



Facilitator Guide: Protect the Person



AT A GLANCE

Participants complete a worksheet that helps them recognize why they should only take medicine meant for them and not share medicine. The worksheet also reinforces asking trusted adults for help with medicine.

Medication Safety Rules Emphasized:

1. **Ask trusted adults for help with medicine.**
2. **Only take medicine that is meant for you.**
3. Keep medicine in safe places.
4. Share what you learn today with family and friends.

Suggested Ages

Children in Grades K-2

Suggested Group Size

25 or fewer children

Time Required

10- 15 minutes

What you need

- This facilitator guide (print 1 copy/facilitator)
- The participant resource within this guide (print 1 copy per 4 participants; cut strips along the solid line in advance)
- The participant worksheet “Protect the Person” (print 1 copy/participant)
- Scissors
- Glue or Tape

ADAPT IT

This activity involves several supplies and printing several sheets of paper. If supplies are unavailable or limited, participants could write or draw the item on their worksheet.

WHAT YOU DO

1. **Introduce the facilitators.** We encourage you to share your name and one fun fact about yourself. Connect the purpose of this worksheet with your larger program.
2. **Complete the worksheet** by having participants cut out the four items in their item strip, then glue the item in the blank square next to the correct person.
3. **Wrap up the activity** by engaging participants in a brief discussion using the listed questions as a guide.



Facilitator Guide: **Protect the Person, continued**

WHAT YOU SAY

1 Introduction

“ Let’s complete a worksheet about only taking medicine meant for you. What traits help make you unique?

Encourage participants to identify different traits that work together to make them unique, like eye color, height, hair texture, ability to curl your tongue, or even allergies. Try introducing the concept that our unique traits can determine how medicine affects our bodies.

After this discussion, distribute the worksheets and any supplies.

2 Activity

Explain the instructions within the participant worksheet. Based on the participant’s reading level, determine whether participants should work as individuals, in small groups, or complete the worksheet as a larger group with the facilitator leading the full activity.

The “items” in each strip include grape medicine, bananas, cherry medicine, and peanut butter. As participants complete their worksheet, walk around the room to further engage children, answer their questions, or ensure they understand the activity directions.

3 Wrap-Up

Below are worksheet answers and additional talking points to consider. As you wrap-up the activity, emphasize the key message: *We each have our own unique combination of traits. As a result, how a medicine affects you may be different than how it affects your friends or family. Only take medicine meant for you.*

- 1. Which item helped protect each person and keep them safe and healthy?** Kai – cherry medicine; Rowan – banana; Casey – peanut butter; Quinn – grape medicine
- 2. Both Rowan and Casey were hungry. Is it safe for Casey to share peanut butter with Rowan?** No, because Rowan is allergic to peanut butter. *Consider revisiting the conversation about how different traits work together to make them unique. Allergies to food, like allergies to medicine, make us unique. To keep everyone safe, children should eat foods given to them by a trusted adult.*
- 3. Since Kai and Quinn are both sick, should they share their medicine with each other?** No, because Kai is allergic to the purple dye in the grape medicine. So, to keep everyone safe, we only want to take medicine meant for us and like food, we should only take medicine from trusted adults. *Consider connecting this conversation to the previous question about food allergies. Emphasize why sharing medicine would be an unsafe choice and could lead to harm – our unique traits (like age, allergies, or illness) determine how medicine may affect us. Both Kai and Quinn had a fever, but they needed to take different medicine to keep them both safe.*

