



# Life Education Victoria

## Follow Up Activities for Parents



### **MIND YOUR MEDICINE Grades 3/4/5**

#### **SYNOPSIS**

Mind Your Medicine is a fun and interactive session that explores safe use of medicine and the consequences of misuse of medicines. Students understand that what we put in our bodies can affect different body systems. Different communication strategies are explored together with a range of strategies to develop positive relationships with peers.

#### **KEY UNDERSTANDINGS:**

##### Knowledge and Understanding

- Describe the factors that influence the way a person values themselves.
- Recognises that effective communication is an essential component of maintaining positive relationships.
- Identifies medicines as drugs and the consequences of their misuse.
- Identifies people and products that advise, educate and inform the community about medicines.
- Investigates and evaluates a variety of behaviours and situations that may be harmful to a person's health.

##### Values and Attitudes

- Acknowledges that positive self-worth and thoughtful behavior should result in rewarding relationships.

##### Skills

- Practices strategies to communicate effectively and maintains and supports a positive self-image.

#### **SUGGESTED PARENT FOLLOW-UP:**

##### **Friends Forever?**

Chat to your child about their friends and what qualities make that person their friend. Reflect about a time when your child and a friend had a disagreement. How did it end? Can friend work through problems? Do friends always have to disagree? Make a special present or card to give your friend, something they would appreciate. For example: a friendship bracelet.

### Discuss:

*Most headaches are caused because not enough water has been consumed.*  
Preventative action- drink water regularly.

An action plan for your child if they have a headache:

- Think about possible cause,
- Try some simple remedies: drink plenty of water, have a rest, place a wet flannel over the eyes/head, play relaxing music.
- If pain persists, under adult supervision a child may have a pain reliever.
- If pain continues to persist, see the doctor.

### Medicine Matters

Examine various medicine containers, highlight information that helps a person use medicine safely.

### Problem Solving-The SEARCH Model

The problem -solving model we use to explore problems throughout our resource from P-6 is the SEARCH Model.

This is a great way to develop a process for your child to analyse their problems and come up with effective strategies to deal with the issue.

Situation-	What is the problem?
Emotions-	How would the person be feeling? Why? <i>What outcome does the person want?</i>
Actions-	What could the person do/say?
Review-	What would be the consequences of each action? Which action would work best to achieve the outcome they want.
Choice-	Role-play the chosen action.
How did it go?	Discuss the effectiveness of the action How did the person get what was wanted/avoid what was not wanted. When, where, how, could these ideas be used in real life?

- Use this model with your child to help them with their problems
- Create What If... scenarios to give your child practice in problem solving
- Explore dilemmas that you feel are relevant to your child's age that arise in their favorite TV program/book/video.