

EARLY
ELEMENTARY

Yr. 6

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

Medicine Bottle Label

Below is a bottle that contains medicine. Read the bottle carefully. Follow the directions and answer the questions. You will need crayons, thin markers, or colored pencils.



Circle in blue how much of the medicine should be taken.

Underline in green how often the medicine should be taken.

Circle in red why you would take the medicine.

1. You need to take this medicine with lots of _____.
2. You could take this medicine safely for _____ days.
3. You should stop taking this medicine if you get a _____.

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

Word Search

G D R U G S H A R M
N A C A F F E I N E
I S T L T S A F E D
K P R C B R L R C I
O I C O L A T A O C
M R P H T V H G F I
S I B O D Y Y I F N
T N R L W N R C E E
N I C O T I N E E T

All of these words are hidden in the puzzle. Look across, up, and down to see how many you can find!

CAFFEINE

BODY

HEALTHY

CIGAR

SMOKING

MEDICINE

SAFE

COFFEE

DRUGS

ASPIRIN

NICOTINE

COLA

ALCOHOL

HARM

WORKSHEET 4

Sentence Completion

Finish the sentences below by choosing the right word to fill in the blanks. Use each word once.

marijuana

nicotine

alcohol

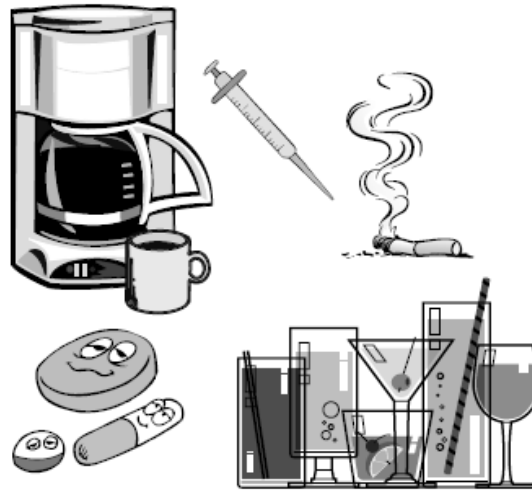
caffeine

drug

smoking

dangerous

safe



1. A _____ changes the way your mind and body work.
2. The drug _____ is found in coffee, tea, pop, and chocolate.
3. A person can damage their lungs by _____ .
4. Cigarettes, cigars, and chewing tobacco contain the drug _____ .
5. Beer and wine both contain the drug _____ .
6. _____ is an illegal drug that slows the brain and harms the lungs.
7. Taking too much medicine is very _____ .
8. Medicines must be kept in a _____ place.

WORKSHEET 5

Healthy Habits

Every night before you go to bed, think back to all the wonderful things you did that day to keep yourself healthy! Check the box next to each activity under the correct day of the week. Maybe an adult can help you keep track.

DATE: _____

Today I...

- brushed my teeth two times**
- flossed my teeth once**
- combed my hair**
- washed my hands before eating**
- washed my hands after using the bathroom**
- ate breakfast**
- ate a healthy snack**
- exercised**
- got 10 hours of sleep**
- did my homework**
- picked up my room**
- helped someone at home**
- helped someone at school**
- talked about my feelings**

S	M	T	W	T	F	S

KEEP UP THE GOOD WORK!

WORKSHEET 6

Marijuana Mix-Up

Use the word list at the bottom of the page to help you unscramble the answers to fill in the blanks.

Marijuana is one of the most widely used _____ (gellia) drug in the Cayman Islands. It comes from the hemp _____ (antlp).

Marijuana is most often _____ (dokmes) in the form of a cigarette known as a _____ (tinoj). Marijuana is known

by many other names including _____ (dewe), _____ (agnja), and _____ (bher).

Marijuana contains over 400 _____ (hecilsamc), many of which are more harmful to the _____ (gulns) than tobacco cigarettes.

Marijuana is stored in _____ (aft) tissue and can remain in the body for as long as a _____ (tonmh). It can build up in the

_____ (narib) and cause a loss in _____ (remomy) and the ability to _____ (nikht) clearly. In spite

of what some people say, marijuana is not _____ (decimine).

Word List:

brain
illegal
memory
smoked

chemicals
joint
month
think

fat
lungs
plant
weed

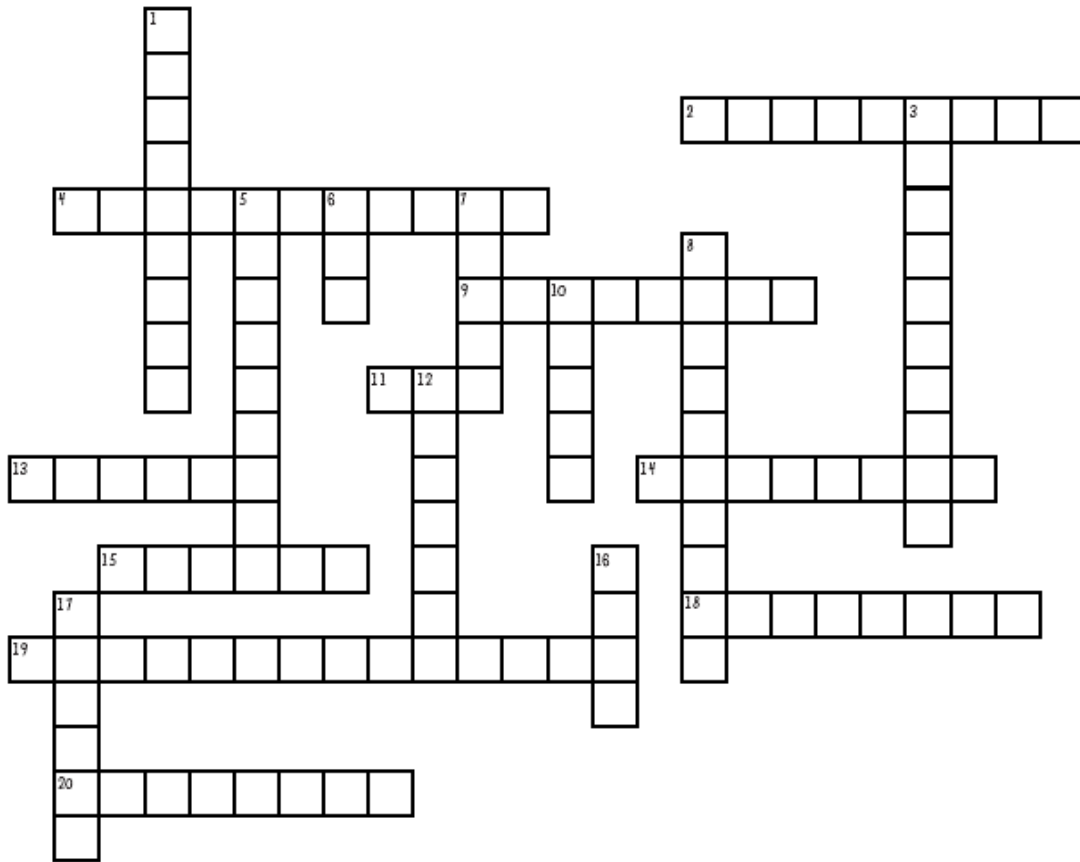
herb
medicine
ganja



WORKSHEET 7

Tobacco Teaser

Review "Tobacco Tidbits." Use the list of words on the right to complete the crossword puzzle. Crossword clues are at the bottom of the page.



- Addicted
- Cancer
- Carbon monoxide
- Chew
- Cigars
- Cilia
- ETS
- Eighteen
- Emphysema
- Inhale
- Lung cancer
- Lungs
- Nicotine
- Preventable
- Smokeless
- Stimulant
- Tar
- Tobacco
- Withdrawal
- Wrinkles

ACROSS

2. Nicotine acts as a _____ that speeds up body functions, such as heart and breathing rate.
4. Cigarette smoking is the most _____ cause of death in the Cayman Islands.
9. Highly addictive drug found in all forms of tobacco.
11. Environmental tobacco smoke. (abbreviation)
13. To breathe into the lungs.
14. Smoking can cause _____ which make the face look older.
15. _____ contain more nicotine, tar, and carbon monoxide than cigarettes.
18. Regular users of tobacco become _____ to nicotine.
19. Odorless, colorless, poisonous gas found in tobacco smoke and car exhaust.
20. The legal age at which tobacco products can be purchased.

DOWN

1. _____ tobacco can cause cavities, sores, and cancer of the mouth.
3. A type of cancer caused primarily by cigarette smoking.
5. Disease caused by smoking that makes it very difficult to breathe.
6. Sticky brown substance found in tobacco smoke.
7. The two organs located in the chest that can be severely damaged by tobacco smoke.
8. A regular smoker who stops smoking will experience _____ symptoms.
10. Smoking damages these tiny hairs in breathing tubes.
12. The plant from which cigarettes are made.
16. Slang for chewing tobacco.
17. There are many _____ - causing chemicals in tobacco smoke.



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

Medicine Bottle Label

“One teaspoon” should be circled in blue.

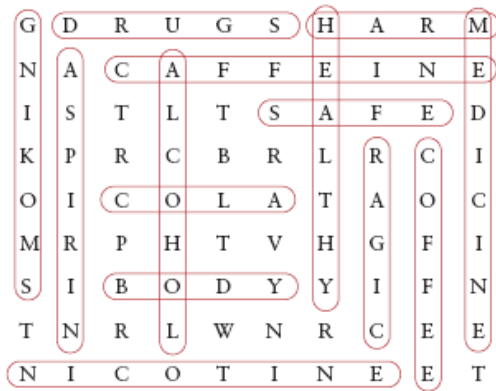
“Every four hours” should be underlined in green.

“Cough” should be circled in red.

1. water
2. three
3. headache

Worksheet 3

Word Search



Worksheet 4

Sentence Completion

1. drug
2. caffeine
3. smoking
4. nicotine
5. alcohol
6. marijuana
7. dangerous
8. safe

Worksheet 6

Marijuana Mix-Up

- illegal
- plant
- smoked
- joint
- weed
- ganja
- herb
- chemicals
- lungs
- fat
- month
- brain
- memory
- think
- medicine

Worksheet 7

Tobacco Teaser

Across:

2. stimulant
4. preventable
9. nicotine
11. ETS
13. inhale
14. wrinkles
15. cigars
18. addicted
19. carbon monoxide
20. eighteen

Down:

1. smokeless
3. lung cancer
5. emphysema
6. tar
7. lungs
8. withdrawal
10. cilia
12. tobacco
16. chew
17. cancer

CONTACT



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