



POISON SAFETY WITH SPIKE

Target Age:

Pre-Kindergarten through 2nd grade children

Goal:

To educate children on what poisons are, how to stay safe from potential poisonings, and what to do if a poisoning occurs.

Learning Objectives:

By the end of the lesson, class participants will be able to:

- Describe what a poison is-during a group discussion.
- Name at least 3 places in the home where poisonous items might be found (kitchen, bathroom, garage, yard, etc)-during a question and answer period.
- Demonstrate knowledge of how to stay safe from poisons-by memorizing *Spike's "Stay Away" song*.
- Identify 3 or more examples of household poisons
- Summarize what to do if someone is poisoned.

Utah State Board of Education, Utah Core State Standards for Health Education

Grade 1

Strand 3. Safety and Disease Prevention. Students will learn specific behaviors to prevent disease, common injuries, and avoid dangerous situations.

Standard 1.SDP.2: Identify when an environment or situation is not safe (for example, abuse, bullying, harmful substances firearms, fire, medical emergency) and understand how to react and promptly report to a trusted adult (for example, parent, guardian, relative, teacher, counselor, clergy) or emergency services.
Strand 4. Students will understand when substances are helpful or harmful.

Standard 1.SAP.1: Compare and contrast the difference between helpful and harmful substances.

Grade 2

Strand 4. Students will learn how to refuse specific substances and understand the health risks associated with harmful substances.

Standard 2.SAP.2: Describe the role medications play in wellness and identify what is helpful or harmful.

Timeline:

This lesson is a 35-45 minute session.

Materials:

- *Spike's Poison Prevention Adventure* video (available at Utah Poison Control Center UPCC 1-800-222-1222) or on the UPCC YouTube channel: https://www.youtube.com/watch?v=1XcT7NoZ_yA run time=11 minutes
- Magnets and telephone stickers (available free of charge at UPCC 1-800-222-1222 www.utahpoisoncontrol.org)
- Spike puppet game*
- Spike worksheet* or Poison Ladders worksheet*
- Parent letter*
- Household guide to Poison Control*
- Certificate of Completion*

Description:

Poison prevention education can save lives. Approximately 60% of all poisonings occur in children under the age of 6. Therefore, it is important to teach this age group the basics in poison prevention. Although teaching parents of these children is important, this program focuses on teaching the children themselves to follow very simple prevention techniques, as well as what to do if a poisoning occurs.

Poison Safety Lesson

1. Introduction

- a. Introduce yourself.
- b. Explain to the children that today they are going to learn how to stay safe from poisons.

2. Definitions and Concepts

Introduce children to new concepts and words:

- a. **Poison:** Ask “Can anyone tell us what a poison is?” Allow some responses and then tell them the definition: anything that could hurt you if you touch it, taste it, or smell it. Give some examples: If I look at a spider, it won’t hurt me. If I touch it, the spider can hurt (sting) me.
- b. **Prevention:** Ask; “Does anyone know what prevention means?” Allow some responses; then give the definition: to stop something before it happens.
- c. **Why:** Remind them that we don’t want anyone to get hurt by a poison. We want to help them learn about poison prevention.

3. Look-A-Likes

- a. **Discussion:** Tell the students you know they are already smart, but you want to help them be “Poison Smart”. Ask if anyone has a younger brother or sister. Ask their name and age. Note: If the children are early preschool age use them as an example, rather than a younger sibling.
 - Hold up a bottle of blue sports drink (or other Look-a-Like non-poison). Ask: “What do you do with this? Where is it found? What color is it?” Allow some responses, then say: “Right! I knew you were all smart!”

*Item located in appendix

- Now imagine that (use younger sibling's name), who wants to be big and smart just like you has seen you drink from a bottle like this. (Sibling's name) is thirsty and starts looking for your blue drink. He can't find the drink because it is in the fridge, but (sibling's name) finds this (show blue window cleaner). What color is it?" – same as the Gatorade. (Sibling's name) can't read yet. To (sibling's name), what's inside this bottle looks like your sports drink, (show the window cleaner) but this could be harmful to (sibling's name).
- b. **Question and Answer:**
- Ask the children if they can think of other potential poisons in their house: dish detergent, floor cleaner, shampoo, lotion, vitamins, etc. Point out that they should ask an adult before they touch, taste or smell something that may be poisonous.
 - Ask the children where poisons can be found in the home: kitchen, garage, bathroom etc. Emphasize that poisonous items should be stored high and locked up to protect young children from potential poisoning.
- c. **Look-A-Like Display/products*:** Show the display or products and discuss the potential dangers. Point out that it is very important to store poisons out of sight and out of the reach of small children. Also, if they find something sitting out, and they are not sure what it is, then they should ask an adult before they touch, taste or smell it.

4. Video

Spike's Poison Prevention Adventure Summary:

Spike the Porcupine and his friend Graham are in a classroom teaching children about poisons and where poisons are often located in the home. Through music played by Graham and his guitar, they sing songs to remind kids to stay away from things that they do not know. Spike tells stories about his experiences in Porcupine School and how he learned that if something is dangerous, his quill's go up. If something is safe, his quills stay down. With pictures of porcupines in hand, children learn that "Quills up, Stay Away" and "Quill's Down, It's Okay." Graham and Spike teach the kids to find a grown-up if someone may have been poisoned and to call the local poison control center using the national 1-800 number. The video ends with everyone singing "Spikes Stay Away Song" to remind them to stay away from poisons. 🎵🎵🎵

Running time: 11 minutes

- a. ***Spike's Poison Prevention Adventure:*** Tell the children that they are going to meet a new video friend—Spike, who will tell them about his poison prevention adventure. He will help them understand where we might find poisons around our homes, and what to do to prevent them. Note: Video is available at UPCC 1-800-222-1222. Also available on YouTube
https://www.youtube.com/watch?v=1XcT7NoZ_yA

5. Song Memorization

- a. **Spike's Stay Away Song:** Teach the children the *Spike Stay Away Song** along with the actions.

***Item located in appendix**

6. Game

Facilitate game as indicated in the detailed instructions.

- a. **Spike Puppet Game***

7. If Someone is Poisoned

- a. **Tell a grown-up:** Explain to the children that if someone does get poisoned it is important to tell a grown-up right away so that the person can get help immediately.
- b. **Poison Center:** Tell the children that the poison control center has people there who can try to help them if someone is poisoned. The phone number is 1-800-222-1222. A magnet or sticker will be given out at the end so they can put the number up at home.

8. Worksheet Activity

Choose the worksheet that works best for the age group. Explain the directions. After they have finished, briefly discuss the worksheet.

- a. **Spike Worksheet*:** Children cross-out the items that could be poisonous. They can color the nonpoisonous items if they choose.
- b. **Poison Ladders*:** Children draw a line from start to finish without touching the poisons. They can color the good items if they choose.

9. Conclusion

Handouts

- a. **Magnets and Telephone Stickers:** Show the class the magnets and stickers. Instruct the children to take them home to their parents and put them on the fridge and the telephones. Note: Magnets and Stickers are available at UPCC 1-800-222-1222 www.utahpoisoncontrol.org.
- b. **Parent Letter*:** Instruct the children to take the parent letter home and tell their parents what they learned today about poison prevention. Note: The letter in both English and Spanish can be found in appendices F and G respectively.
- c. **Household Guide*:** Instruct the children to help their parents create a safe environment using the Household Guide as a checklist. **Certificate of Completion*** (optional): Have the children print his/her name on the line. Congratulate and thank the children for being a good audience and for learning how to be safe from poisons.

Resources:

- Spike video: https://www.youtube.com/watch?v=1XcT7NoZ_yA
 - Produced by the American Association of Poison Control Centers, 2003
 - Call Utah Poison Control Center to request a copy (1-800-222-1222)
- www.1-800-222-1222.info
- www.aapcc.org
- www.utahpoisoncontrol.org

***Item located in appendix**

APPENDIX

Look-A-Like Display

A look-a-like display is a variety of poisonous items that look nearly identical to non-poisonous items (either the packaging or the actual product). The purpose of the look-a-like display is to show parents and children how easily a poison can be mistaken for something good to eat or drink.

Look-a-like Examples

Comet.....Parmesan cheese
Grape cough syrup.....Grape juice
Cherry cough syrup.....Fruit punch
Pine Sol.....Apple juice
Bleach bottle.....Milk in a gallon jug
Window cleaner.....Sports drink
Mouthwash.....Sports drink or juice
Mustard bottle.....Motor oil in a yellow bottle



****To find additional pairs, simply go to a grocery store and walk up the cleaner aisle and the juice/sports drink section. You will be amazed at the large number of look-a-likes out there!**

Drug and Candy Look-a-likes

A drug and candy display is a very effective way to show adults and children how difficult it can be to distinguish between drugs and candy.

Materials:

One 8x 10 clear plastic shadow box available at craft stores
One 8 x 10 sheet of cardstock paper
Glue

One each of the following pairs or any others that look-alike:

Alka Seltzer.....White Necco wafer
Orange or red aspergum.....Orange or red Chicklets
Green Drixoryl pill.....Green M&M candy
Red Sudafed pill.....Red Hot candy
Flavored Tums.....Same flavor Sweettart
Orange Motrin.....Orange Skittle

- Print the following page titled "Can You Tell the Difference" on the 8X10 paper.
- Secure the paper into the shadow box.
- Glue each piece of candy in a vertical row under the candy column and the drugs in a vertical row under the drug column, making sure that the corresponding drug and candy are lined up horizontally. **Make sure that the shadow box has a glass or plastic covering so that the items displayed inside cannot be touched.**

Can You Tell the Difference?

Candy

Drug

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Spike's "Stay-Away" Song

(Sung to the tune of "If You're Happy and You Know It")

Verse I Motions

If you don't know what it is,
Stay away! (*clap clap*)
If you don't know what it is,
Stay away! (*clap clap*)
If you don't know what it is,
find a grown-up right away.
If you don't know what it is,
Stay away! (*clap clap*)

*Shake head; throw hands back in
"hands off" motion; two claps
Repeat*

*Shake head
Calling motion with cupped hands
shake head; throw hands back in
"hands off" motion; two claps*

Verse II

If you think it might be poison,
Stay away! (*clap clap*)
If you think it might be poison,
Stay away! (*clap clap*)
If you think it might be poison,
find a grown-up right away.
If you think it might be poison,
Stay away! (*clap clap*)

*Point to own head
"hands off" motion; two claps
Repeat*

*Point to own head
Calling motion with cupped hands
Point to own head
"hands off" motion; two claps*



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Spike Puppet Game

Materials:

- Spike “Puppets” printed on cardstock paper and cut into two individual puppets—one with quills up one with quills down (included on the following page)
- Pictures of poisonous and nonpoisonous items or the actual item such as cleaners, sports drinks, medicine, and candy (pictures are included on the following pages to cut out and use if you choose). Note: Laminating the pictures will help them last longer.

Directions:

- Begin by explaining to the children that when Spike’s quills are up it means stay-away, and when Spike’s quills are down it means its okay.
- Explain that you will hold up a picture (or an actual item) and the children will need to decide if it’s poisonous or not. If it is poisonous the children say “Quills up stay away”. If it is nonpoisonous the children say “Quills down it’s okay”.
- Invite children to come forward and hold the puppets. Explain that he or she should hold up the appropriate puppet when each item is shown.
- Note: Point out that if the children don’t know what the item is then they should stay away.





Paint



Fingernail Polish



Aerosol Spray



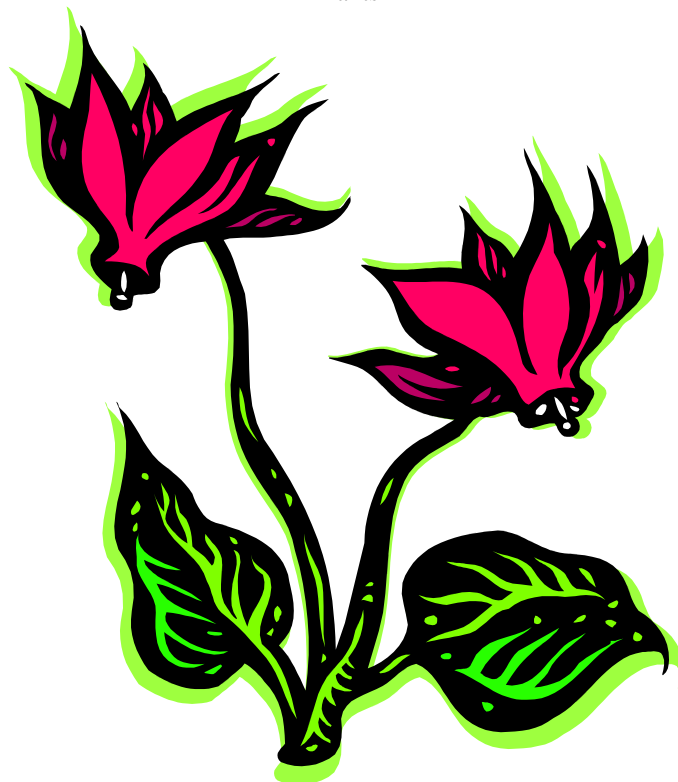
Ointment



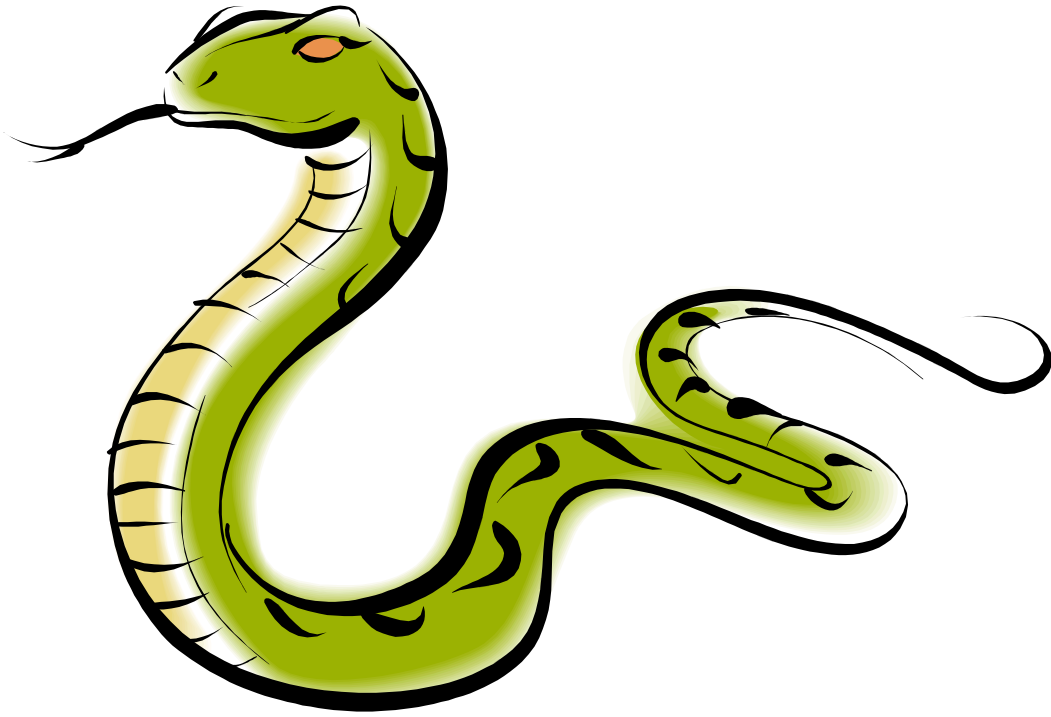
Pills



Plants



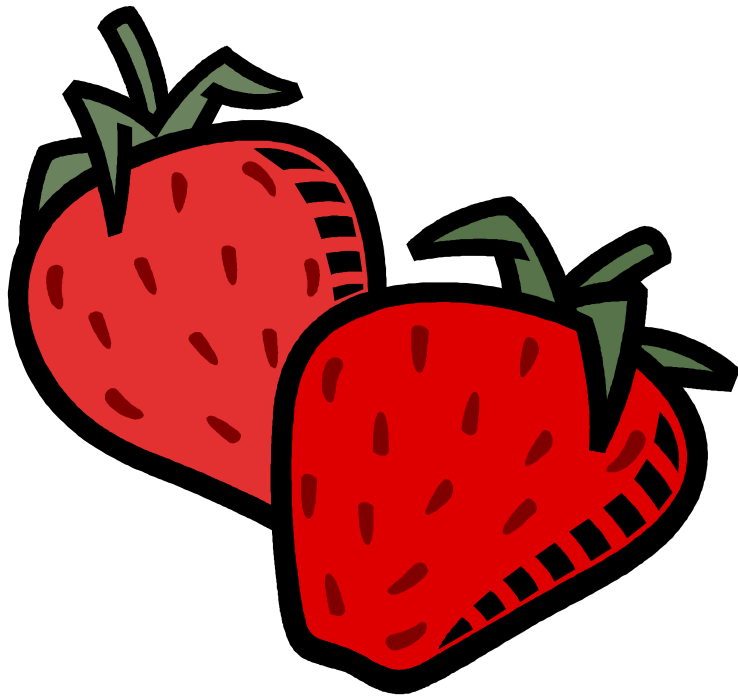
Critter (Spiders, Snakes, Scorpions)



Milk



Fruit



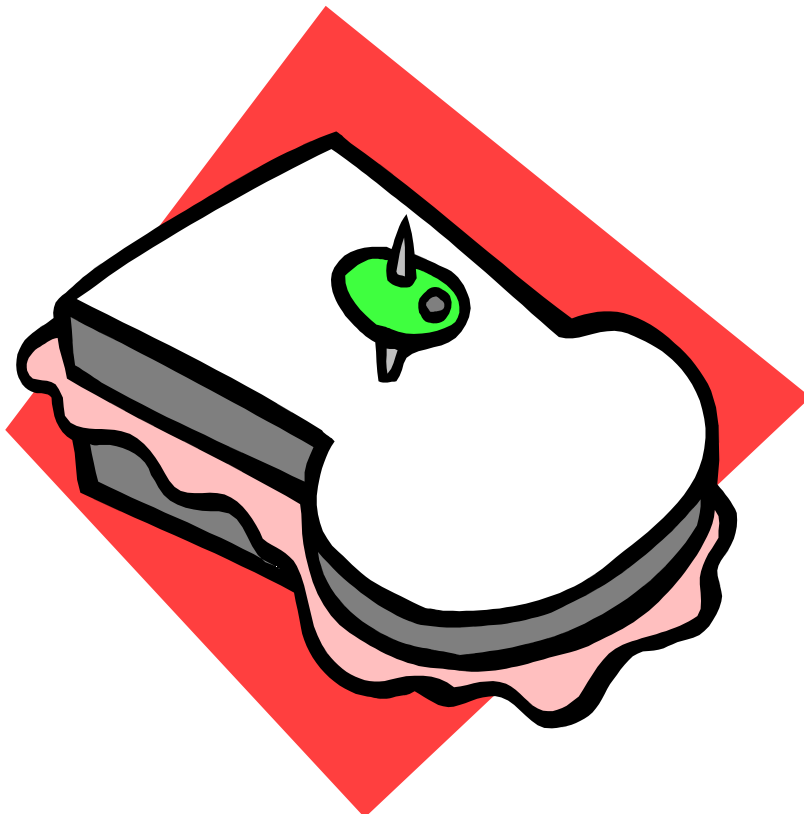
Ice Cream



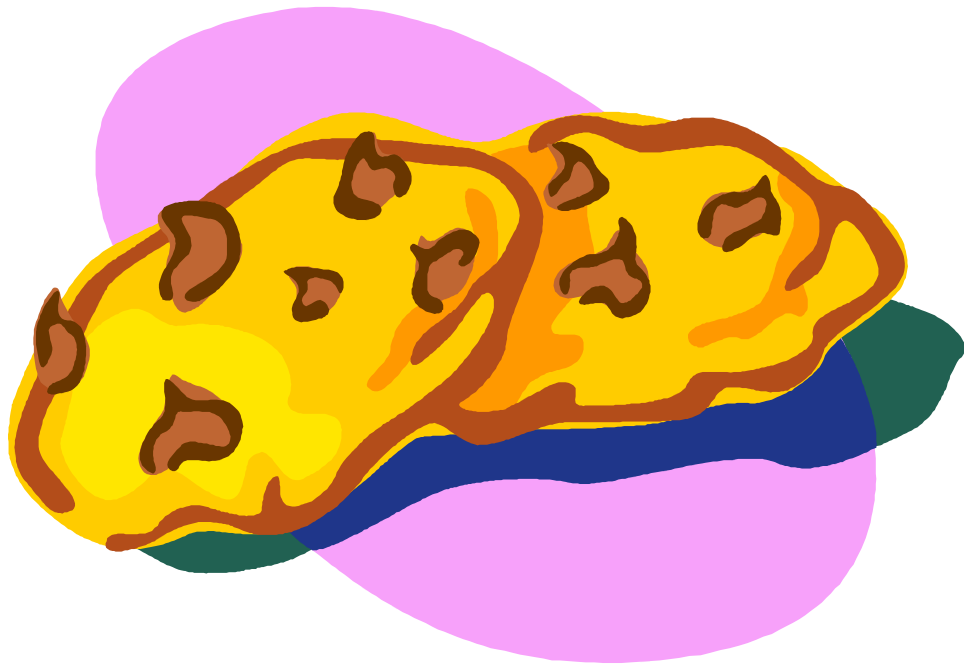
Vegetables



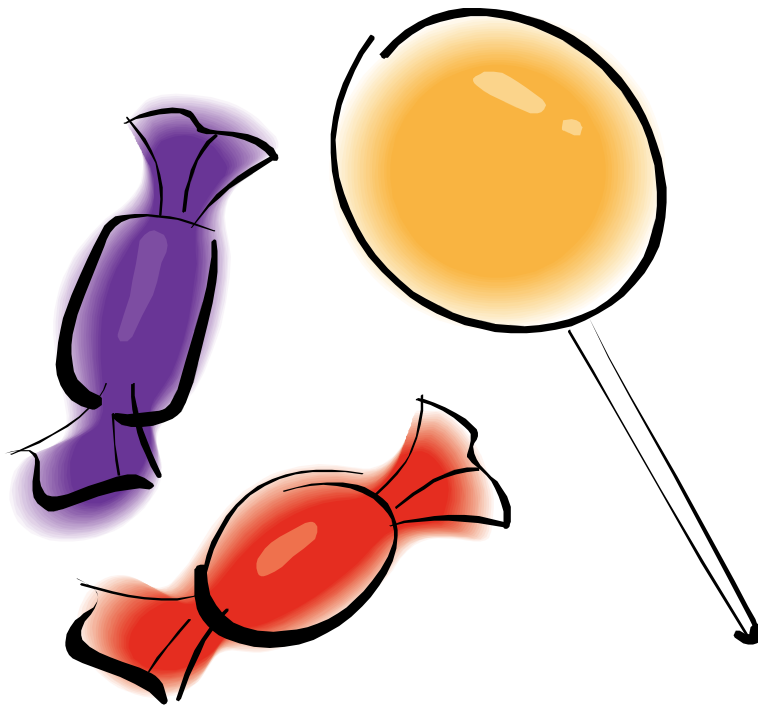
Sandwich



Cookies

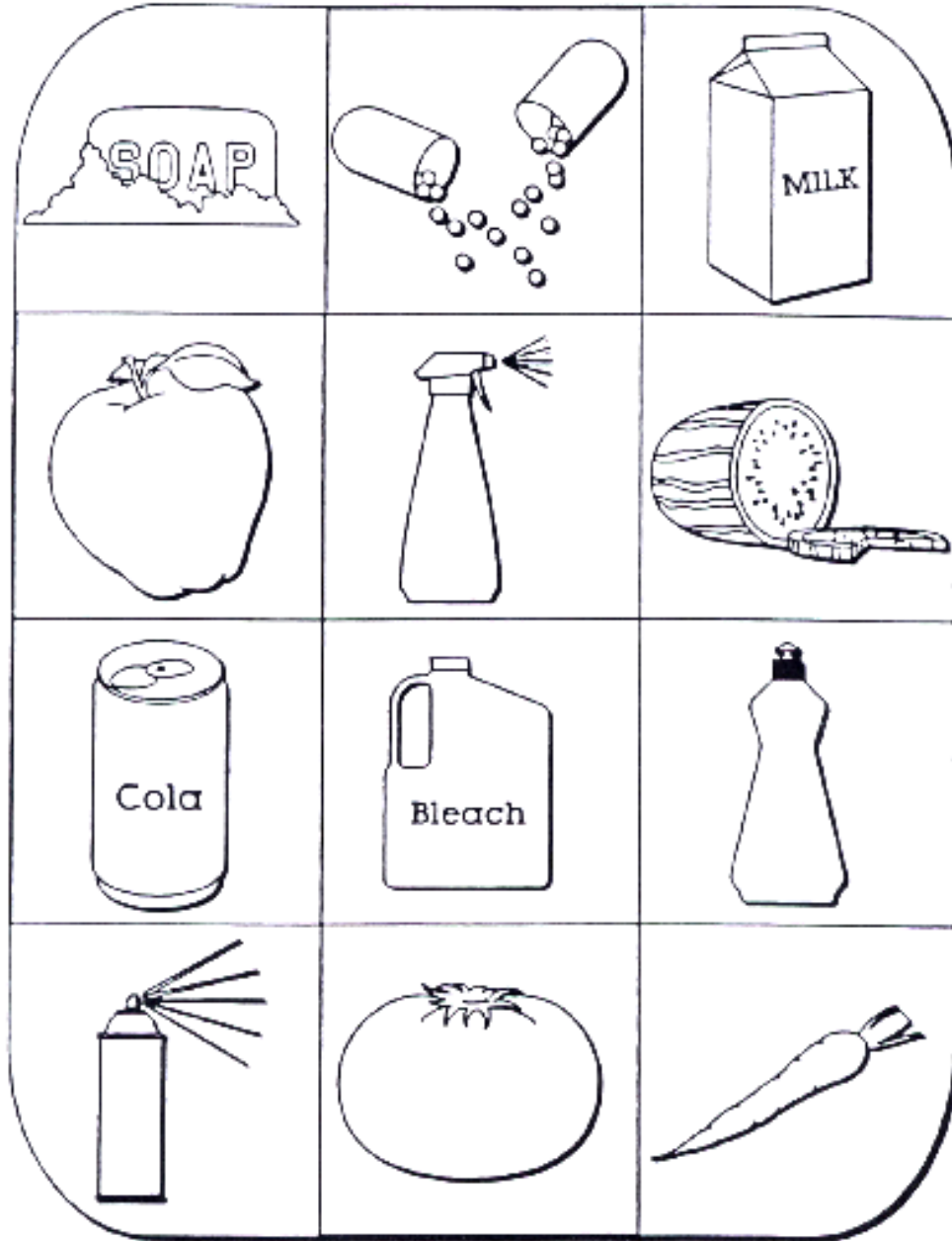


Candy





Can you help Spike decide which items are poisons?



Draw an X through the poisons and remember,
DO NOT TOUCH these products.

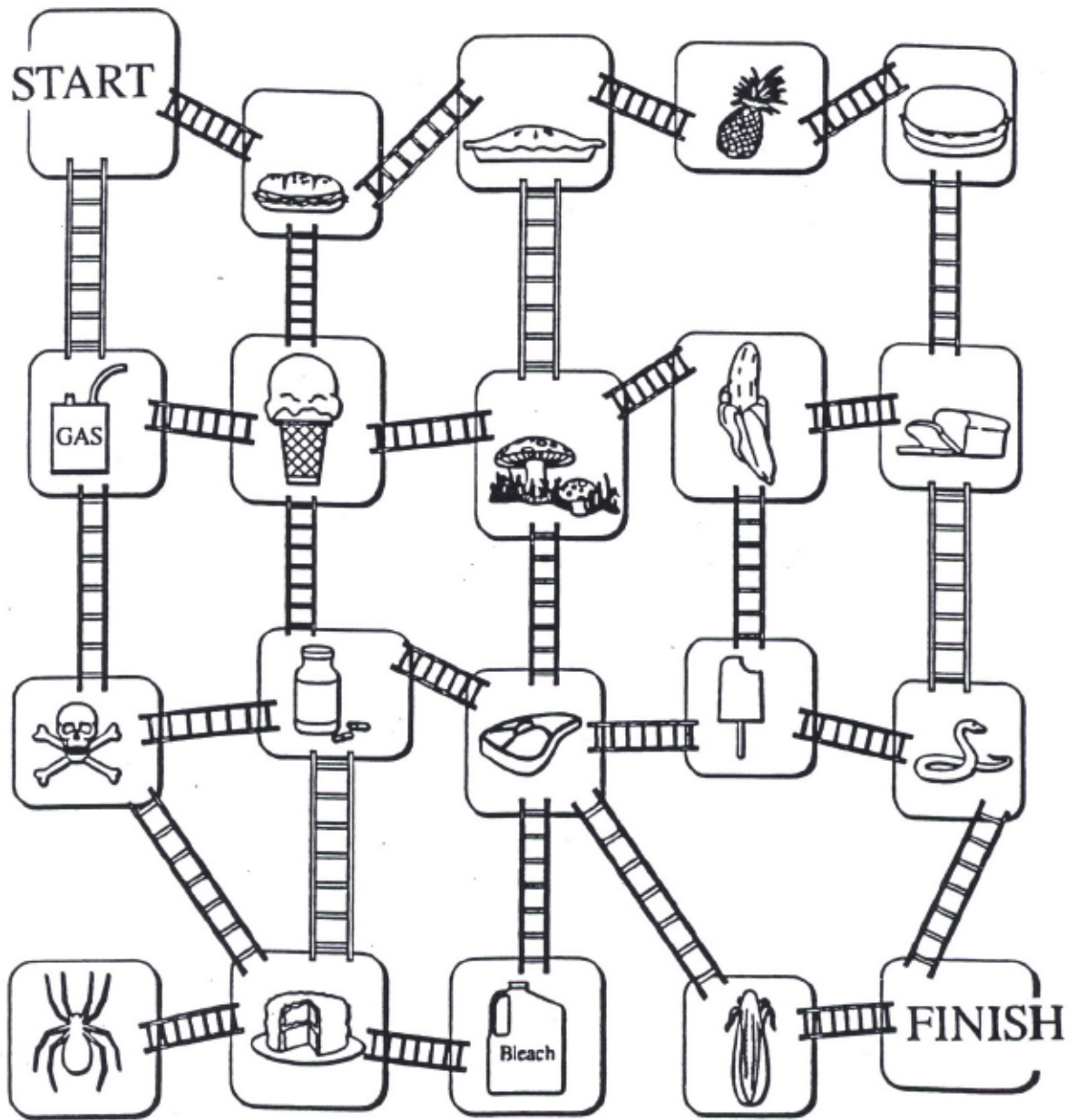
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POISON LADDERS

Draw a line from start to finish, but do not touch the poisons!





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Dear Parents,

Poison prevention education for children can be a life saver. In fact, your child just completed a course in Poison Safety in class. To help make sure your home is poison-safe, a household checklist has been provided for you to use to check your home for poison safety.

As parents, it's important to remember that children can't protect themselves from poison – or tell the difference between poisonous and non-poisonous substances. It's up to you to provide a safe environment at home. Make sure that all products that are potentially poisonous are kept in their original containers and stored in a locked place. Special locks are available in hardware and home supply stores for use on cabinets and doors in which potentially dangerous products are stored. These measures can help, but remember nothing is completely childproof.

Be sure to teach your children to use the telephone and the phone numbers to use in case of an emergency. If you have any questions about keeping your home safe from unintentional poisonings, call the Utah Poison Control Center at 1-800-222-1222. We can answer general questions or help if someone is exposed to a potential poison. Our services are free and completely confidential.

Here's to a safe and happy home!

Utah Poison Control Center
Outreach Education Office





Utah Poison Control Center

Queridos Padres,

La educación para prevenir envenenamientos para niños puede salvar vidas. De hecho, su hijo acaba de completar un curso de cómo prevenir envenenamientos en clase. Para ayudar a asegurarse que su hogar esta libre de venenos, una lista para su hogar a sido otorgada para que la use y se asegure que su hogar esta libre de envenenamiento.

Como padres, es muy importante recordar que los niños no pueden protegerse a ellos mismos en contra de venenos – o saber la diferencia entre sustancias venenosas y no venenosas. Depende de ti el proporcionar un ambiente seguro en tu hogar. Asegúrate que todos los productos que pueden ser potencialmente venenosos estén guardados en su recipiente original y mantenidos en un lugar bajo llave. Candados especiales están disponibles en ferreterías y tiendas para el hogar para usarse en gabinetes y puertas en donde los productos potencialmente dañinos son guardados. Estas precauciones pueden ayudar, pero recuerde que nada es a prueba de niños.

Asegúrese de enseñar a sus hijos como usar el teléfono y cuales son los números de teléfono que usar en caso de una emergencia. Si tiene alguna pregunta acerca de cómo mantener su hogar libre de envenenamientos accidentales, llame al Centro de Control de Venenos de Utah al 1-800-222-1222. Nosotros podemos contestar preguntas generales o ayudar si alguna persona esta expuesta a potenciales venenos. Nuestros servicios son gratuitos y completamente confidenciales.

Que tenga un hogar seguro y feliz!
Centro de Control de Venenos de Utah
Oficina de Educación



HOUSEHOLD GUIDE TO POISON CONTROL



This checklist is designed to help parents identify potential hazards in the home. Take some time to go through it and learn what you should do to prevent poisonings.

Poison Safety Checklist for Your Home

Complete the following checklist. See if your home is safe from potential poisons. Check that all poisons are safely stored out of reach of children and pets.

☐ **Check the kitchen:** Household cleaning products are the cause of approximately 10% of poisonings in children under the age of six.

Be aware of these products:

- ☐ Cleaners – carpet/upholstery cleaners, furniture polish, soap/detergents
- ☐ Corrosives – automatic dishwashing detergent, drain cleaners, ammonia, metal cleaners, oven cleaners
- ☐ Medicines – pain relievers (aspirin and acetaminophen), diet aids, vitamin/iron pills, pet medications

What you should know:

- Remove medicines from countertops, window sills, and open areas.
- Put safety latches on all drawers and cabinets where harmful products are stored (applies throughout the home).
- Store household products away from food.

☐ **Check the bathroom:** Medicines are the cause of approximately 40% of all poisonings.

Be aware of these products:

- ☐ Medicines
- ☐ Mouthwashes
- ☐ Fluoride Rinses
- ☐ Deodorizers
- ☐ Hair Products
- ☐ Aftershaves
- ☐ Cleaners
- ☐ Drain Openers
- ☐ Hair Removers
- ☐ Cosmetics – nail polish/removers, baby powder, perfumes

What you should know:

- Make sure that all medicines are in child-resistant containers and labeled properly.
- Dispose of old medicines properly

☐ **Check the bedroom:** Cosmetics and personal care products are the cause of approximately 12% of poisonings in children under six.

Be aware of these products:

- ☐ Jewelry
- ☐ Medicines
- ☐ House plants – philodendron, dumbcane, pothos

What you should know:

- Remove all medicines from the dresser or bedside table.
- Keep all perfumes, cosmetics, and powders out of reach.

☐ **Check the laundry area:** Bleaches are the most common household cleaning product swallowed by young children.

Be aware of these products:

- ☐ Bleach
- ☐ Laundry detergent
- ☐ Disinfectants



What you should know:

- Keep all products in original containers.
- Keep bleach, stain removers, detergents, and fabric softener out of reach or in a locked cabinet.

☐ **Check the garage/basement/storage areas:** Household chemicals and insecticides are among the most common products that poison adults.

Be aware of these products:

- ☐ Antifreeze
- ☐ Lighter fluid
- ☐ Weed killer
- ☐ Pesticides
- ☐ Mothballs
- ☐ Gasoline/kerosene
- ☐ Paint remover/thinner/stripper

What you should know:

- Keep all products in their original containers.
- Keep insect sprays and weed killers in locked storage.
- Keep turpentine, paints, and rust removers in locked storage.



www.utahpoisoncontrol.org

Poison Control Specialists available 24 hours, 7 days a week

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THIS CERTIFIES THAT



NAME

**HAS COMPLETED A COURSE IN POISON
EDUCATION AND PREVENTION**



