

Poison Smart Lesson Plan

Target Age:

5th -6th grade children

Goal:

To educate children on what poisons are, how to keep themselves and others 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.
- Name at least 3 places in the home where poisonous items might be found.
- 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 5

Strand 3. Safety and Disease Prevention. Students will learn to respond effectively to environments and practice decision-making skills for safety and disease prevention.

Standard 5.SDP.1: Explain strategies on how to help or contact the appropriate emergency resources (for example, first aid, CPR, poison control, 911, mental health crisis lines, animal control, non-emergency lines) for different situations.

Timeline:

This lesson is a 50-60 minute session. If the video is not used then the time will be reduced accordingly.

Materials:

- *Poison Adventure* video (available from UPCC by calling 1-800-222-1222). Run time:20 minutes. Also available on YouTube <https://www.youtube.com/watch?v=yRK-vXIHHI> .
- Magnets and telephone stickers (available free of charge from UPCC www.utahpoisoncontrol.org)
- Look-a-like display*
- Poison Scenario*
- Poison Ladders or Poison Word Search*
- Parent letter*
- Household guide*
- Certificate of Completion*

***Item located in the appendix**

Description:

Poison prevention education can save lives. Approximately 60% of all poisonings occur in children under the age of 6; however poisonings can occur at any age. Teaching poison prevention to people of all ages helps not only them, but those around them to stay safe from potential poisonings. This program focuses on teaching older children prevention techniques so they can help themselves and younger children they have contact with.

Poison Smart Lesson

1. Introduction

- a. Introduce yourself
- b. Explain to the children that today they are going to learn about poisons and poison prevention.

2. Definitions and Concepts

- a. **Poison:** Ask “Can anyone tell me what a poison is?” Allow responses. Definition: Anything someone eats, breathes, gets in the eyes, or on the skin, that can cause sickness or death if it gets into or on the body. It can be a solid, liquid, or gas.
- b. **Prevention:** Ask “What does prevention mean?” Allow responses. 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 for themselves and for those around them.

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 sister, neighbor, cousin, or friend. Ask their name and age.
 - Hold up a bottle of blue sports drink (or other Look-a-Like non-poison). Ask a child to describe it without saying what it is: color, liquid, bottle shape etc.
 - Now imagine that (use younger sibling’s name), who wants to be 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 sports drink because it is in the fridge, but (sibling’s name) finds this (show blue window cleaner). What color is it?” – same as the sports drink. (Sibling’s name) can’t read yet. To (sibling’s name), what’s inside this bottle looks like your sports drink.
- 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.
 - Ask the children where poisons can be found in the home: kitchen, garage, bathroom etc. Explain 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. Emphasize that many poisonings occur when the product is in use, and down where younger children can reach it.

4. Video

Poison Adventure Summary: Fictional character “Inspector Nick Carson” takes children on a “Poison Patrol Training” adventure. He teaches them about the dangerous poisons that surround them and how to stay safe. The inspector involves the children as they investigate several areas where common dangers exist such as rooms in the home, the garage, and the outdoors. They call on “Professor Wisetrousers” to clue them in on various topics. Together the inspector and the children try to keep “Gernie” a clueless character safe from poisons. The video takes a fun, humorous approach to teaching children poison prevention. Run Time: 20 Minutes.

- a. Tell the class that they are going to watch a poison adventure video, and to listen for tips or ideas to stay safe from poisons. After the video, review the main points by asking what they learned. Ask them to recite the phrases “Out of sight and out of reach”, and “Always play it safe”. Note: or is available at UPCC 1-800-222-1222. Also available on YouTube https://www.youtube.com/watch?v=_yRK-vXIHHi

5. 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.

6. Activity

- a. **Poison Scenarios*:** Call on several children to help. Give each volunteer a piece of paper with a poison scenario on it. Have them read it aloud and tell what they would do if confronted with that situation. Discuss with the group any other helpful solutions.

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. **Poison Ladders*:** Children draw a line from start to finish without touching the poisons. They can color the good items if they choose.
- b. **Poison Word Search*:** Children find the words listed.

***Item located in the appendix**

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 no charge at the UPCC 1-800-222-1222.
- 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 is available in both English and Spanish..
- c. **Household Guide*:** Instruct the children to help their parents create a safe environment using the Household Guide as a checklist. Discuss the contents of the checklist with the class.
- d. **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:

- *Poison Adventure* video:
 - Produced by the Central Texas Poison Control Center, 2007
 - Call Utah Poison Control Center to request a copy (1-800-222-1222)
 - https://www.youtube.com/watch?v=_yRK-vXIHHI
- www.1-800-222-1222.info
- www.aapcc.org
- www.utahpoisoncontrol.org

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APPENDIX

Utah Poison Control Center

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 any craft store

One 8 x 10 sheet of 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.
- Place 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?

Drug

Candy

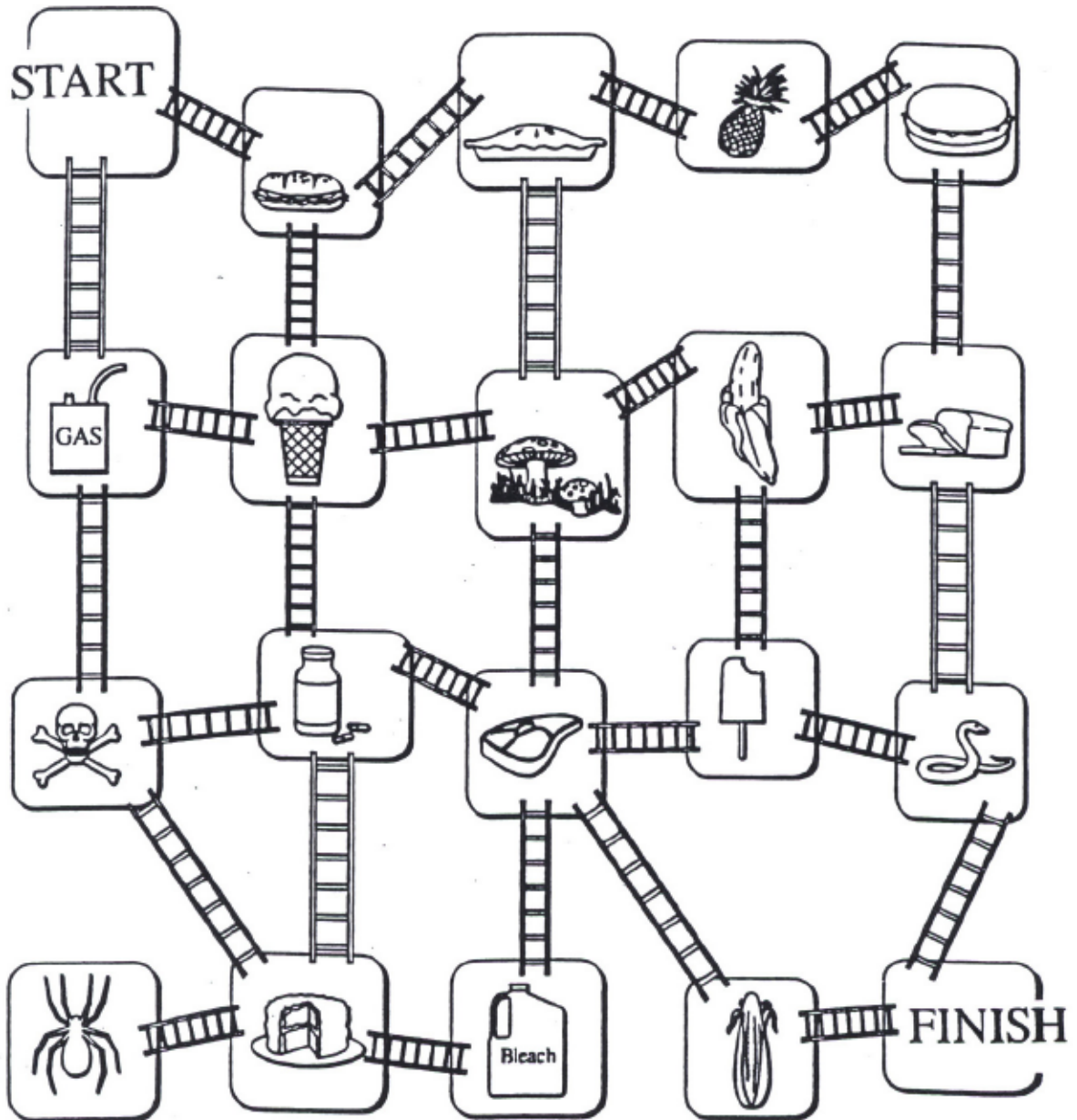
POISON SCENARIOS

Make a photo copy of the following scenarios and cut them apart. Call on several children to come forward. Give each volunteer a scenario. Have them read it aloud to the class, and then respond to the question. Discuss each scenario with the class.

1. You are inside your house playing and you find an open medicine bottle sitting on the kitchen table. What would you do? Tell why.
2. You are walking through the kitchen, and you see your baby brother playing with a bottle of dishwashing detergent. What would you do? Tell why.
3. You've been outside playing and you are very thirsty. There is a water bottle in the garage that has blue liquid in it. You think it might be blue Gatorade. What would you do? Tell why.
4. You are sitting on the couch watching TV and you see a small red piece of candy on the floor under the chair across from you. You want to eat it because it looks like an M & M. What would you do? Tell Why.
5. Your mom asks you to watch your younger sister while she takes a shower. While your mom is in the bathroom, you start playing a video game. After a while you realize your sister isn't in the room with you and you go looking for her. You find her in the laundry room. She has the cap off of the bleach bottle, and it is spilled on her and the floor. What would you do? Tell why.
6. You and a friend are playing at the park. Your friend points to some bushes with bright red berries on it. Your friend tells you that he's heard the berries taste really good. What would you do?
7. You and your family are on a camping trip. While you are exploring the area, you find some mushrooms growing. They look just like the mushrooms your mom puts in your favorite casserole. What would you do? Tell why.
8. Your grandma comes from out of town to visit your family for a few days. You notice that she has left all her medicine bottles sitting on the table beside her bed. What would you do? Tell why.
9. Your baby sister has just learned how to crawl. One day you notice that she is chewing on a leaf from one of the plants in your house. What would you do? Tell why.

POISON LADDERS

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



Utah Poison Control Center

Be Poison Smart

D	A	N	G	E	R	F	C	H	X	G	L	M
X	B	X	C	K	S	M	L	C	B	T	P	A
P	M	S	V	Q	R	X	E	U	Y	R	O	G
Y	C	W	U	T	E	D	A	Z	E	M	I	N
G	T	O	J	L	K	L	N	V	N	P	S	E
O	R	E	R	U	C	W	E	P	O	M	O	T
A	Z	V	F	D	I	N	R	K	H	E	N	S
Y	G	R	P	A	T	B	S	G	P	H	F	T
P	L	O	S	I	S	M	E	I	E	O	E	X
C	X	Q	O	M	U	B	L	C	L	Q	P	Z
X	Q	N	Y	H	T	L	T	Y	E	T	C	Q
M	Z	K	M	A	S	E	B	G	T	M	F	K
X	L	N	M	W	N	M	K	B	L	X	J	B

ADULT
CLEANERS
DANGER
MAGNETS
PILLS



POISON
PREVENTION
SAFETY
STICKERS
TELEPHONE

Be Poison Smart

(Answer Key)

D	A	N	G	E	R	F	C	H	X	G	L	M
X	B	X	C	K	S	M	L	C	B	T	P	A
P	M	S	V	Q	R	X	E	U	Y	R	O	G
Y	C	W	U	T	E	D	A	Z	E	M	I	N
G	T	O	J	L	K	L	N	V	N	P	S	E
O	R	E	R	U	C	W	E	P	O	M	O	T
A	Z	V	F	D	I	N	R	K	H	E	N	S
Y	G	R	P	A	T	B	S	G	P	H	F	T
P	L	O	S	I	S	M	E	I	E	O	E	X
C	X	Q	O	M	U	B	L	C	L	Q	P	Z
X	Q	N	Y	H	T	L	T	Y	E	T	C	Q
M	Z	K	M	A	S	E	B	G	T	M	F	K
X	L	N	M	W	N	M	K	B	L	X	J	B

ADULT
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POISON
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Utah Poison Control Center

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 esteán 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 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.

Poison Specialists available 24 hours, 7 days a week





THIS CERTIFIES THAT



NAME

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



