EARLY ELEMENTARY DRUG AWARENESS & PREVENTION EDUCATION

Yr. 6

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

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

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 ____________________________ (gelllia) 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  chemicals  fat  herb
illegal  joint  lungs  medicine
memory  month  plant  ganja
smoked  think  weed
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.
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.

(teacher’s signature)  (date)

(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**

```
  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  F  T
```

**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  
m 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
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