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Learning Outcomes

By the end of the topic, you should:

- Know, understand, and be able to practise simple safety rules about medicine
- Understand when it is safe to take medicine
- Know who we can accept medicine from
- Know the differences between healthy and unhealthy choices

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Activity time

As a class, create a list of everything you already know about medicine.

Why do we take medicine?

When should we take medicine?

Note to teacher: for this baseline activity, please record the children's answers as you will need to return to these at the end of the topic. These can be written, photographed, or videoed.

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Share your ideas!

We can take medicine if we feel poorly, or are in pain, to help us feel better.

For example: we may have a sore throat or a headache.

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Discussion time

Some people may take medicine to help them with an allergy.

An allergy is when the body reacts to something, such as a particular food, substance or insect.

For example: peanuts, fabric plasters, or wasps.

Can you think of any more reasons why we need to take medicine?

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Discussion time

As a class, small group, or in pairs, discuss the following:

Who should we listen to if we need to take medicine?

Who should we take medicine from?

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Discussion time

Our parents/carers/or grandparents are often the people we listen too, if we need to take medicine.

However, there are other people who can help us if we need to take medicine.

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Discussion time

As a class, small group, or in pairs, discuss the following:

Do you know who these people are?

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Discussion time

Well done if you said they were doctors!

As a class, small group, or in pairs, discuss the following:

How can doctors help us?

When should you see a doctor?

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Medicine

We're now going to watch a video about a boy named Tyler.

In the video, Tyler has a bad back and needs to make a decision about taking medicine.

Together, let's help him make a good decision.

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Watch the video clip!

Let's watch the *Medicine* video.

Before we make our decision, we will return to this lesson guide to discuss what is happening.

Note to teacher: minimise this lesson guide and play the video from the module screen.

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Discussion time

Now that you've watched the first part of the video, as a class, group, or in pairs, discuss the following:

- What is happening in the clip?
- Why do you think Sophia wants Tyler to feel better?
- Should Tyler listen to his friend Sophia?
- What do you think Tyler should do?

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Decision time!

Return to the video to make your decision.

What choice do you think the characters should make?



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Discussion time - Healthy Choice

As a class, small group, or in pairs, discuss the following:

- Why do you think Tyler decided not to take the tablets?
- How might Tyler be feeling now?
- What might Sophia be thinking and feeling?
- What should Tyler do now?



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Discussion time - Less Healthy Choice

As a class, small group, or in pairs, discuss the following:

- Why do you think Tyler decided to take the tablets?
- How might Tyler be feeling now?
- What might Sophia be thinking and feeling?
- What could Tyler have done differently?



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Did you make the best choice for all the characters?

More activities →



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Important Message

Deedee wants you all to know that it is **NEVER** OK for a child to use or take medicine by themselves.

This can be very dangerous.

Children should only ever take medicine from a trusted adult, doctor, or nurse.

Note to teacher: we have provided a Medicine Safety Declaration within the Medicine topic section.



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What do you think happened next?

As a class, small group, or in pairs, discuss what may have happened next in the risky ending.

Do you think Tyler will need to see a doctor?



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Discussion time

Think about a time when you were ill and had to have medicine to make you feel better. As a class, small group, or in pairs, discuss the following:

- Who did you speak to about feeling unwell?
- If you took medicine to help you feel better, where did it come from?
- Who gave the medicine to you?
- What kind of medicine did they give you?

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Discussion time

As a class, small group, or in pairs, discuss the following:

Do you know what all medicines look like?

Do all medicines look the same?

Let's take a look

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Discussion time

Here are some examples of medicine. Can you think of any more?

Tablets

Liquid medicine

Asthma inhaler

Eye/Ear drops

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Activity time!

Complete the activity

Medicines

Draw or write your answers to the questions below.

When should we take medicines?

Who should give us medicines when we need them?

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Learning/Drugs/Healthy Habits

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Discussion time

We have looked at how medicines can help us feel better if we feel ill or poorly.

Did you know?

Sometimes doctors or nurses can provide us with a vaccination to prevent us from getting ill in the first place.

Have any of you heard of a vaccination or vaccine before?

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Discussion time

Vaccinations are injections or nasal sprays which may protect you from certain diseases.

A vaccination works by teaching your immune system to create antibodies to help protect you from diseases.

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Discussion time

From just eight weeks old, babies can receive their first vaccinations. Many of you would have been given a vaccination as a baby.

One of the diseases vaccinations can prevent is measles.

You may want to research some of the other diseases that vaccinations can prevent.

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Important Message

Please speak to a trusted adult or a teacher if you are worried about anything you have learnt so far.

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Discussion time

As a class, small group, or in pairs, discuss the following:

What else can make us feel better when we are ill?

For example: cuddles

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Return to the activity!

At the beginning of this topic, you created a list of everything you knew about medicine.

Is there anything you'd like to change?

Note to teacher: please make a note of any new answers in a different colour to highlight learning.

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Sentence Stems

As a class, finish the sentence stem below:

I should only take medicine when...

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Ask Me a Question

Let's recap on our learning from today:

- Why do we take medicine?
- Who should we take medicine from?
- What else can make you feel better when you are poorly?
- What is a vaccination?

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A Message From Deedee

There will be times in our lives when we may need to take medicine to help us feel better.

However, we should only take medicine when a responsible and trusted adult tells us to.

To prevent getting poorly, we should remember to try and be as healthy as we can.

love Deedee x

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Great work everyone!

Well done, you have finished the Medicine topic!

You may wish to complete the extension activities.

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Extension Activity

As a class, come up with a set of rules for taking medicine.

In small groups or in pairs, create a rules poster to share with younger students in your school.

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Topic complete

Great work everyone!

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