

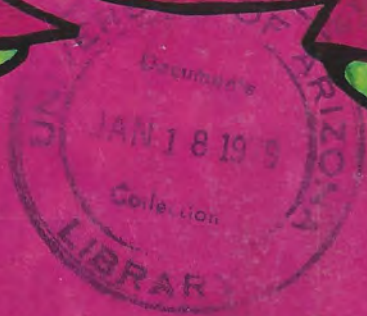
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UNIV. of ARIZONA
Soozie says Only sick people need drugs.
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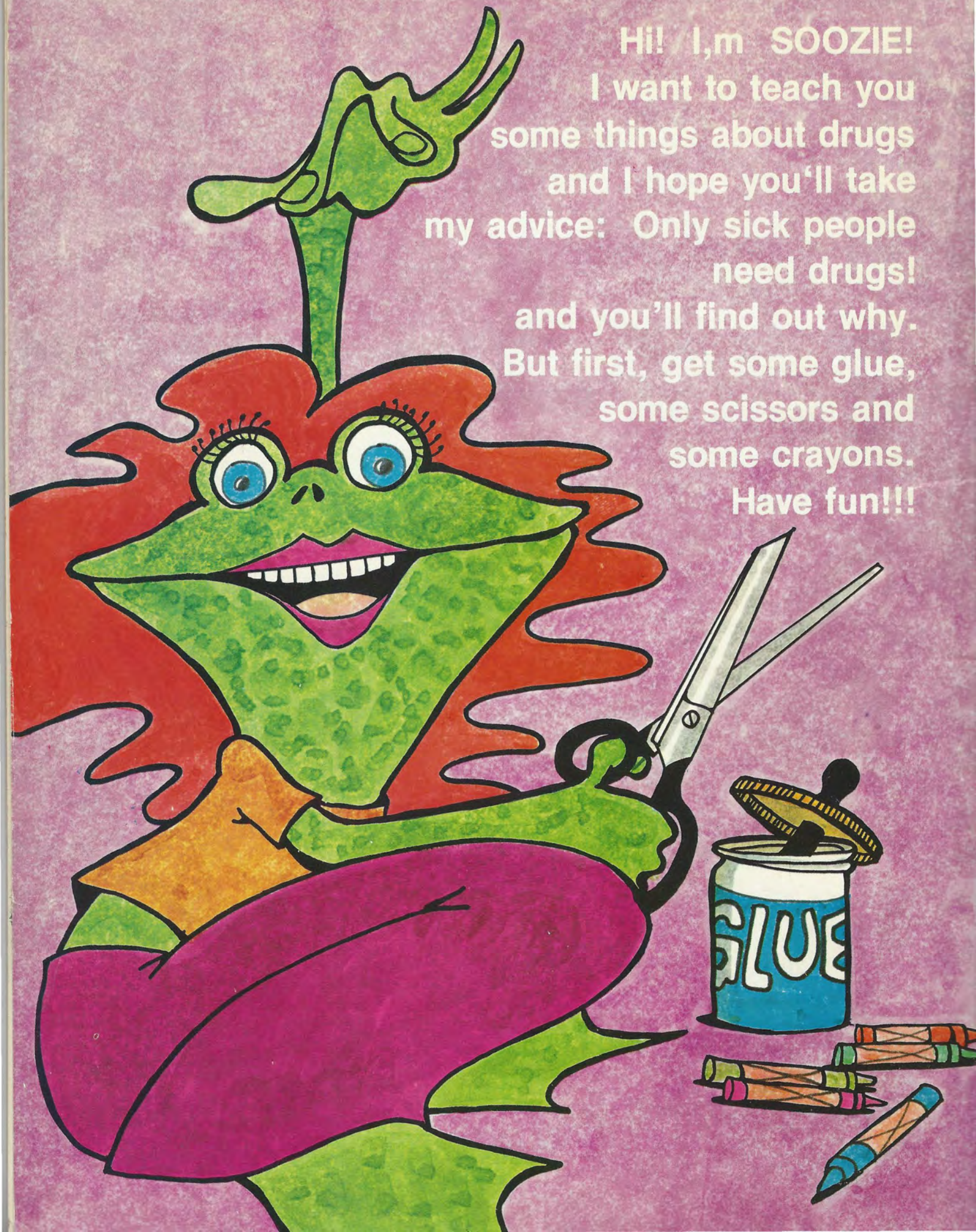
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Soozie

says "ONLY SICK PEOPLE NEED DRUGS !"



Hi! I,m SOOZIE!
I want to teach you
some things about drugs
and I hope you'll take
my advice: Only sick people
need drugs!
and you'll find out why.
But first, get some glue,
some scissors and
some crayons.
Have fun!!!



To the Parent and Teacher

This workbook is intended to provide a basis for classroom and home discussions with children, to identify for them the purpose for medicine, and to help them to understand the dangers which accompany any use of drugs. By dealing with basic concepts of health and well-being, children learn about the safety precautions necessary to avoid the problems of drug abuse. The intention is to encourage an attitude of caution but not fear. Positive reinforcement of the acceptability of medicine at the right time and place, and of the unacceptability of drug use at any other time, is the goal to be achieved by this workbook.

Whenever possible, allow the children to begin the discussion and encourage them to share their thoughts and ideas. For very young children, the text may have to be read to them; but, again, allow them to discuss the meaning of the pictures. Draw out their thoughts and expand their understanding and decision-making capabilities. Emphasize the thought that "sick people need drugs, healthy people don't". In fact, this theme should be included in every discussion so that it becomes a part of each child's mental discrimination process.

Keep in mind that with non-prescription drugs being advertised in all of the media, a child can decide that medicine or drugs are a panacea for problems. Only by reinforcing the idea that drugs have a real purpose, but only for sick people, can the commercial attitude be countered.

The concepts presented in this workbook will be grasped most effectively by children if they are helped by adults to understand them and to discuss them. Please note that the center-fold can be detached and displayed. Encourage the child to paste his picture where indicated.

Follow the Study Guide which is provided for you to supplement your own lesson plans.

What is wrong with this picture?



A drug is a chemical that does different things to your body.
A drug should be taken only when you are sick
and the doctor gives it to you.



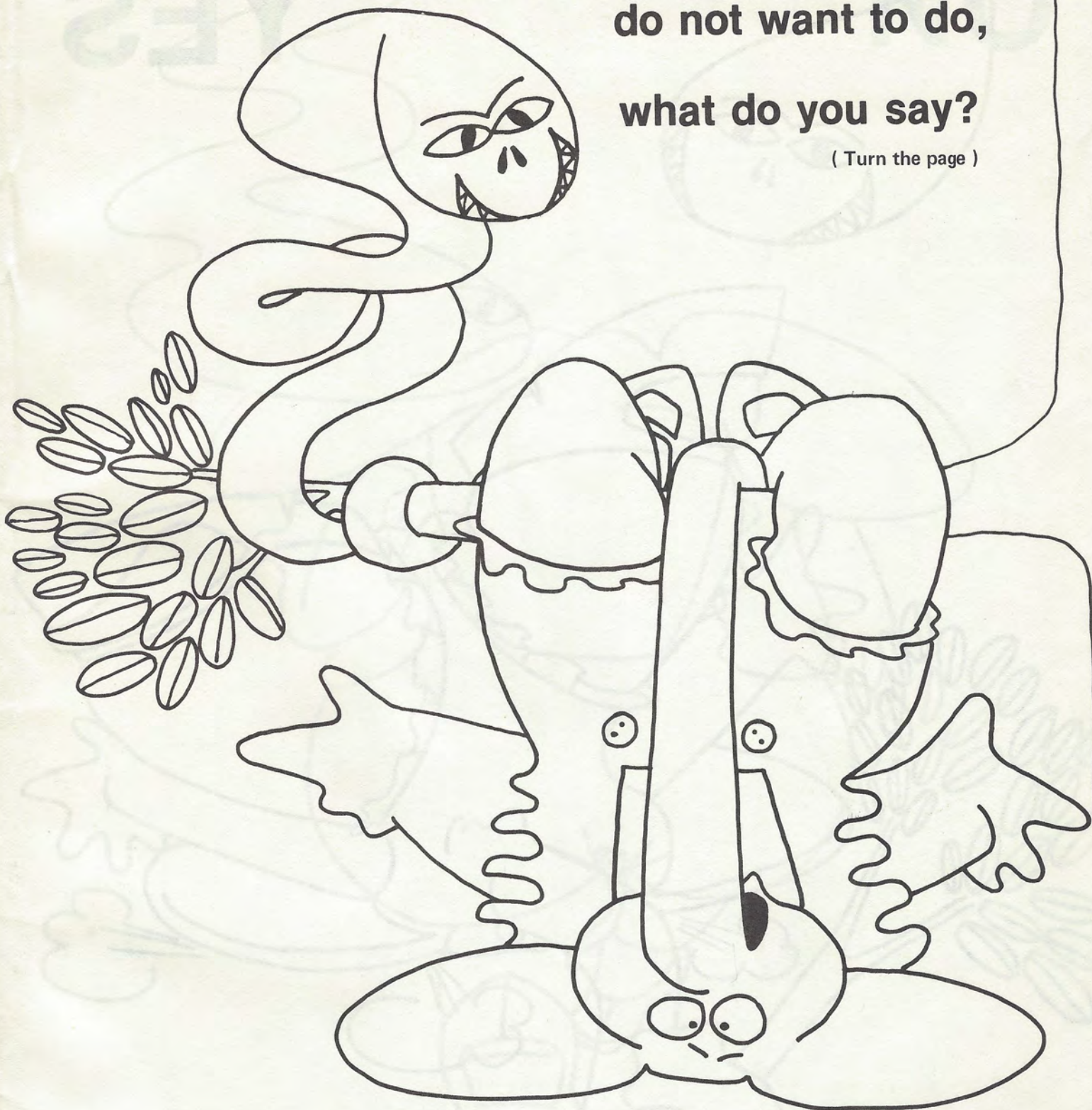
Sometimes things that look like fun
are really dangerous!



**When friends tell you to do things you really
do not want to do,**

what do you say?

(Turn the page)



YES



NO

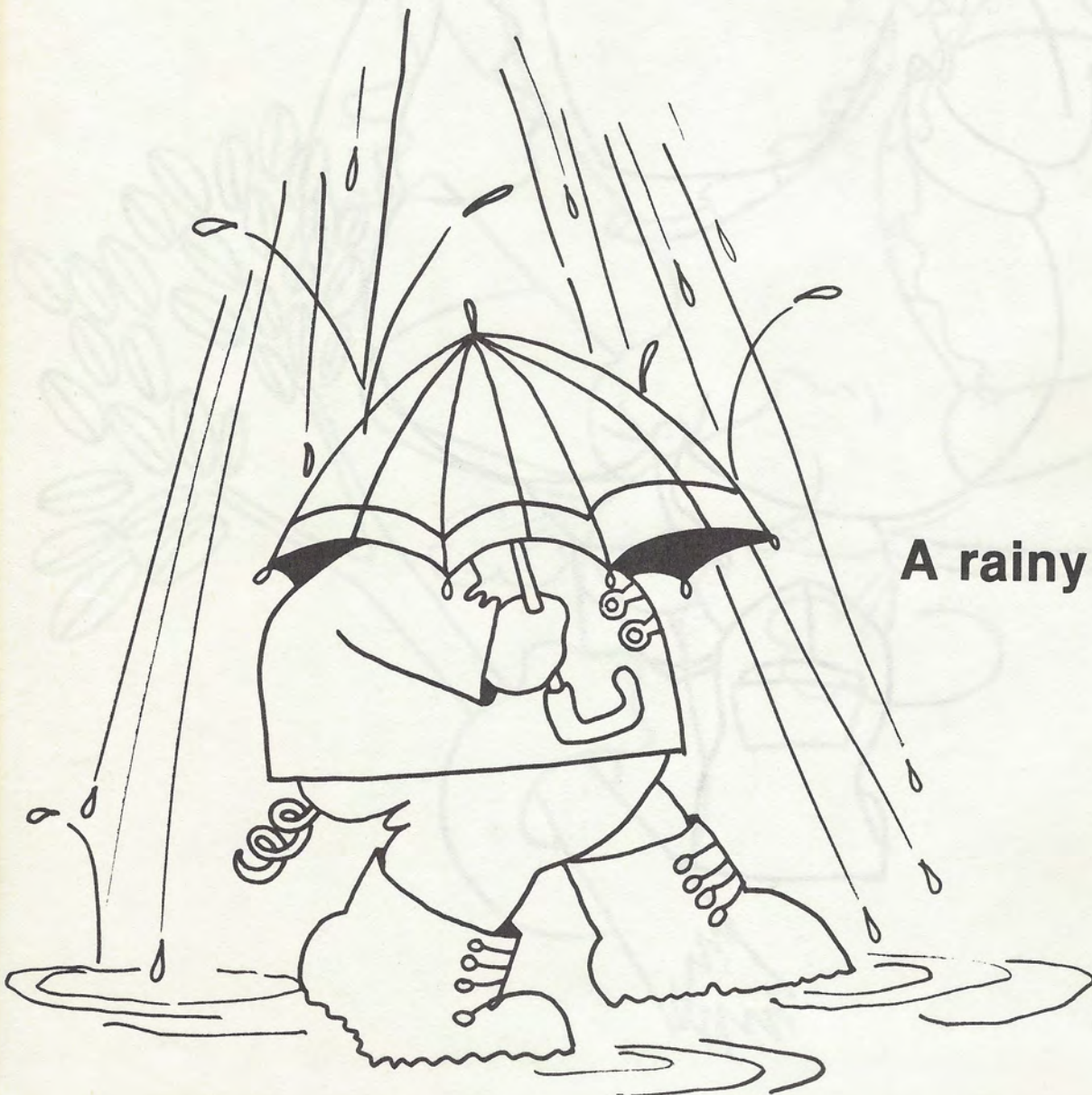


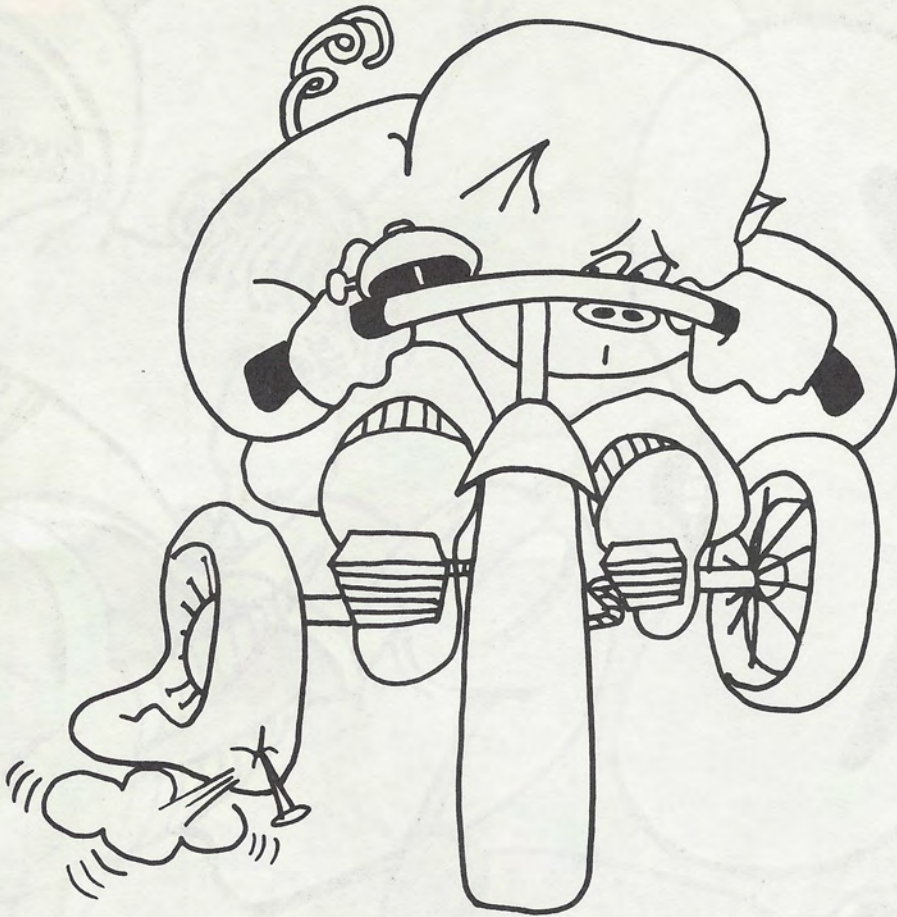
These are things you cannot cure with medicine:

A bad report card



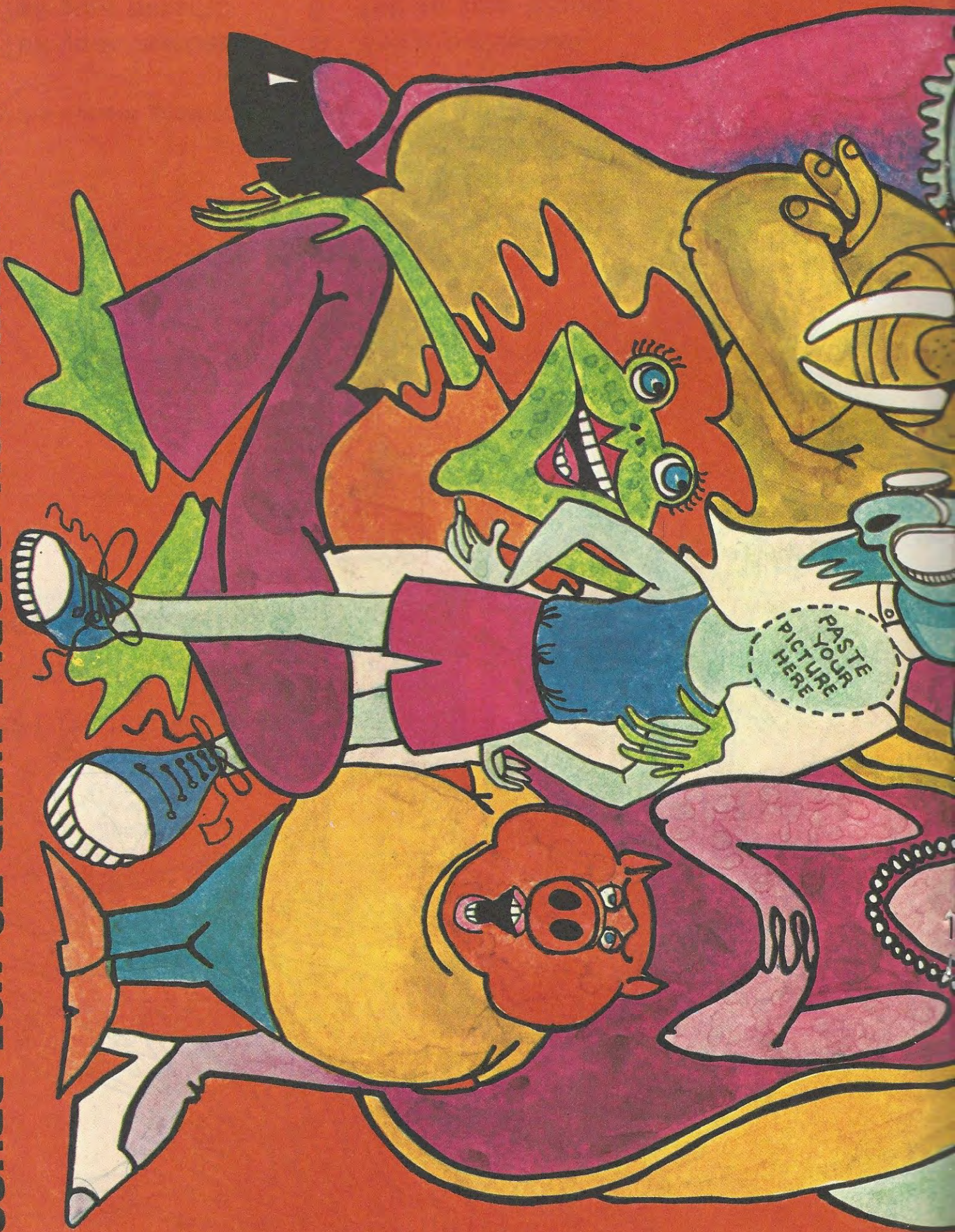
A rainy weekend



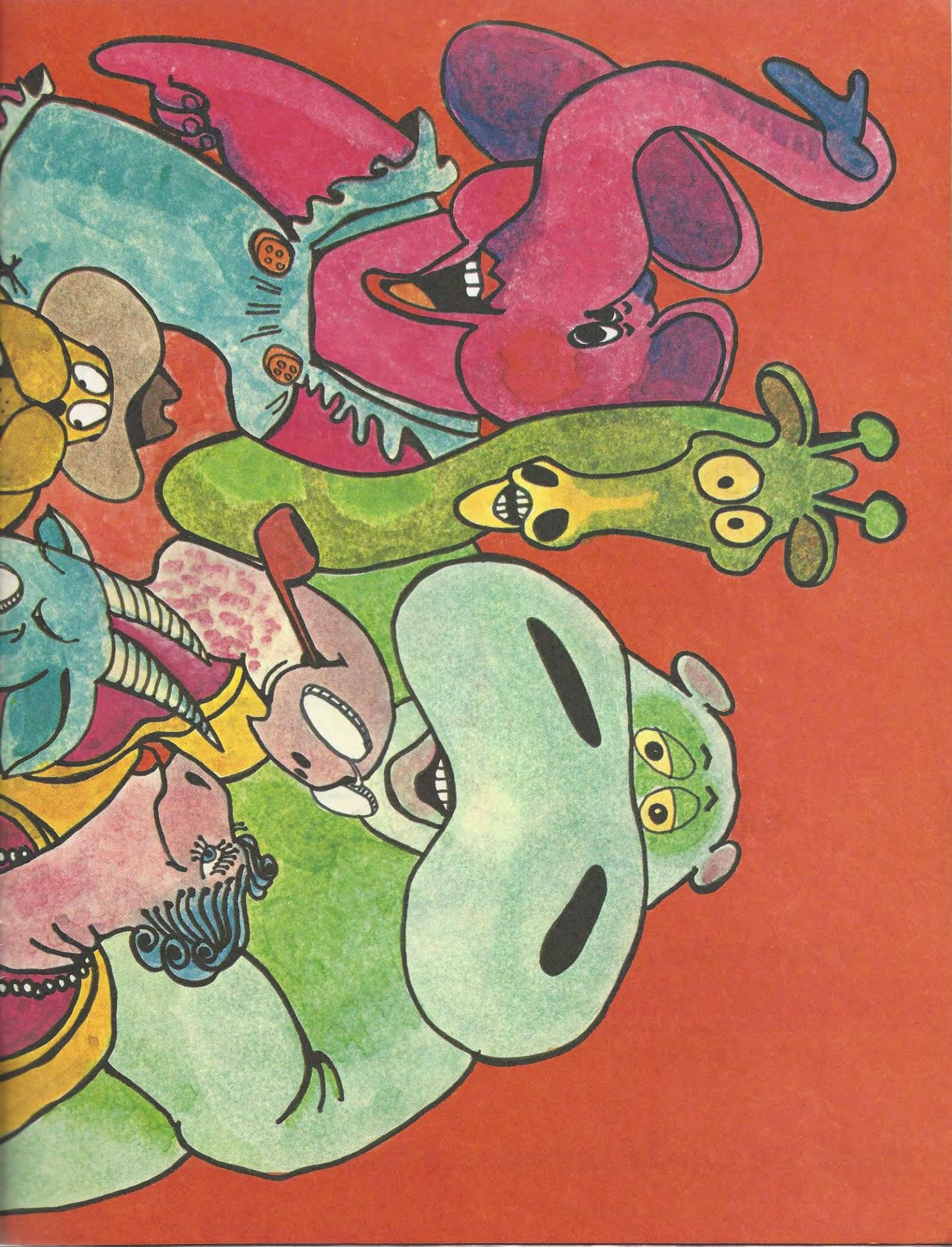


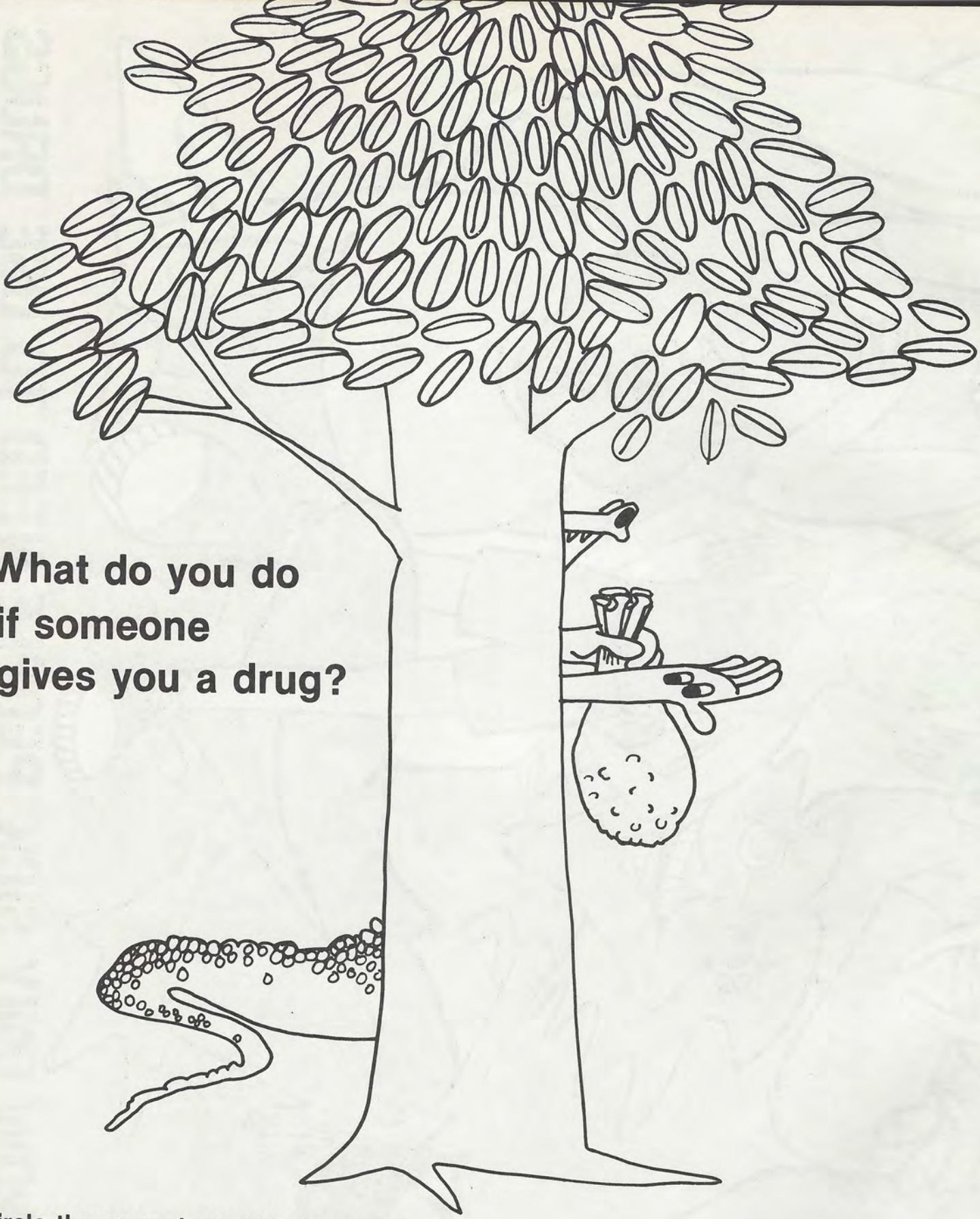
A flat tire

**Can you draw something else
that cannot be cured with medicine?**



WE KNOW ONLY SICK PEOPLE NEED TO USE DRUGS





**What do you do
if someone
gives you a drug?**

circle the correct answer or answers

- | | |
|-----------------------------|---------------------------------|
| A. Tell your teacher | D. Tell a policeman |
| B. Tell your parents | E. Tell all your friends |
| C. Faint | |

Who can give us drugs?

the vendor



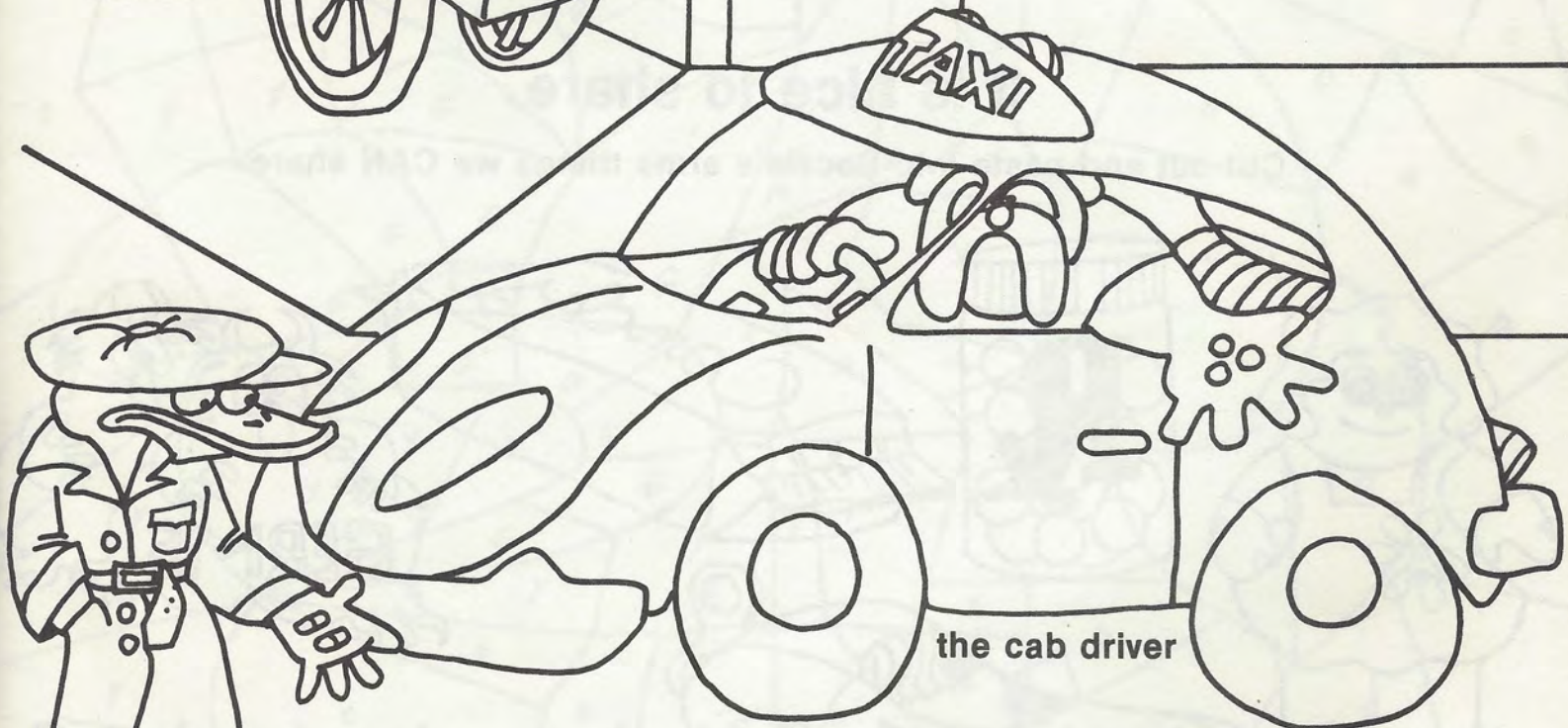
DRUG STORE



Rx



the pharmacist



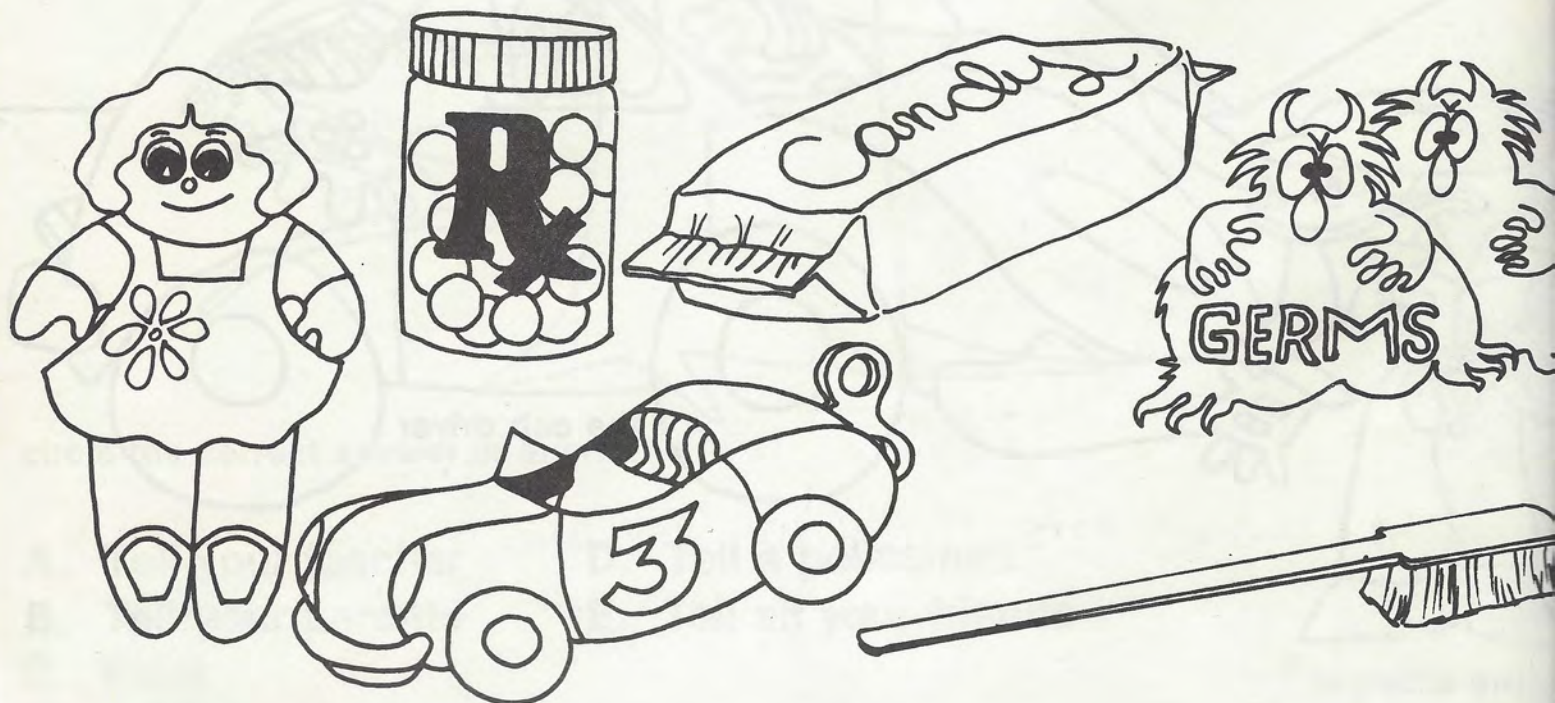
the cab driver

the stranger



It is nice to share.

Cut out and paste into Soozie's arms things we CAN share



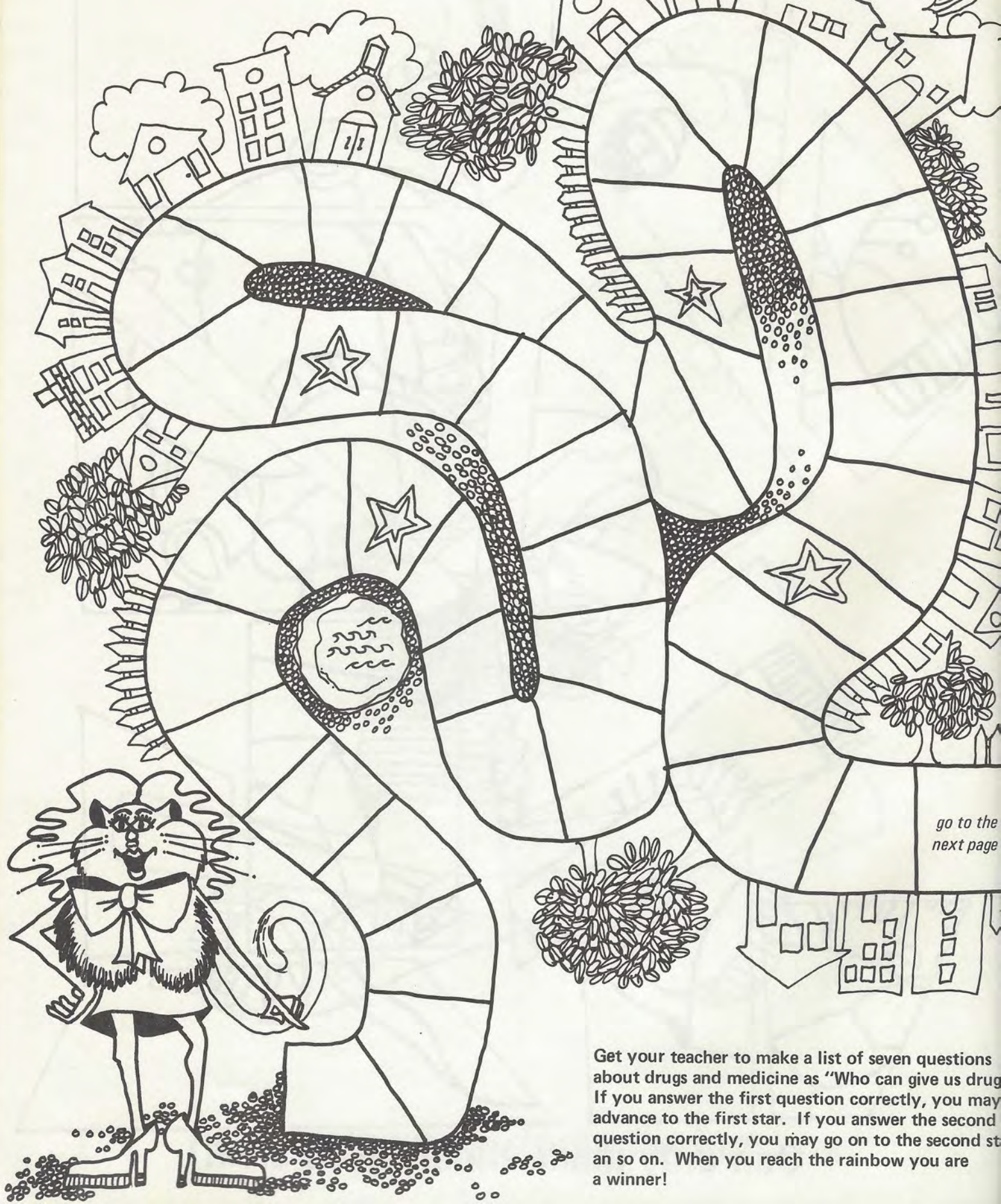


People who give us drugs for fun are not our friends.



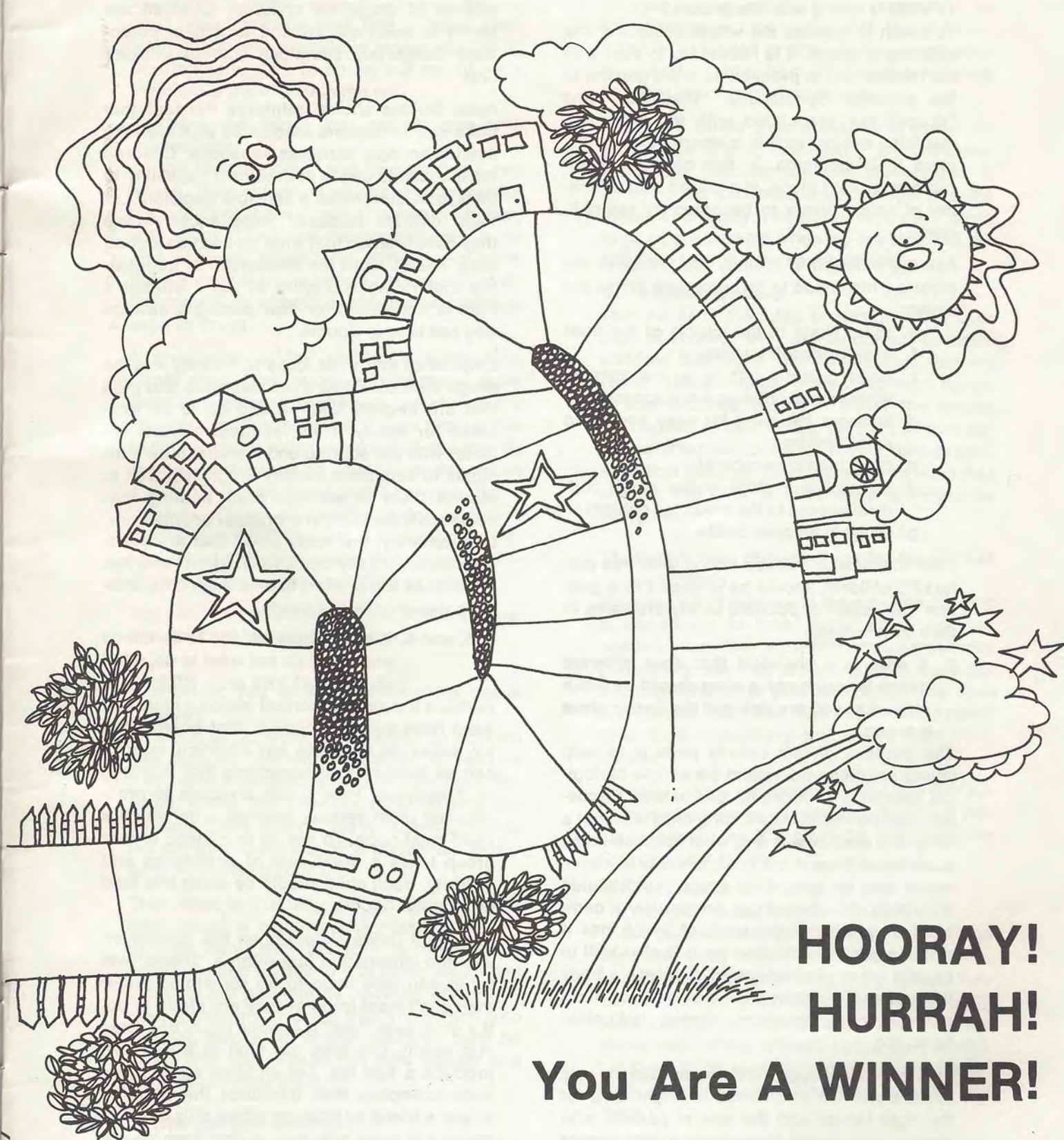
People who take drugs for fun

Be a Winner!

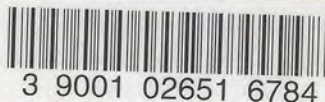


*go to the
next page*

Get your teacher to make a list of seven questions about drugs and medicine as "Who can give us drugs?" If you answer the first question correctly, you may advance to the first star. If you answer the second question correctly, you may go on to the second star and so on. When you reach the rainbow you are a winner!



Study Guide



1. What is wrong with this picture?

To begin to discuss the whole subject of the safe use of drugs, it is necessary to start with the familiar and to proceed from the general to the specific. Specifically, "medicine" and "drugs" are associated with the bathroom medicine cabinet as this is where most people store their medicine. In this case the bathroom, a familiar place, is pictured with a number of safety errors to be noted by the children.

Ask the children to identify the things in the picture which need to be corrected. There are seven:

- roller skate in the middle of the floor
- a cigarette left burning
- open poisons left in a low cabinet where small children have access
- scissors left lying for easy access to small children
- open medicine cabinet
- an available stool giving small children access to the medicine cabinet
- drugs in an open bottle

After discussing "what's wrong with this picture?", children should be engaged in a general discussion of possible safety problems in their own homes.

2. A drug is a chemical that does different things to your body. A drug should be taken only when you are sick and the doctor gives it to you.

The purpose of this activity page is to help young children understand the simple biological reactions to ingested chemicals. Discussion can be initiated by asking children what a drug or a medicine is and what purpose these substances have in our lives. Discuss illnesses which can be helped by drugs. Adult Guide should explain that drugs are usually a combination of chemicals, each of which has a specific effect on our bodies. It is also well to explain what can happen to a person's body if he takes the wrong chemical, such as allergic reactions, weakness, illness, hallucinations, etc.

This is the right opportunity to discuss the role of the physician who knows the right drug for the right illness and the role of parents who are the only people from whom a child should accept drugs.

3. Sometimes things that look like fun are really dangerous!

Think and use your common sense before you act. This is the theme for this page and you can see how this philosophy applies to the

misuse of drugs for children. Children are prone to react quickly and to accept potentially dangerous situations without thinking first.

Adult Guides should reinforce the fact that there can be dangers associated with even the most seemingly harmless situations. Children must be made aware of their own capability to think, and then make a sensible decision. Let them discuss personal experiences where they have learned that what looked like a good idea, wasn't. Start the discussion by suggesting that riding a bicycle at night without a light is dangerous, or how petting a strange dog can lead to trouble.

Emphasize that what looks like candy may be drugs instead. Show them capsules and pills that are brightly colored and could be mistaken for candy. Then let them become familiar with pill scoring and manufacturer's insignia to help them identify drugs. It is well to remind them to eat and drink nothing that comes to them without a wrapper or container. Unfortunately, the "play pills" that are available commercially confuse children, and you must make a real effort to help them differentiate between pills and candy.

4. 5. and 6. When friends tell you to do things you really do not want to do, what do you say? YES or ... NO?

Perhaps the most important lesson a child can learn from this workbook is that he/she can say either no or yes to any situation. No one can be forced to do something that is wrong or dangerous. Peer group pressure is probably the most serious problem with which a child must cope. To say no to a friend or to a group takes a great deal of confidence and security. Each child should be given this kind of security.

The Adult Guide should open this discussion with the information that often a "friend" will try to convince them to do something either they don't want to do or they are afraid to do. If a child says "yes" a serious injury or illness may result. Climbing too high in a tree can produce a bad fall. Let children share other such examples, then introduce the situation where a friend or stranger offers pills or other drugs. Let them role play, giving them an opportunity to say "no" and give reasons.

The Adult Guide can initiate a discussion of the fallacies involved with "all the other kids are doing it". Repeated emphasis of the fact that everyone has control of his/her own body and mind is extremely important in regard to

the ability to withstand peer pressure and say "no". Reinforce the idea that it takes more intelligence and strength to refuse something that is wrong than to agree, but by refusing, the child is the winner in the end.

7. These are things you cannot cure with medicine:

As the children color and discuss these two pages, they should learn that drugs cannot solve life's problems, only illnesses are helped with drugs. There are disappointments in life and everyone encounters difficult problems, but we must learn to cope with these frustrating conditions without depending on crutches such as drugs.

A discussion of the children's disappointments should be introduced; let them share their life problems. Then move quickly into the alternatives. For instance, if your bicycle tire is flat, use your roller skates until dad can fix the bike. If it rained on your picnic day, make a tent in the living room, and have your picnic anyway. There are always a lot of inside games to play. If you get a bad report card, face it and tell your parents right away. Promise to work harder and ask them to help you.

The Adult Guide should always stress alternatives that are healthy and rewarding.

8. What do you do if someone gives you a drug?

As much as possible, let the children work on this page by themselves, except to read to them where necessary. When they have finished, check the answers together and encourage those who circled A, B, and D that to tell parents, teachers, or a policeman is exactly what they should do.

Then explain that any person who gives or sells drugs is a dangerous person and can only be dealt with properly by responsible adults. Telling friends or just being afraid can increase the problem by allowing other children to become involved with this person who is doing something wrong. Children must be aware that they should run from danger and tell a responsible adult.

9. Who can give us drugs?

Children must identify in their own minds the legal and normal route through which drugs are obtained for people who are sick. Likewise, they must recognize the danger signs of illicit drug sales. They must know that to take pills or capsules from friends, or dealers posing as vendors, janitors, drivers, etc., is dan-

gerous for them and for their companions. As this discussion progresses with the children, it can be extended to other danger areas such as accepting rides from strangers, or opening the door at home to strangers.

The Adult Guide should explain in detail the legal route of drug dispensing: the physician writes the prescription, the prescription is taken to the pharmacist who dispenses the drugs, and finally, necessary drugs are given to us by our parents when we are sick. Let the children describe their experiences.

10. It is nice to share.

This series is intended to reinforce the concept of sharing with one another, yet teach children that there are many things that we cannot share. Indeed, if we share such things as toothbrushes, germs or drugs, the results are harmful to our bodies. Let the children describe other situations from their own experience that illustrate this concept. Tell them that sharing this kind of experience is helpful to everyone.

11. People who give us drugs for fun are not our friends.

By now, the children will have learned that it is dangerous to take drugs which are not needed; next, they must learn that sometimes people who say they are friends are really not because they offer pills and drugs. The children should learn that real friends would never give them something that could hurt their bodies.

To color, use a red crayon where the R's are indicated, an orange crayon for the O's, a yellow crayon for the Y's, black for B's, green for G's, and pink for P's.

12. People who take drugs for fun . . . can only make themselves sick!

These pages teach children that many things used everyday such as scissors, matches, knives, cars and even drugs, are safe if they are used properly, but dangerous if improperly used. Let the children tell each other how the above mentioned articles could be harmful. Let them think of other things that are potentially dangerous and describe how to use them.

As the discussion of drugs is launched, the Adult Guide could demonstrate what substances can do when they are added to something else. Take a glass of clean water and add dirt, or food coloring, then discuss the result, the dirty water. Or use a household chemical to demonstrate what happens to a

beautiful flower that is sprayed with this chemical substance. Apply this to the reaction of drugs in one's body and discuss how an unnecessary drug can be harmful.

Cut the puzzle out, fit the pieces together and glue them to a stiff piece of paper. The picture will show how sick one can become by taking drugs foolishly.

14. Secret coded message

Help the children figure out the secret code

which says, "only sick people need drugs". Each child must hold the top of the page toward their toes and the bottom of the page toward their nose in order to read the message.

ONLY SICK PEOPLE NEED DRUGS is the theme of this workbook, repeat it and emphasize it to instill a healthy attitude toward drugs in our children.

U.S. Department of Justice
Drug Enforcement Administration

Postage and Fees Paid
JUS 437



Secret coded message



(To read the secret message, hold the bottom of the page to your nose and the top of the page to your toes)