

Choice Activity Book

Years 5 - 6

Name

School

Class



New Zealand Government



Choice Activity Book for Years 5-6

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Choice Box

While we are doing **Choice**, we will have the Choice Box in our classroom.

The purpose of the Choice Box is:

The rules for using the Choice Box are:

- You do not need to put your name on your question.
- The Choice Box is sealed.
- Constable _____ unseals the box and answers the questions.
- We sit in a Trust Circle when the questions are answered.
- What's said in the room stays in the room.
- Questions should be sensible and relate to drugs and their use.

Draw the Choice Box here

Free Page



Positively Me

Date:

Today we began the **Choice** programme in our class.

Choice will help us to make sensible and safe choices and decisions about the use of drugs and will give us the skill and confidence to implement those choices and decisions.

The special thing I shared with the class was:

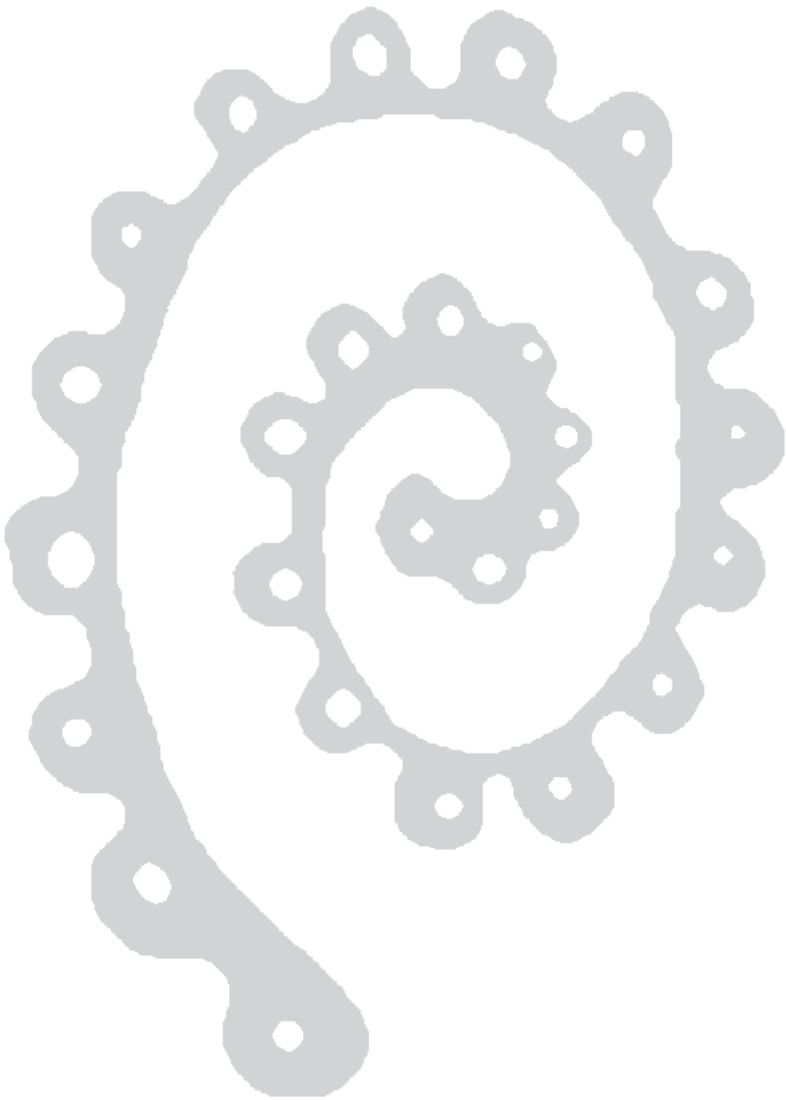
It was special to me because:

Other things that were shared by the class were:

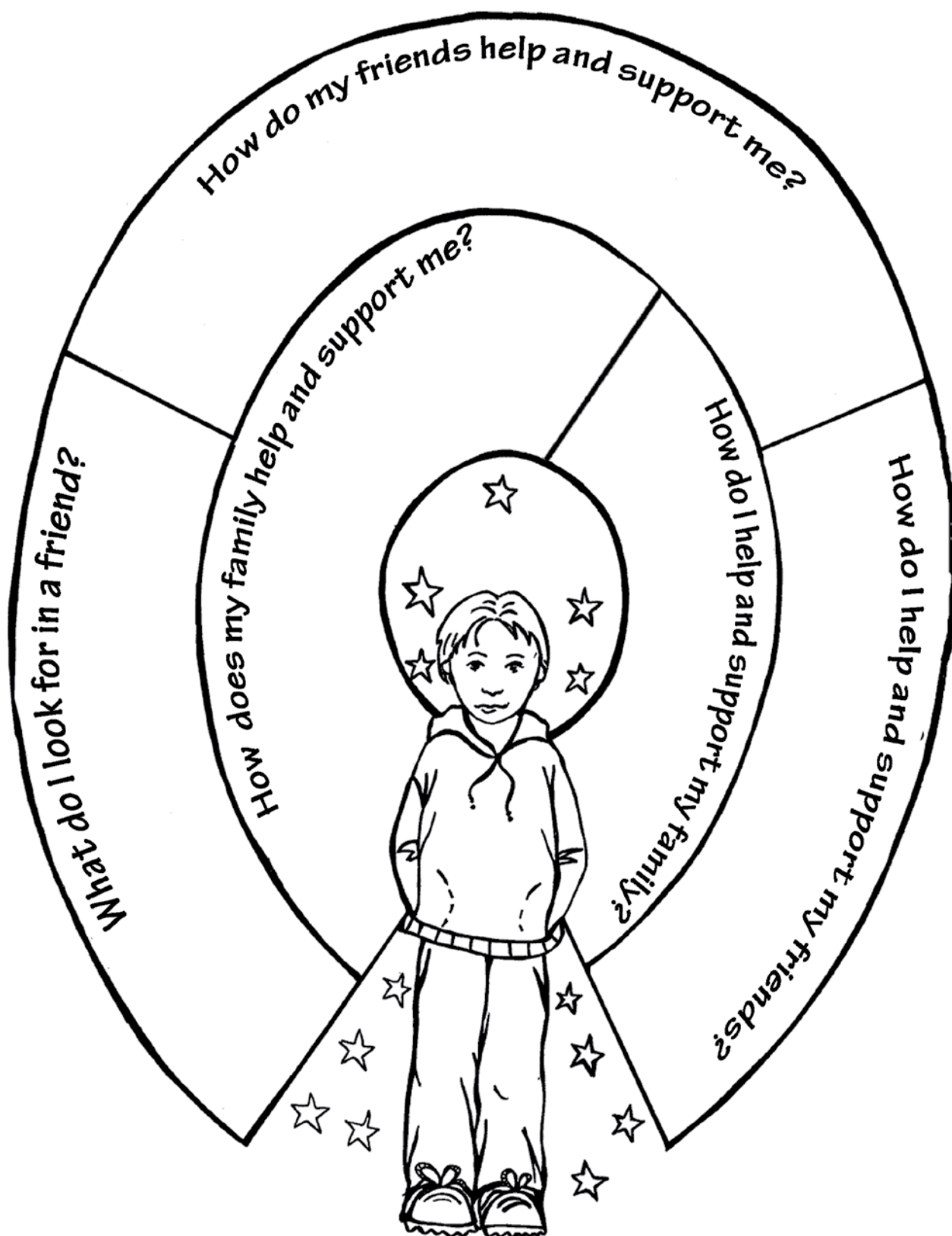
A new activity I enjoyed finding out about was:

My Unfolding Story

Glue **COPYSHEET 2** here.



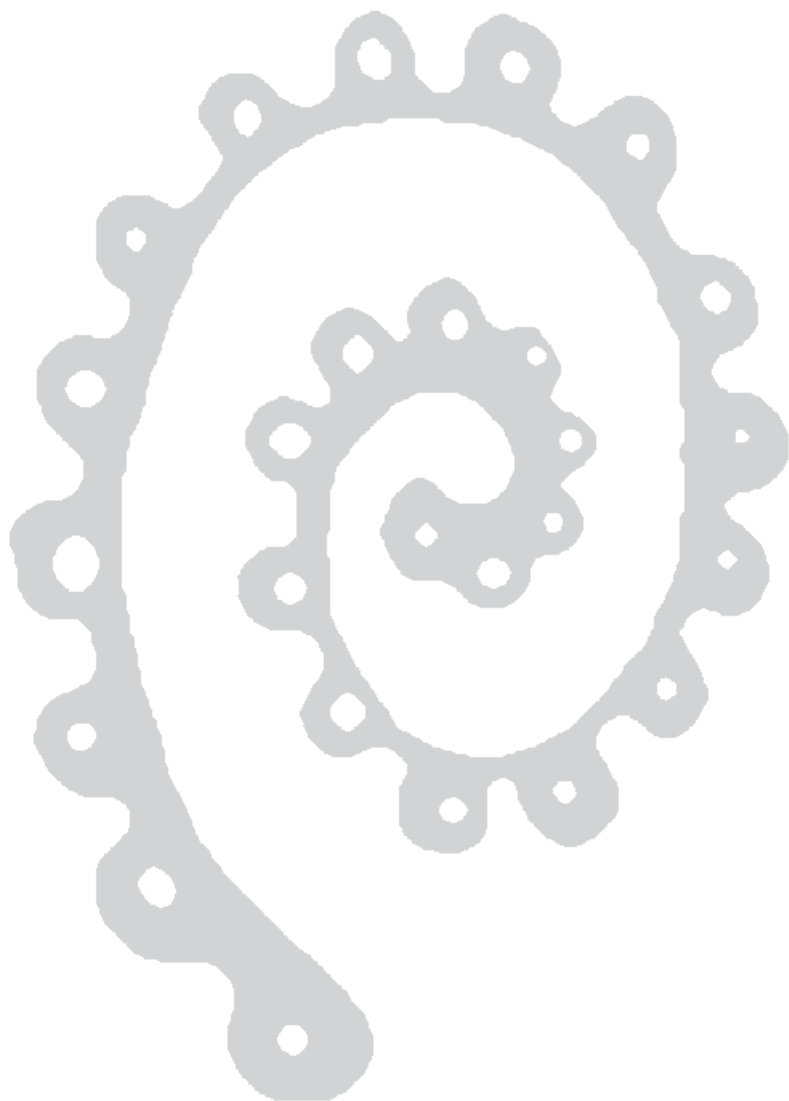
Getting Help and Support



Who are some other people that could
help and support me?

Help and Support Contacts

Glue **COPYSHEET 4: Help and Support Contacts** on this page







Free Page



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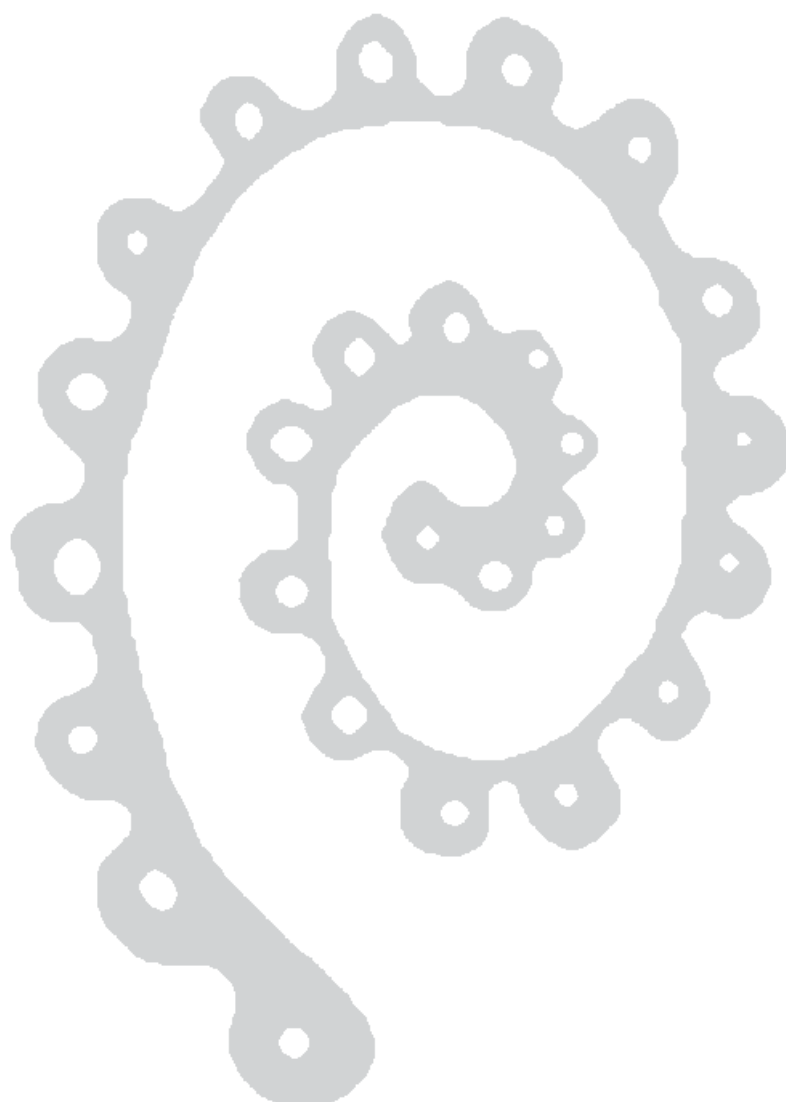


A Drug is..

| Definition | | Substance | Is a drug Yes/No |
|------------|--|--|---------------------|
| 1 | A chemical substance |  | |
| 2 | which alters the way a person's body or mind work |   | |
| 3 | that does not include food, air and liquid which our bodies need to work properly. |  | |

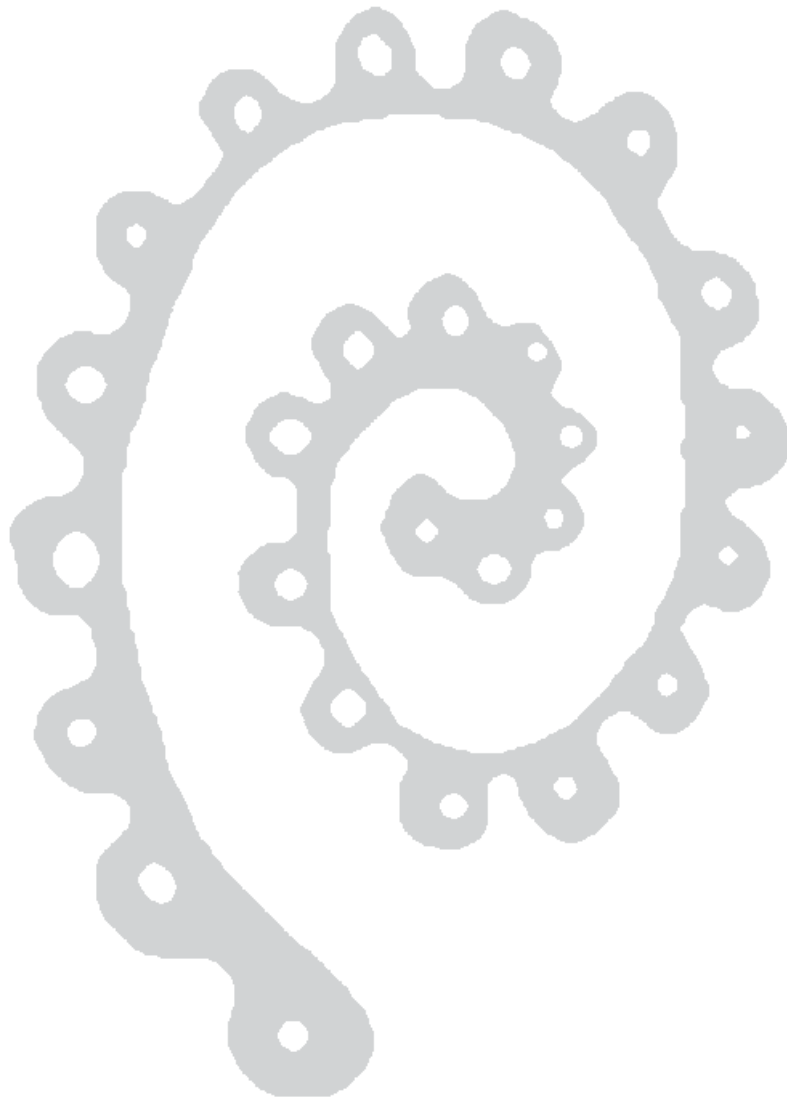
Are these Drugs?

Glue **COPYSHEET 7a** here. Cut out all the items from **Copysheet 7b** and glue them in the correct place in the Venn diagram.



Medicine Check

Glue **COPYSHEET 8: Medicine Check** here once it has been completed with someone at home.



Guidelines for Safe Storage and Use of Medicines

It is very important that we store medicines correctly and use them in the way indicated on the label.

Storing Medicines

Suitable places to store medicines would be:

Medicines should be kept in their original containers because:

The best way to dispose of unwanted medicines would be:

Using Medicines

Before buying medicine at the pharmacy you should:

You should always read the label on a medicine bottle because:

If you feel better before you have finished the course of prescribed medicine you should:

It is unwise to share medicines with other people because:

Free Page

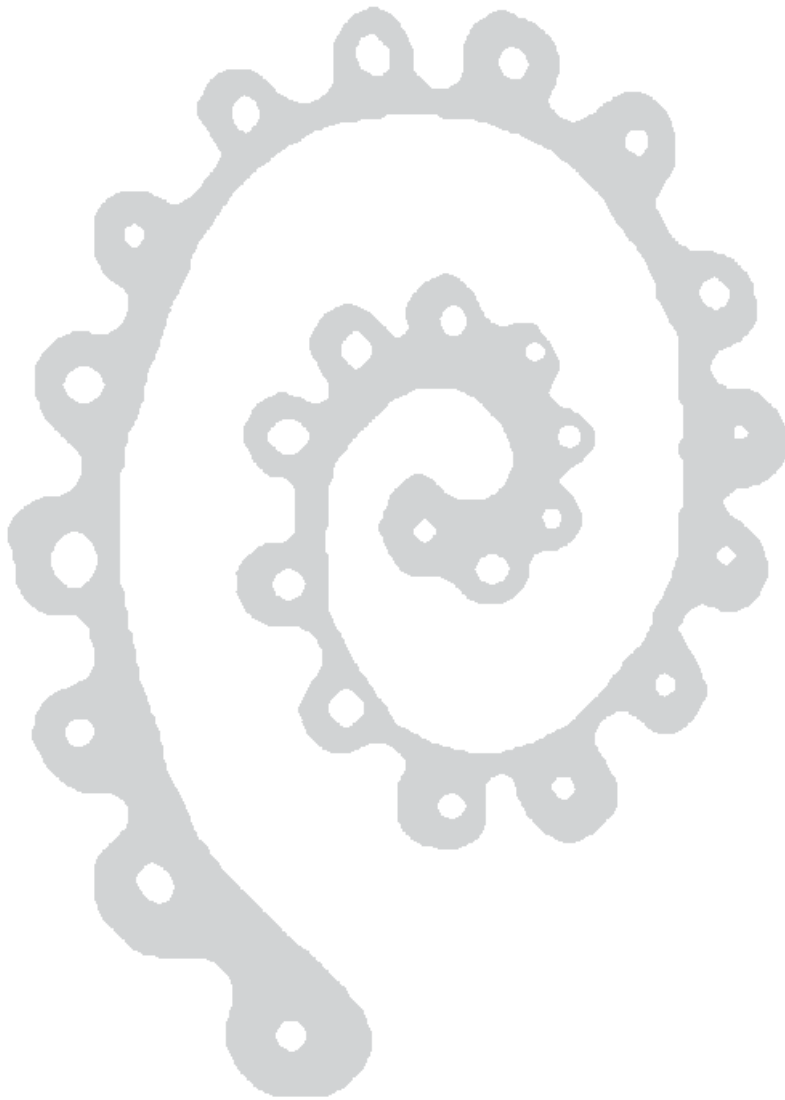


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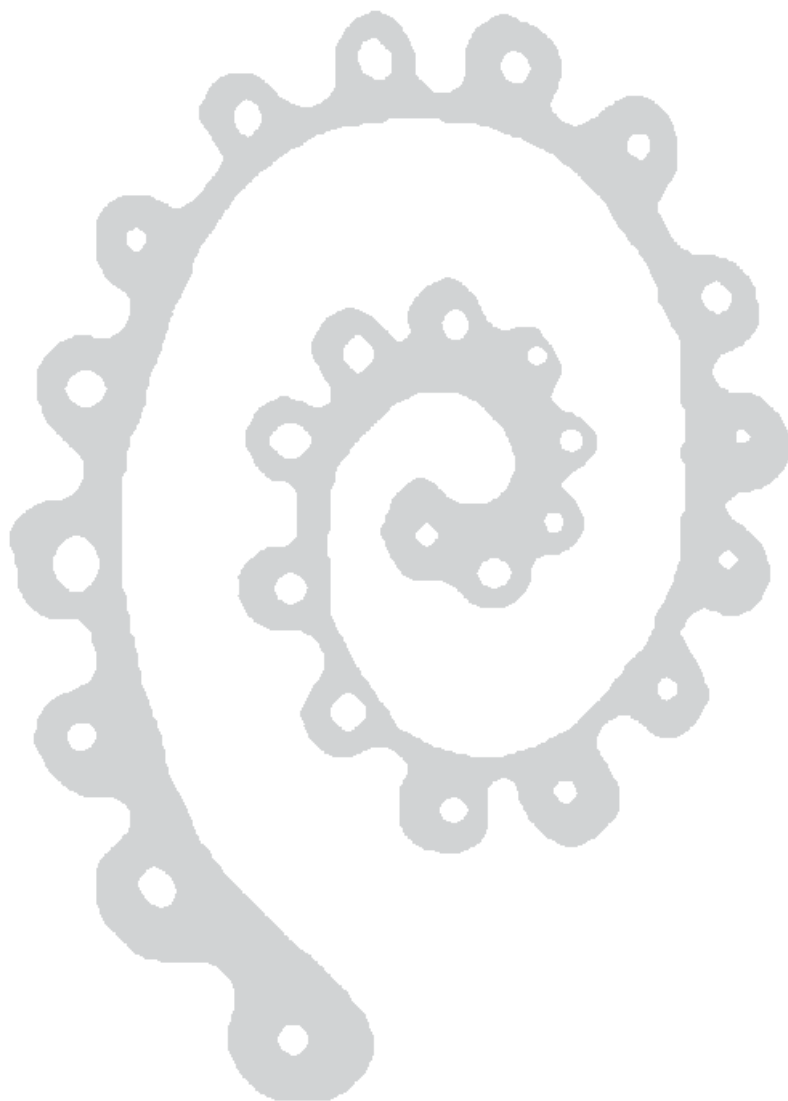
What could happen if...

Glue **COPYSHEET 9a** here. Cut out the pictures on **COPYSHEET 9b** and glue them in the positions where you think they best fit.



Effects of Drug Misuse

Glue COPYSHEET 10: Effects of Drug Misuse here.



Family Focus: Effects of Drug Misuse

Instructions

- 1 Draw a picture of a drug (choose from medicine, cannabis, cigarettes or energy drink) in the illustrations box. Do not choose the same one that your child has used on the previous page.
- 2 Decide what the effects of misusing this drug might be.
- 3 Draw a line from the drug to each effect you have chosen. You may add some other effects.
- 4 Complete the instructions in the box on the right at the bottom of the page.

Possible effects of misusing this drug

- go to hospital
- poisoned
- could get fired
- suspended from school
- arrested
- nightmares
- damage to lungs
- hallucinations
- get addicted
- grounded
- could kill you
- costs a lot
- drunk
- drive poorly
- in trouble at home
- can't think right
- causes arguments
- causes fights
- do silly things
- family violence
- do dangerous things
- loss of memory
- get arrested
- get fined
- take risks or dares
- vomit
- clothes/breath smell
- makes you hyper
- takes money from family
- makes you sleepy
- keeps you awake too long
- can't travel overseas
- dizzy
- hurt yourself



Who is affected?

How could it change their life?

My key message is.....

Free Page

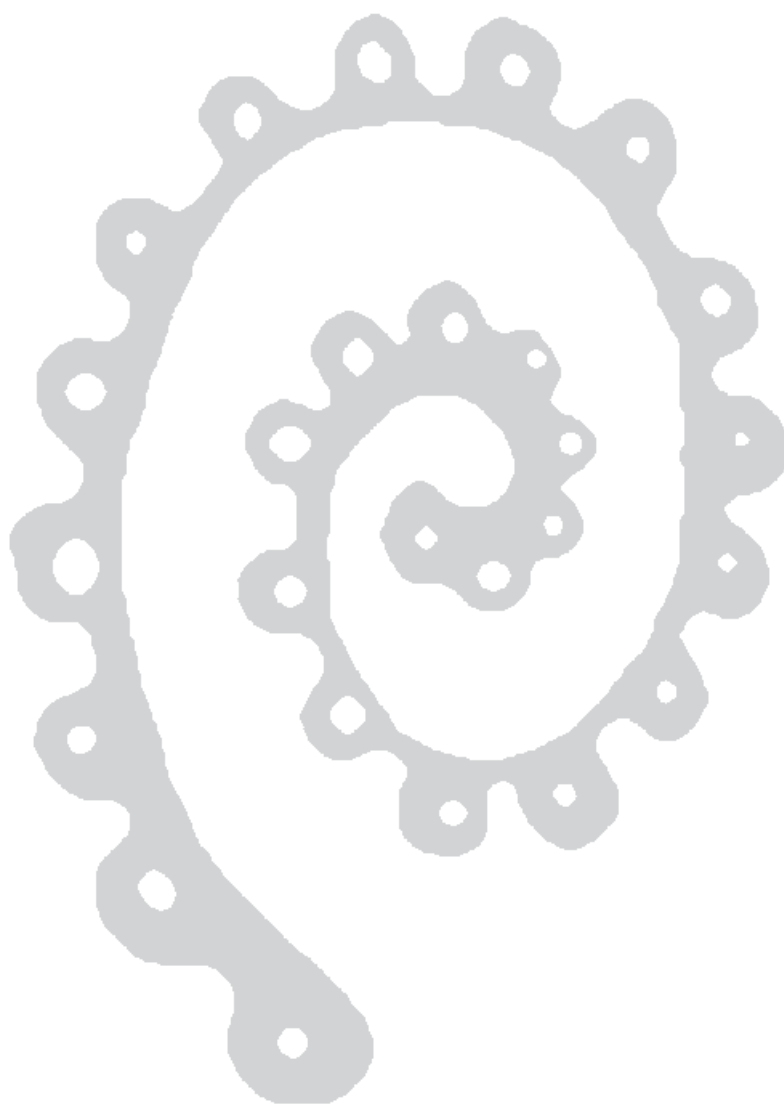


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Strategies for Resisting Pressure to use Drugs

Glue completed **COPYSHEET 11: Strategies for Resisting Pressure to use Drugs** here.



Making a Safe, Sensible Decision

Use the decision making process to decide what to do in the following situation.

Put a + or - beside each consequence (what could happen).

You have gone to the skate park with some friends. You meet up with some older kids from school. One of them is offering cigarettes to everyone. All the others take one and you don't want to get left out.

What has to be decided?

What are my choices?

What could happen?

My decision is

Free Page



Free Page



Evaluation for Students

Choice was run in our class to help you make positive life choices in relation to drugs.

Please respond to the following statements by putting a ✓ in the appropriate column.

| | YES | MAYBE | NO |
|--|-----|-------|----|
| I feel positive about myself and have good friends. | | | |
| I have more information about drugs and the harm they can cause. | | | |
| I can say “no” assertively. | | | |
| I can make positive choices about my life. | | | |

Comment:

Free Page

