

**SASKATCHEWAN LEARNING**  
**CRYSTAL METH AND DRUG AWARENESS IN THE CONTEXT OF**  
**HEALTH EDUCATION**

**INFORMATION FOR PARENTS**

**Elementary Level Health Education (Grades 1 - 5)**

<http://www.sasklearning.gov.sk.ca/docs/health/health6-9/index.html>

<b>Grade Level</b>	<b>Drug Education and Awareness</b>
<b>Grade 1 (80 minutes/week)</b>	Avoiding Dangerous Situations <ul style="list-style-type: none"> <li>Your child will learn to say no to strangers</li> </ul>
<b>Grade 2 (80 minutes/week)</b>	Preventing Injuries on the Playground <ul style="list-style-type: none"> <li>Your child will learn what to do if s/he finds needles or other drug paraphernalia on the school grounds or in the community</li> </ul> Avoiding Dangerous Situations <ul style="list-style-type: none"> <li>Your child will learn how to create and support a safe, healthy environment that is drug-free</li> </ul>
<b>Grade 3 (80 minutes/week)</b>	Preventing Dangerous Situations <ul style="list-style-type: none"> <li>Your child will learn how to say no, including saying no to someone s/he knows</li> </ul>
<b>Grade 4 (80 minutes/week)</b>	Avoiding Dangerous Situations <ul style="list-style-type: none"> <li>Your child will learn how to say no to smoking, alcohol, and other drugs</li> </ul> Assertiveness <ul style="list-style-type: none"> <li>Your child will learn how to refuse drug, tobacco, and alcohol use</li> </ul>
<b>Grade 5 (80 minutes/week)</b>	Diseases Linked to Lifestyle <ul style="list-style-type: none"> <li>Your child will learn about the prevention of infectious diseases related to lifestyle choices</li> </ul> Avoiding Dangerous Situations <ul style="list-style-type: none"> <li>Your child will learn to say no to friends</li> </ul> Assertiveness <ul style="list-style-type: none"> <li>Your child will learn to respond assertively to peer pressure, including the pressure to use drugs</li> </ul>

**SASKATCHEWAN HEALTH HOTLINE 1-877-800-0002**

**Health Education and Drug Awareness (e.g., Crystal Meth)**  
**Recommended Learning Resources – Elementary Level (Grades 1-5)**

**Let's Talk About Drug Abuse. 1st ed.** (Print-Non-Fiction). Kreiner, Anna. (The Let's Talk Library Series). Rosen Publishing Group, 1996. 24 p. ISBN 0-8239-2302-9.

One of the many books from the *Let's Talk Library Series*, this title provides a brief introduction to different types of drugs, how they affect the body, and reasons why people take drugs. The large-print text is accompanied by numerous, full-page, colour photographs. Included are a table of contents, a glossary, and an index.

**7 Secrets of Highly Successful Kids** (Print-Non-Fiction). Kuitenbrouwer, Peter. Lobster Press Limited, 2001. 77 p. ISBN 1-894222-39-3

This book of short stories, written by a National Post journalist, profiles seven to twelve-year-olds who “share a passion for doing their best, love to test themselves and are not afraid to fail and make mistakes.” Twenty-one stories are organized into groups of three under topics (secrets) such as “Choose a Good Role Model” and “Be a Loyal Friend.” This is an inspiring resource that portrays the positive behaviours of children from different ethnic and socio-economic backgrounds.