

EARLY
ELEMENTARY

Yr. 5

DRUG AWARENESS & PREVENTION EDUCATION



Teaching people of all ages to respect and take better care of themselves in order to live longer, healthier lives.

NOTES TO THE TEACHER

This educational booklet is designed for use in the classroom/home in order to reinforce and supplement concepts of health education. It allows you flexibility in determining which worksheets are most appropriate for your students and may be used in conjunction with your own health education curriculum. Some of the material may be primarily review in nature, while some may present new information. However, all activities relate to substance abuse prevention education.

The goal is to help students:

- Identify general signs and symptoms of illness.
- Identify dangerous situations and safety methods to reduce risks.
- Encourage and support others in making positive health choices.
- Identify healthy actions that influence the functions of the body.
- Recognise how choices can affect health.

Substance abuse prevention education focuses on recognising harmful drugs, understanding their effects, and developing skills to resist peer pressure.

OBJECTIVES

Our general goal

is to provide

information on

drugs and to

introduce skills

that promote

positive, healthy

life choices.

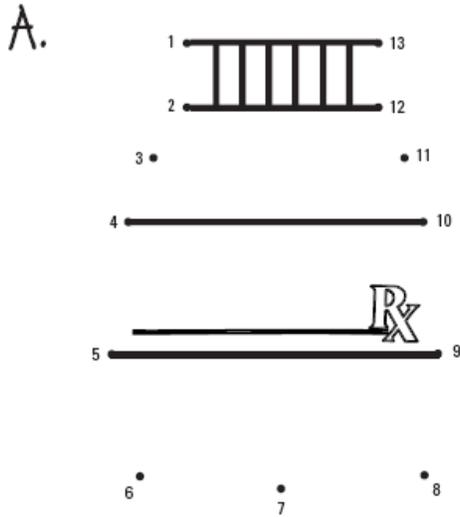
LEARNING OBJECTIVES:

The student will be able to:

- 1. Describe factors that contribute to overall health.*
- 2. Define the term drug.*
- 3. Explain the difference between a legal and an illegal drug and give two examples of each.*
- 4. Identify three different forms of drugs.*
- 5. Differentiate between safe and unsafe use of medicines.*
- 6. Name the addicting chemical found in tobacco.*
- 7. Give three reasons why using tobacco is harmful to one's health.*
- 8. Discuss the basic effects of caffeine, marijuana, and alcohol on the body.*
- 9. Name three poisonous products that can be found in the home.*
- 10. Describe four healthy alternatives to drug use.*

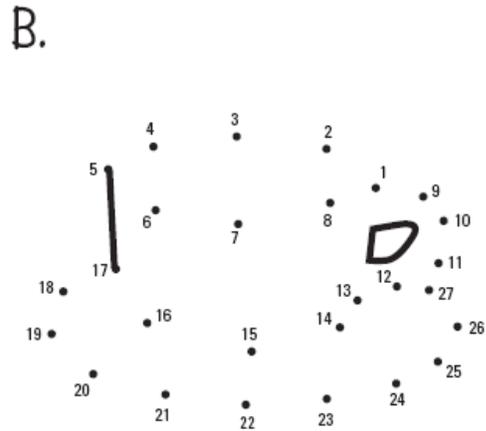
WORKSHEET 1

Connect the Dots



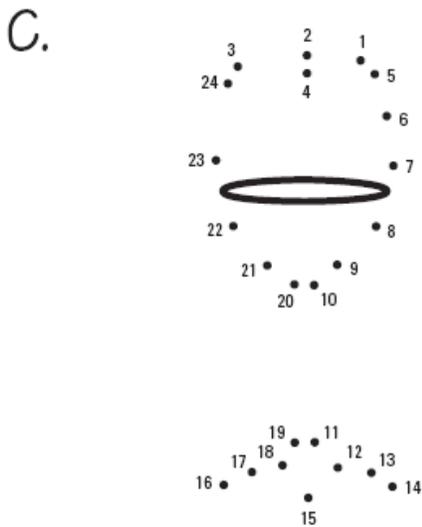
What is it? _____

What drug do you think it is? _____



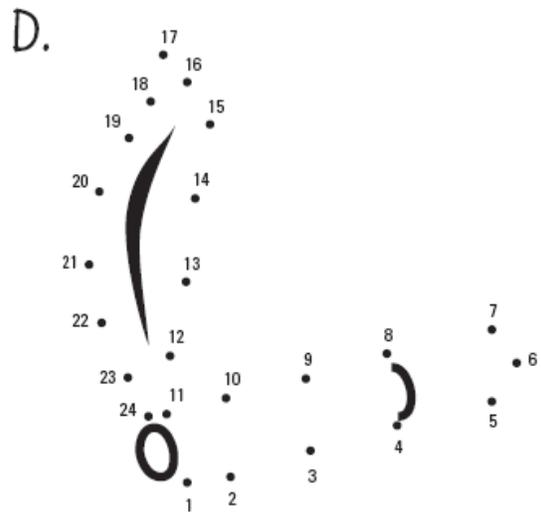
What is it? _____

What drug do you think it is? _____



What is it? _____

What drug do you think it is? _____



What is it? _____

What drug do you think it is? _____

WORKSHEET 2

Medicine Cabinet Safety Checklist

This worksheet is designed to encourage involvement with an adult at home. Clean out and organise the medicine cabinet in your home with an adult's help. When you are finished, you should be able to check off the boxes below. Bring your signed checklist back to school.



- Old medicines have been thrown out.
- All medicines are clearly labeled.
- First-aid supplies and band aids are easy to find.
- Medicines are out of reach of small children.

We have a safe medicine cabinet!

Signed,

(your name)

(parent or guardian)

(date)

WORKSHEET 3

Secret Message Puzzle

See if you can “crack the code” to complete each of the sentences below.

The first two lines of the code have been done for you. If you need help, ask your teacher or other adult.

A = 2 B = 1 C = 4 D = 3 E = 6 F = 5 G = 8

H = 7 I = 10 J = 9 K = 12 L = 11 M = 14 N = 13

O = P = Q = R = S = T = U =

V = W = X = Y = Z =

1. A good 5 17 10 6 13 3 wouldn't want you to use 3 17 22 8 20.

2. A drug changes the way your 14 10 13 3 and 1 16 3 26 work.

3. There are many 7 6 2 11 19 7 26 ways to have 5 22 13.

4. It is 4 16 16 11 to say 13 16 to drugs.

WORKSHEET 5

Up In Smoke



Smoking cigarettes is an unhealthy, expensive habit. Calculate how much it would cost to smoke one pack of cigarettes per day for the following time periods. Assume that 1 pack of cigarettes costs **\$5.25**.

1. Cost of smoking 1 pack per day for one week: \$ _____

Estimate what else you could do or buy for the same price.

Item or Activity _____

Estimated Price _____

2. Cost of smoking 1 pack per day for 30 days: \$ _____

Estimate what else you could do or buy for the same price.

Item or Activity _____

Estimated Price _____

3. Cost of smoking 1 pack per day for 1/2 year (180 days): \$ _____

Estimate what else you could do or buy for the same price.

Item or Activity _____

Estimated Price _____

4. Cost of smoking 1 pack per day for one year: \$ _____

Estimate what else you could do or buy for the same price.

Item or Activity _____

Estimated Price _____

Calculate how much it would cost to smoke:

1/2 pack per day for one week, 30 days, 1/2 year (180 days), and one year

2 packs per day for one week, 30 days, 1/2 year (180 days), and one year

WORKSHEET 6

The One and Only Me!



Complete the following worksheet featuring the one and only YOU! Keep it in a convenient place to remind yourself of how special you are.

THE ONE AND ONLY YOU _____ **(your name)**

Birthday: _____

Birthplace: _____

Best physical trait: _____

My friends think I am: _____

When I need help, I: _____

When I get angry, I: _____

When I have free time, I: _____

Something I do very well: _____

Favourite memory: _____

Favourite food: _____

Prized possession: _____

The one thing I can't stand: _____

If I could change one thing about myself: _____

When I am feeling sorry for myself, I: _____

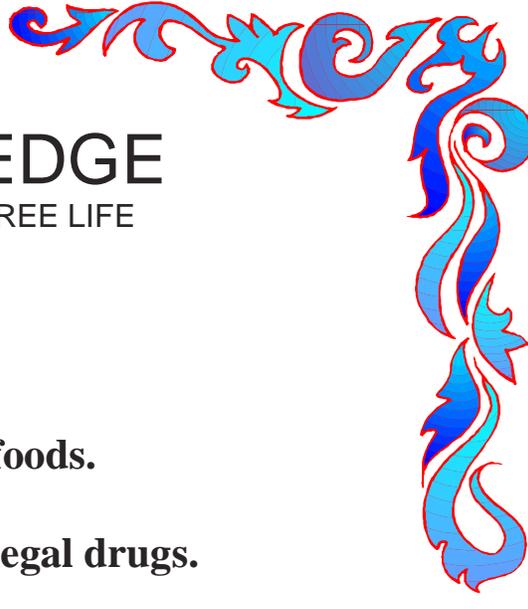
The best time in my life: _____

The worst time in my life: _____

Major accomplishment: _____

One of my goals in life: _____

The three words that best describe me: _____



MY HEALTH PLEDGE

FOR LIVING A HEALTHY, DRUG FREE LIFE

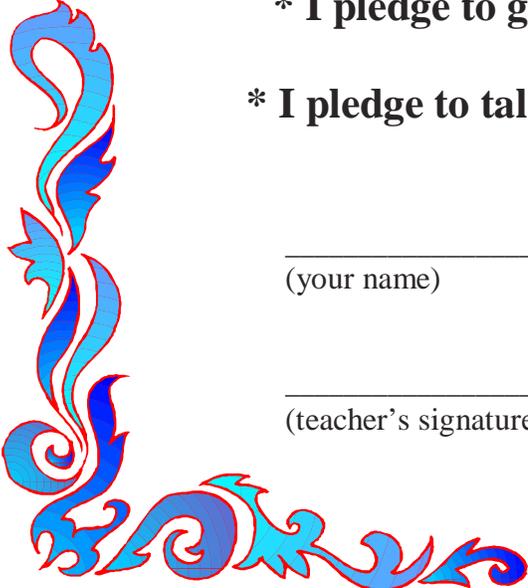
- * I pledge to eat healthy foods.
- * I pledge to stay away from illegal drugs.
- * I pledge to get an adult's advice before using legal drugs.
- * I pledge to not smoke tobacco.
- * I pledge to brush my teeth twice a day.
- * I pledge to exercise every day.
- * I pledge to go to the doctor for check-ups.
- * I pledge to spend time with my family doing healthy activities.
- * I pledge to get at least ten hours of sleep every night.
- * I pledge to talk more with my family about my feelings.

(your name)

(your signature)

(teacher's signature)

(date)



WORKSHEET ANSWERS

Worksheet 1

Connect the Dots

- A. medicine; any prescription or over-the-counter medicine
- B. coffee or tea; caffeine
- C. wine; alcohol
- D. cigarette; nicotine

Worksheet 3

Secret Message Puzzle

A=2 B=1 C=4 D=3 E=6 F=5 G=8
H=7 I=10 J=9 K=12 L=11 M=14 N=13
O=16 P=15 Q=18 R=17 S=20 T=19 U=22
V=21 W=24 X=23 Y=26 Z=25

- 1. friend, drugs
- 2. mind, body
- 3. healthy, fun
- 4. cool, no

Worksheet 5

Up In

- 1. \$36.75; various answers
- 2. \$147.00; various answers
- 3. \$945.00; various answers
- 4. \$1916.25; various answers

2. 1/2 pack: \$18.37

\$78.75

\$472.50

\$958.13

2 packs: \$73.50

\$294.00

\$1890.00

\$3832.50

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