

# Lesson 1

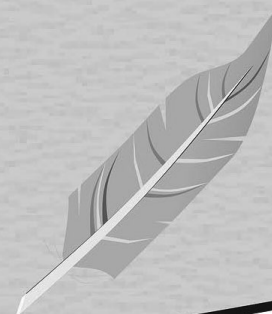
## Managing risk: medicines

© PSHE Association 2020

9

### Ground rules

[Add your class rules here]



© PSHE Association 2020

10



**We are learning how the correct use of medicines, and how vaccinations and immunisation, can help to maintain health and wellbeing**



**We will be able to:**

- ✓ describe how correct use of medicines can support health and wellbeing
- ✓ explain how vaccinations and immunisation can stop disease from spreading
- ✓ explain the safe use of medicines to help manage illness and allergies
- ✓ identify where to find further advice about the correct use of medicines

© PSHE Association 2020

11

## Thinking bubbles

Write down what you think we can do to manage:



illness

allergies

infectious  
diseases

# Medicine use

The use of a medicine depends on the type of disease or illness someone has. Medicines can:

Prevent someone from becoming ill or stop a disease from spreading

Help someone manage an ongoing health condition, such as asthma or diabetes



Help someone feel better and relieve pain, such as from a headache

Help the body recover from illness

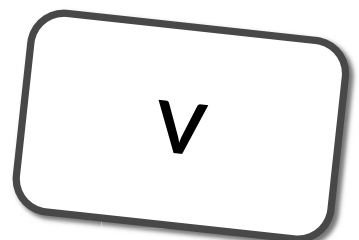
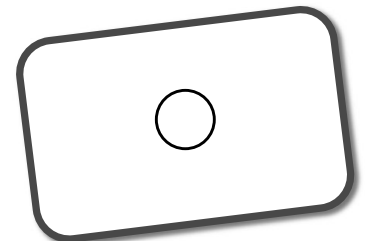
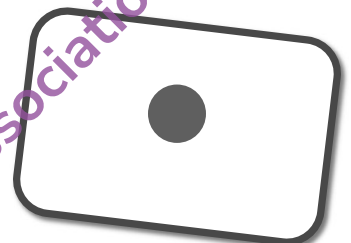
# Vaccination card game

With your group, place all cards face down on the table except the card with the red dot.

One person takes this card and places it next to another face-down card. Now they turn over the face-down card.

- If it has a V on it, that person is vaccinated against the virus, so will not catch it. The V card can be put to one side.
- If the card that is turned over has a circle on it, that person is not vaccinated so catches the virus. Colour the circle in red to make a second virus card.

Take it in turns to place a virus card next to another face-down card and repeat the process.



# Card game demonstration



Vaccinated card! Put to one side.

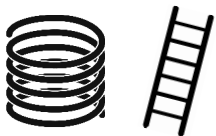
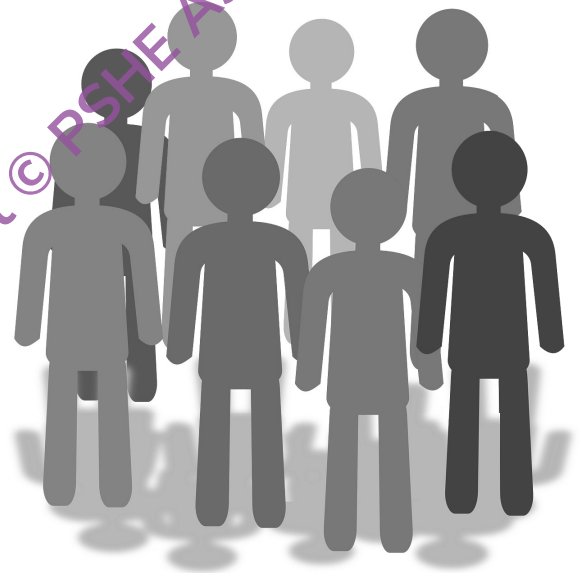


Non-vaccinated card. Colour the circle in red. The virus has spread.

## Vaccination card game

Once all the cards have been turned over, share the outcome of your game.

- How many people were infected?
- How many people were vaccinated?
- Do you think your population is protected from the virus?



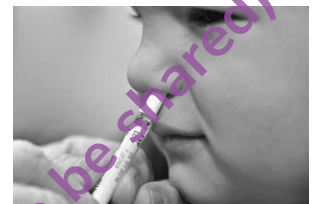
# Rainbow groups

In your groups, read the case study.



Now discuss these questions with your group:

- What is the medicine?
- Why is it used?
- How is it used?
- Is it used for every day/sometimes, for emergencies or both? (If both, explain how)



# Rainbow groups

In your Rainbow group, share your information about your case study.

Now draw a grid with the following headings:

**What? Why? How? Everyday/emergency**

Write the names of the medicines down the left hand side. Add the information about the medicines to the grid.



	What?	Why?	How?	Everyday/emergency

# Reflecting and getting support

Medicines are helpful for health but only if used, stored and disposed of correctly. Only trusted adults should give medicine to children. If ever unsure about using a medicine, ask a trusted adult for help.

Further information and support about the health conditions in the lesson can be found here:

- ✓ [National Eczema Society](#)
- ✓ [Asthma UK](#)
- ✓ [Diabetes UK](#)
- ✓ [Allergy UK](#)



## What has been learnt?

Go back to your *thinking bubbles* from the beginning of the lesson.

Use a different colour pen or pencil to add to or change your ideas.



# More activities

Choose one medicine from the lesson that might be used in an emergency (inhaler, EpiPen or insulin).

Write the steps for their safe use in an emergency.

Step 1:  
Step 2:  
Step 3:



Parent/Carer copy (for personal use, not to be shared).  
Copyright © PSHE Association 2023  
Parent/Carer copy (for personal use, not to be shared).  
Copyright © PSHE Association 2023  
Parent/Carer copy (for personal use, not to be shared).  
Copyright © PSHE Association 2023