

## Session 6: I Know about Medicines

In this lesson you will learn the difference between appropriate and inappropriate use of medicine. It is very important for you to protect your bodies from the inappropriate use of medicine. We are wanting you to continue to learn that you are responsible for your own health and well-being.

Today we are going to approach our essential question a little differently. We are going to answer the questions up front because they are very important questions to understand. Here are those questions:

**What is Medicine?** – Medicines are drugs that are good for us. We take them when we are sick.

**When is it okay to take medicine?** – when you are sick, or an adult you know and trust, such as a family member instructs you to for health reasons, or if a doctor gives them to you because you are sick.

**Who can give me medicine?** - your parent/guardian, adult family members, caretakers, nurses and appropriate healthcare professionals.

It is very important for you to never take any medicine unless you are supposed to take them and are directed by someone who is supposed to give you that medicine.

## Session 6 Activity

### Learning about Drugs

For this activity you will just need to follow along with the video for session 6 and go along with the video. Once you finish the video please complete the “Health Helpers” handout on the next page. (The answer guide is the page following the first handout page.)

## Session 6 wrap-up

Today you have been introduced to the appropriate use of medicines. Remember any medicine can be bad for you if it is not used correctly and this is why it is important for you to never take a medicine without the consent of an appropriate adult. Please take the time to fill out the line for session 6 on the “What I like about me” page at the end of this binder.