



AACPS School Counselor Third Grade Lesson Plan

Modeled after the ASCA Lesson Plan

School Counselor:

Date:

AACPS Core Curriculum Topic: Substance Abuse – Making Choices **Grade(s):** 3

[ASCA Mindsets & Behaviors](#) standards addressed:

- **M 1** Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being.
- **B-LS 1** Demonstrate critical-thinking skills to make informed decisions.

Essential question and 21 Century Learning connection:

- What are drugs?
- What is the difference between prescription and non-prescription drugs?
- How can I make good choices about drugs?

Objectives/Outcomes:

- The students will identify the difference between prescription and non-prescription drugs.
- The students will demonstrate effective problem solving skills when making choices about drugs.
- The students will demonstrate their knowledge about the effects of drugs.

Materials (please attach any supplemental materials referenced in the lesson):

- Book – Charlie and the Curious Club by Erainna Winnett
- Chart or Double Bubble Organizer – *Prescription Drugs vs Non Prescription Drugs*
- Picture(s) or artifacts of Non Prescription and Prescription Drugs.
- Large chart paper entitled “Hey Kids, Stay Safe By.” or use Smart Board (completed at evaluation)
- Optional- Last page is titled, “Hey Parents and Teachers! Keep your Curious Children Safe by... “ (Copy for each child to take home)

Procedure (include how the instruction will be differentiated):

1. Ask, “What is a drug?” **A drug is a chemical that is not food and that affects your body.**
2. Ask, “What kinds of drugs are there?” Use their responses to share:
 - a. Some drugs are given to people by doctors to make them healthy. These are called medicines or prescription (say pre-scrip-shun) drugs. Antibiotics are drugs.
 - b. Some drugs are natural and can be found in some kinds of food or plants that are not a normal part of a person's diet.
 - c. Some drugs are illegal which means it is against the law to buy, sell or use them.
 - d. Some drugs are legal but because they are dangerous to health the law says that you have to be an adult to use them e.g. alcohol and tobacco.
 - e. Some drugs are addictive, which means that it is very hard to stop using them even when they are harming your body.
3. “Let’s look at Non Prescription and Prescription drugs.”
Use anchor chart to review.
What have we learned? (Make sure these points have been part of the brainstorming)
 - **Nonprescription** –You can get at a drug store without a prescription. A parent reads the instruction label to give you the exact amount for your age and weight. It is regulated by the Food and Drug Administration. Always follow the warning label, keep away from children. Names of nonprescription drugs.

- Prescription – Your doctor prescribes the medication for a specific reason and person. A parent administers the medication. The parent reads the doctors' orders on medication and distributes what is stated on the medication bottle. Prescriptions come with information from pharmacists about warnings such as take with food, or possible side effects to contact doctor. Drug prescriptions are regulated by the Food and Drug Administration. Prescription drugs are only for the person they are prescribed for and not for anyone else. Always keep drugs away from children. Names of some prescription drugs. ***This may be where you may want to incorporate "Fentanyl" which is in the news. Explain, when prescribed for the correct purposes under a doctor's care it is controlled. If it is used otherwise, it is not safe and can cause death.***
 - Show a picture(s) of a drug(s) which are non-prescription and drugs that are prescription. (You could use the chart without the pictures or the SmartBoard and have kids put the pictures in the correct column.)
 - Show the students the graphic of the medication label and briefly review the importance of reading the label carefully and following the directions when taking any kind of medication.
4. Introduce *Charlie and the Curious Club*.
 5. What do you think "Curious" means? Is it good to be curious?
 6. Read the story – (Questions below can help guide the discussion as you read)
 - Charlie wants to learn more about apples – what makes them come in different colors and if they keep the doctor away. Is this a safe curiosity?
 - Mom tells Charlie to "investigate" his questions about apples. Do you ever investigate ideas? Is this a safe investigation?
 - Next, Charlie was curious about his new next door neighbor's parrot, Pierre. Is this a safe curiosity?
 - Dillin, Charlie's friend, took notes on the parrot information in a journal to record. Is this a good way to investigate?
 - Charlie spotted a colorful trinket on the table. "I think this is a new kind of candy over here. Do you think the red ones are strawberry or cherry?" Is this a safe curiosity?
 - "That's a strange looking dish," Dillin added. "What do you suppose the letters mean?"
"Sounds like an investigation for the Curious Club!" Charlie exclaimed. Is this a good investigation?
 - Pierre is pecking! Dillan thinks it's Pierre's candy. Charlie says, "Let's take some candies back to the treehouse anyway. We can taste them there." Is this a safe way to be curious? Is this a safe investigation? Explain! (They should include they are taking items they do not know anything about and they do not have the permission of an adult/parent)
 - Ms. Shirley comes into the room! What did Charlie and Dillan learn about "the candies?"
 - What may have happened to the following people if Ms. Shirley had not entered the room and the boys took some of "the candies" back to the treehouse?
 1. Ms. Shirley
 2. Charley
 3. Dillin
 4. Charley's Mom
 5. Dillin's family
 6. Pierre the parrot
 - "Being curious is a good thing boys. But curiosity without caution is dangerous." Explain what Ms. Shirley means by this statement.
 - Where do you go to read what to do if you take too much medicine or if you take the wrong kind? (The poison safety book)

- How can a drug be like a poison? (If it is not prescribed for you or you don't follow the directions and take too much)
- Explain why the pledge is a good idea for the boys and all children.

***All for one and one for all,
We explore things big or small,
But before we touch or smell or taste,
We ask a grown-up if it's safe!***

Plan for Evaluation: Process Data/Perception Data used to measure understanding (i.e.

High level questions, inventory, exit ticket, thumbs up and down):

In the book, there is a page where Charlie and Dillin are sharing with other boys and girls how kids can stay safe. Before reading, have the students brainstorm ideas then share.

Counselor labels the chart as the book does – Hey Kids! Stay Safe By: - records students' answers. Add any that the book hit upon and were not mentioned. Leave the chart in their classroom.

Take home activity:

Family Activity Sheet: Review medication label activity and discuss prescription and non-prescription drug safety.

Non-Prescription Drugs

You can get at a drug store without a prescription.

A parent reads the instruction label to give you the exact amount for your age and weight.

It is regulated by the Food and Drug Administration.

Always follow the warning label, keep away from children.

Names of nonprescription drugs.

Tylenol

Ibuprophen



Prescription Drugs

Your doctor prescribes the medication for a specific reason and person.

A parent or responsible adult gives you the medication. The parent reads the doctors' orders on medication and gives you what is stated on the medication bottle.

Prescriptions come with information from pharmacists about warnings such as "take with food" or "possible side effects to contact doctor".

Drug prescriptions are regulated by the Food and Drug Administration.

Prescription drugs are only for the person they are prescribed for and not for anyone else.

Names of some prescription drugs.

Amoxicillin

Ritalin

Fentanyl



Hey Kids! Stay Safe By:

Start Talking Maryland Third Grade Lesson: Family Take Home Activity

Today, in your child's class, we discussed prescription and non-prescription drugs. Please talk with your child about what he/she learned about drug safety.

You may want to review this picture of an over-the-counter medication bottle label with your child:

Drug Facts*	
Active ingredients	Purpose
Medicine 100 mg	cough suppressant
Medicine 150 mg	nasal decongestant
Uses Temporarily relieves:	
<input type="checkbox"/> coughing due to minor throat and bronchial irritation <input type="checkbox"/> nasal congestion <input type="checkbox"/> sore throat	
Warnings	
Do not use if you have ever had an allergic reaction to this product or any of its ingredients.	
Ask a doctor before use if you have liver or kidney disease. Your doctor should determine if you need a different dose.	
When using this product	
<input type="checkbox"/> you may get drowsy <input type="checkbox"/> be careful when driving a motor vehicle or operating machinery <input type="checkbox"/> excitability may occur, especially in children	
Stop use and seek medical help right away if an allergic reaction occurs.	
Keep out of reach of children. In case of overdose, get medical help or contact the Poison Control Center at 1-800-222-1222.	
Directions	
<input type="checkbox"/> Tablet melts in mouth. Can be taken with or without water.	
Age	Dose
Adults and children 12 years and older	2 tablets every 12 hours; do not use more than 4 tablets in a 24-hour period
Children 6 years to 11	1 tablet every 12 hours; do not use more than 2 tablets in a 24-hour period
Children under 6 years of age	ask a doctor
Other information	
<input type="checkbox"/> store at 20°–25°C (68°–77°F) <input type="checkbox"/> keep dry <input type="checkbox"/> see end panel for lot number and expiration date	
Inactive ingredients	
anhydrous citric acid, aspartame, magnesium stearate, maltodextrin, modified food starch, sodium bicarbonate, D&C yellow no.10	
Questions or comments?	
Call weekdays from 9 a.m. to 5 p.m. ET at 1-800-XXX-XXXX.	
*This is not an actual Drug Facts Label.	

These are some of the things your child learned today:

- The difference between prescription and non-prescription drugs
- The importance of following directions when taking any medication
- Ways to take medication safely