

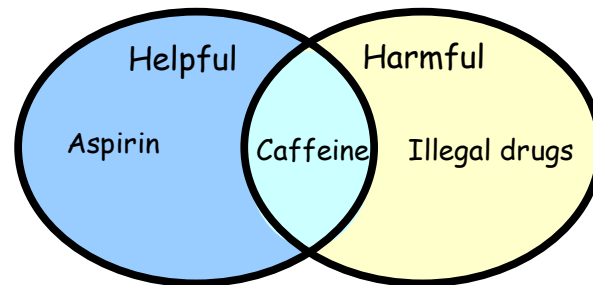
Hands-On Activity: Helpful or Harmful?

Parent Instructions:

In this activity, you will help your child identify which drugs are helpful and/or harmful to the body. By helping your child classify the drugs into groups and asking your child thought-provoking discussion questions, this activity will provide your child a chance to think about what he/she has learned from Stations 1, 2, 3 and 4 of *BrainTrain4Kids.com*

Preparation

1. Print these instructions.
2. Help your child cut out the colorful images with scissors before beginning this activity.
3. Use the Venn Diagram provided on page 4 of these instructions, or make your own. On a large piece of paper or posterboard, draw two circles: one titled *Helpful* and the other titled *Harmful*. Make the circles overlap as shown in the diagram below:



Activity

Once the pictures of the drugs have been cut out, ask your child to complete the following tasks:

1. Place each drug in the category it belongs. If it helps the body, place it in the *Helpful* circle. If the drug hurts the body, put it in the *Harmful* circle. If there is a drug or two that you do not know whether it is helpful or harmful or if you think it is both helpful and harmful, make your best guess or place it in the middle section.
2. Explain to your parent why you put each drug where you did. What properties or characteristics of a drug and its effects on the body make it helpful or harmful, or both?

Station 4: Drugopolis

Discussion Questions

1. What is an example of a helpful drug?

- Can a helpful drug ever be dangerous?

A helpful drug is a medicine that helps your body function the right way. Antibiotics are drugs that cure an infection or sickness. Immunizations and vaccines (shots) help the body prevent getting a disease or illness. Aspirin and Tylenol are medicines that relieve pain and reduce fever when the body is sick. Without these helpful drugs, it would take our bodies longer to heal and your body might get sick more often.

With any medicine or drug, you should only take the amount prescribed by a doctor, dentist, parent, or adult caregiver. Helpful drugs can be dangerous if you take too much or not enough. It is very important to follow the instructions exactly, that way the body doesn't get more sick and can heal properly.

2. What is an example of a harmful drug?

- Can a harmful drug ever be good for you?

A harmful drug is a substance that provides no benefit or help to the body, meaning it does not make it work better and it does not prevent the body from getting sick in the future. Illegal drugs, alcohol, and nicotine are bad for the body.

We call nicotine a harmful drug because it's the reason why people keep using tobacco products that cause cancer and other sicknesses! Nicotine from tobacco leaves by itself is not harmful to the body, but it does produce addiction - which is why people keep smoking cigarettes and cigars and use chewing tobacco even when they know they should stop. The many chemicals in these things are what cause cancer, heart disease, high blood pressure, and other sicknesses. So while nicotine does not directly cause cancer and other diseases on its own, it makes people use tobacco products that do cause these illnesses.

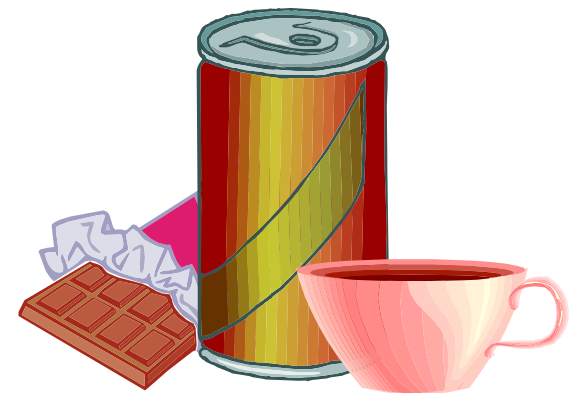
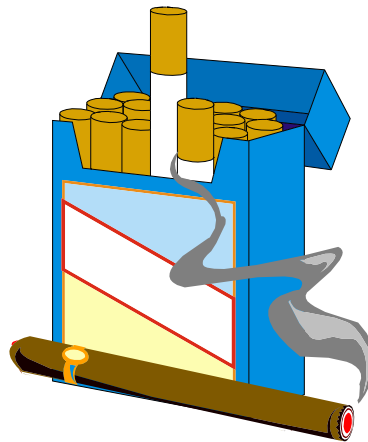
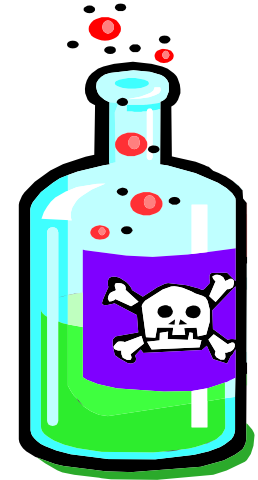
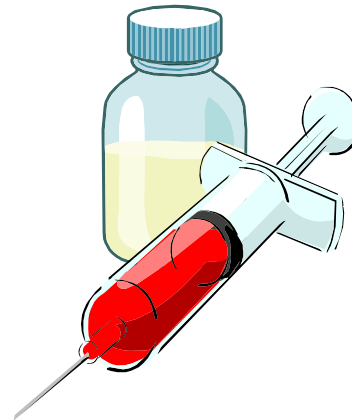
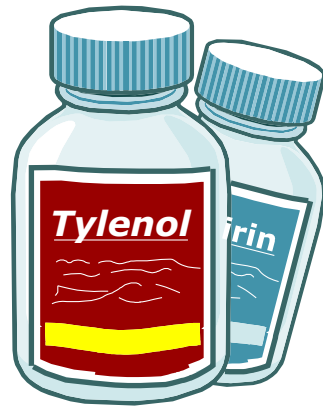
3. Can you think of a drug that may be both helpful and harmful?

- How can that drug be good for you?

Caffeine is a drug that can be both helpful and harmful. Caffeine helps the body feel awake and might make people feel like they have more energy. However, caffeine is a drug that speeds up your heart rate and raises your blood pressure. Therefore, it can be considered both helpful and harmful.

Station 4: Drugopolis

Please print these pictures and let your child glue or tape them on the Venn diagram.



Station 4: Drugopolis

