerous if not used correctly.

Issues to Talk About

- What are our family's rules around taking medicines?
- Do we always follow the directions carefully?
- Do we keep medicines in a safe place?

Name: _____'s Healthy Family

Master 8

Debrief

Over the next few days, take a few minutes to follow up on students' experiences.

Assessment Evidence

Students:

1. Described symptoms that occur when a person is sick by:
 - Completing the **Use Medicines in Safe Ways** activity sheet.
2. Explained how to use medicines correctly by:
 - Completing the **Use Medicines in Safe Ways** activity sheet.
3. Explained the benefits of medicines when used correctly by:
 - Completing the **Use Medicines in Safe Ways** activity sheet.
4. Described potential risks associated with inappropriate use of medicines by:
 - Completing the **Use Medicines in Safe Ways** activity sheet.