

# Substance Use & Abuse Prevention

## Scope and Sequence

### Kindergarten

(total time 14 min)

What is medicine?

What does medicine look like?  
When should we take medicine?  
*"Match the Medicines"* worksheet

Where is a safe place to keep medicine?  
What should you do if you find medicine?  
*"Safe Places to Keep Medicine"* worksheet

Who can give you medicine?  
Who should you never take medicine from?

Is it easy to tell if something is medicine?  
*"Candy and Medicine"* group activity



### Grade 1

(total time 20 min)

When you are sick, what can you do to feel better?  
Who are trusted adults?  
*"When I Feel Sick"* take home handout

What is medicine?  
What are drugs?  
When should we use/take medicine?

What does medicine look like?  
Is it easy to tell if something is medicine?  
*"When You Do Not Feel Well"* worksheet

What are the four rules for taking medicine safely?

Who can give you medicine?  
Who should you never take medicine from?  
*"I Know My Medicine Safety Rules"* worksheet



### Grade 2

(total time 23 min)

When you are sick or hurt, what is the first thing you should do?  
What do we need to do in order to get well?  
When should we use/take medicine?

What does medicine look like?  
Where is a safe place to keep medicine?  
What should you do if you find medicine?

What is peer pressure?  
How can we say "No" to peer pressure?  
How to use the STOP Plan  
Optional *"Candy Pressure"* activity  
*"My STOP Plan"* worksheet  
*"Things I Learned About How to Say No"* Partner Review

What is an addiction?  
What is alcohol and how does it affect the body?  
*"Things I Learned About Alcohol"* Partner Review

What is tobacco?  
What is nicotine?  
How does tobacco affect the body?  
What are e-cigarettes/vapes?  
*"Things I Learned About Tobacco Products and Vapes"* Partner Review