



Minnesota Poison Control System

www.mnpoison.org

Lesson 1: Let's Talk About Poisons & Safety Rules (K-3rd Grade)

Discussion:

Today we are going to learn what a poison is and about safety rules for poisons. These safety rules can prevent you or someone you love from getting hurt.

Question: What is a safety rule? (*Ask children to give their ideas of what safety rules are*)

A) A safety rule is something we follow to keep us safe from danger.

Question: Who knows an example of a safety rule? (*Solicit safety rule examples from children*)

A) Look both ways before crossing the street

Don't talk to strangers

Wear a helmet when riding a bike

Wear a seat belt while riding in a vehicle

Question: Why are these safety rules important? (*Wait for children to explain what would happen if safety rules are not followed*)

A) These rules are important because they keep us safe and so we don't get hurt.

Now let's talk about the dangers of poisons.

Question: What is a poison? (*Let children give their explanation of what a poison is*)

A) A poison is something that can make you sick, hurt you or even kill you if you eat or drink it, smell it, splash it in your eyes or on your skin.

Question: What are some examples of a poison? (*List the examples that the children give*)

A) medicine

household cleaners

plants

paint products

make-up

bleach

perfume

fluids used in cars

animal & insect bites

lawn care products

bug spray

(*Explain how each can be a poison and explain that the container label often has words such as harmful, danger, poison, etc.*)

Remember when we talked about what safety rules are? Now we are going to talk about what the safety rules for poisons are.

1) Stay away!

Never touch, smell or taste something if you are not sure what it is; always ask a grown-up first.

2) Never take medicine by yourself!

Always make sure an adult gives you your medicine. If you take too much, take it the wrong way, or take the wrong kind, it could hurt you.

3) Always tell a grown-up right away if you swallow something that you are not supposed to.

4) Never open cabinets that are locked.

Grown-ups lock things up out of the sight and reach of children in order to keep children safe.



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Lesson 1 (continued):

5) Avoid touching strange plants

Some plants can cause you to itch really bad or give you a rash and some plants can make you sick if you eat them.

Finally, if you or someone you know should ever get poisoned, the Minnesota Poison Control System is always ready to help you. They are open 24 hours a day, 7 days a week, and 365 days a year. You can call them at **1-800-222-1222!** *(Ask the children to repeat the number a few times)*

*****Note: If a person is non-responsive, has difficulty breathing, is not breathing, or is having seizures call 9-1-1 immediately*****

(If time permits, end the lesson with an activity from the Activity Sheets section)