

Weller Health Education Center

Safety Matters
Addiction Prevention
Grades PreK-1

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Program Objectives

Program Description:

In this popular program, young students learn about and practice medicine chest safety. Tobacco avoidance with an emphasis on fire safety is also included.

Standards:

PA 1.6.3A; 1.6.3.E; 10.1.3D; 10.2.3A; 10.3.3.a

NJ 2.1.2.E2; 2.3.2.A1; 2.3.2.A2; 2.3.2.A3; 3.3.2.A.4

Objectives:

Upon completion of this program, students will:

1. Define safety
2. Name 2 people it is safe to take medication from
3. Name 2 reasons why tobacco is not safe
4. Identify 2 reasons to call "911"

Terms:

Danger: It is something that may cause injury or harm.

Emergency: A problem that needs immediate attention

Medicine: It is something used to treat or prevent sickness or disease.

Prevent: It means to keep from happening.

Safety: It is knowledge to prevent harm and feel secure and free from danger.



Safety Songs

"Stranger Song" to the tune of "Brother John"

If you see a stranger
If you see a stranger
walk aaaaaaaa way
walk aaaaaaaa way
never look for puppy's
never look for kitty's
never say your name
never say your name

If you see a stranger
If you see a stranger
walk aaaaaaaa way
walk aaaaaaaa way
never take their money
always call for MOMMY
run aaaaaaaa way
run aaaaaaaa way

Fire Safety song to the tune of "What shall we do with a drunken sailor"

What do you dial if there's a fire,
What do you dial if there's a fire,
What do you dial if there's a fire,
Dial 9-1-1!

What do you do to plan for fire,
What do you do to plan for fire,
What do you do to plan for fire,
Have a fire drill!

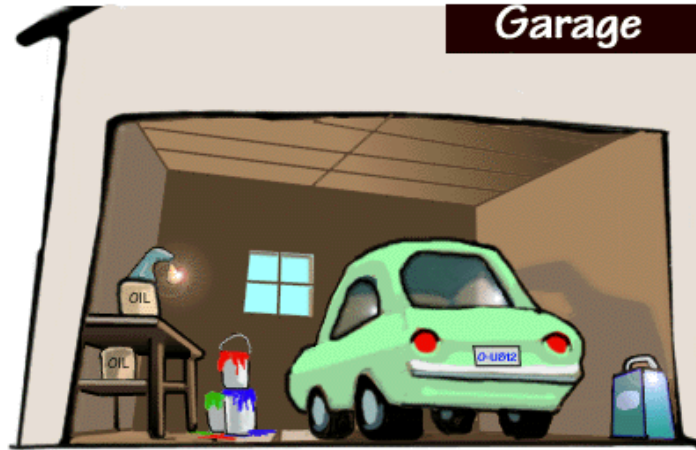
What do you do if you're on fire,
What do you do if you're on fire,
What do you do if you're on fire,
Stop, drop and roll!

Who comes in a truck if there's fire,
Comes in a truck if there's fire,
Comes in a truck if there's fire,
It's the Fireman!

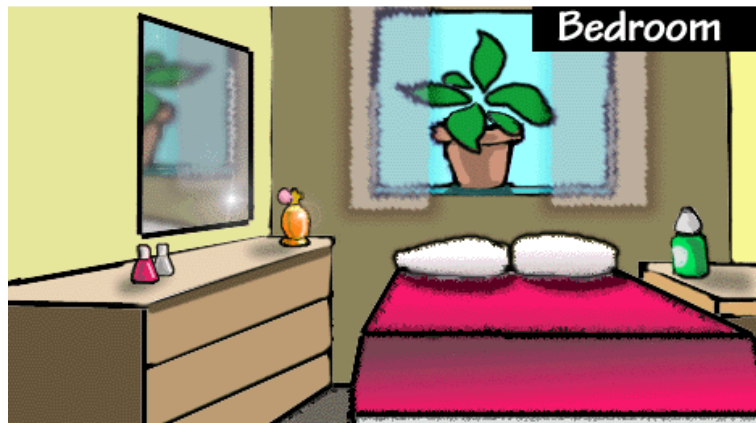


Safety Patrol

 Can you find 3 poisons in the garage?



 Can you find 4 yucky things in the bedroom?



 I can see 3 poisons here. Can you?





Poison Prevention

Objectives

- Students will identify poisons that are common in their homes and surroundings.
- Students will identify ways to stay safe around poisons.

Materials:

- Candy: Sweet Tarts, Good and Plenty, Red Hots
- Medicines: Tums, Tylenol, Sudafed
- Two clear bottles filled with apple juice, Pine-Sol

Procedures:

- Teacher will show various items of candy vs. medicine look alikes and stress how children can easily mistake one for another. Examples of look-alikes are: Tums/Sweet Tarts, Tylenol/Good and Plenty, Sudafed/Red Hots. Questions: Can you tell which one is candy and which is medicine? How can children find out for sure?
- Teacher will show various bottles and containers of items which may or may not be harmful. Fill clear bottles with apple juice, Pine-Sol. Keep the lids on!! Questions: Can you tell which bottle is safe to taste? How can you find out which is which?
- Teacher will point out household cleaning products, paint, and other substances. Discussion will be held with these questions: How do these products help us? (Kill germs, clean houses, clean grease) What could make them a poison? (eating them, touching them then putting fingers in mouth) What do we need to do to keep ourselves safe around these things? (Don't touch, eat, sniff, or inhale them. Keep them out of your eyes.)

Note to teacher- the following letter is intended for your students to take home as a follow-up for the days program. Please copy and distribute as you see fit in order to enable caregivers of students to reinforce the lesson of this program effectively.



Weller Health Education Center

Dear Caregiver,

Your student has participated in a program called "Safety Matters" presented by the Weller Health Education Center. This program introduced students to the dangers that may be present in the home. The program addresses the danger of medications, tobacco products and matches or lighters. Students learned what to do if they find medicine and how to handle medicine appropriately. Next, students learned about tobacco products and their dangers with added emphasis on fires and fire safety. Finally, students also learned about 911 and the types of situations that can occur that require calling 911. Through role play, the students practiced being in an emergency situation where they would call 911 and rehearse answering operator's questions.

Young students can have little sense of what is safe and unsafe, especially when it comes to understanding the dangers of medicine. There are 2.4 million poison incidents -- one every 13 seconds -- that poison control centers handle each year. Every year, kids of all ages start over 35,000 fires that hurt people and damage property. Young students who set fires usually do so out of curiosity or accidentally while playing with fire, matches, or lighters, and don't know how dangerous fire can be. Do you know exactly what to do in the event of a fire? Does your student?

Below you will find some sample activities to guide you in taking steps to improve your family's safety and health. These activities can help to continue the message started today in our program. For additional resources you are welcome to utilize the parent, teacher and student resource links found on our website at www.wellercenter.org.

Sample Activities:

- 1) Plan an escape route in the event of a fire, and make sure that every member knows it. Determine a meeting place that every member will go to once they are out of the house.
- 2) Always refer to the emergency number as "nine-one-one" not "nine-eleven." In an emergency, your student may not know how to dial the number correctly because of trying to find the "eleven" button on the phone.
- 3) Keep dangerous cleaning chemicals (etc.) in a locked cabinet or area. Always tell students that the things they find at home are not always good for them. Some things that might be dangerous are kept away in locked areas and they should not try to get them out.
 - a. Visit <http://kids.niehs.nih.gov/mryuk.htm> to request a free sheet of "Mr. Yuk" stickers to place on hazardous products.
- 4) If family members smoke, advise them to keep their cigarettes, lighter, and matches away from where student can find them.
- 5) When students are sick, advise them to never take their medicine by themselves. Make sure that they know they can make themselves even more ill if they don't know the right way or amount to take.
- 6) Practice your home telephone number - or any number that can get the student in direct touch with you or find an appropriate adult to call in an emergency.

Yours in good health,
Weller Health Education Center