



Mr. Yuk to the Rescue!

Curriculum and Resources

Kindergarten – 6th Grade



Always here to help, 24/7/365: 1 (800) 222-1222

The Washington Poison Center is a 501(c)3 nonprofit organization serving the citizens of Washington state since 1956. Our specialists in poison information – nurses and pharmacists with expert-level training in toxicology – answer more than 63,000 calls a year from Washingtonians related to poisonings, drug overdoses, and toxic exposures. We are always here to help, 24/7/365.

As one of 55 poison centers nationwide, the Washington Poison Center is the public health safety net for poisonings, drug overdoses, and toxic exposures in Washington state. Our unique wraparound care model follows patients from initial call to resolution, with a dedicated team checking in every step of the way.

The Washington Poison Center serves as a resource for public policy makers and public health leaders in forecasting emerging public health trends. Our medical staff is regularly called upon to present toxic trends and best practices in treatment to medical professionals throughout Washington state.

In addition to being the home of Mr. Yuk, the Washington Poison Center offers a wide variety of programs aimed at preventing harm from poisoning through expertise, collaboration, clinical and public health education. Our current programs include:

- Training of community health educators on poison prevention, medication safety, e-cigarettes and more.
- Support for Public Health and Emergency Preparedness operations at the local, state and federal level.
- Clinical rotations for medical residents, fellows, pharmacists, nurses, and paramedic students.
- Management of Take Back Your Meds website.
- Public Health Education at health fairs, community events and activities.
- School assembly presentations and parent trainings.

FIGURES – 2017

- Of all household cases, 92.4% were treated at home.
- 60.2% of home callers would have gone to the emergency room or called 911.
- 48.1% of all calls concerned a child under 6-years-old.
- 12.7% of all calls concerned adults over 60-years-old.
- 25.8 % of calls received were from healthcare professionals.
- 115 medical residents, fellows, pharmacists, nurses, and paramedic students participated in a Washington Poison Center Clinical Rotation.



Kindergarten

The following lesson plan:

- Meets the OSPI Health Learning Standard:
 - Health Education Core Idea: Substance Use and Abuse (Su)
 - Use and Abuse:
 - H1.Su1.Ka
 - H3.Su1.Kc
 - Prevention:
 - H1.Su3.K
 - Health Education Core Idea: Safety (Sa):
 - Injury Prevention:
 - H1Sa1.Ka
- Includes Washington Poison Center Information



Lesson Plan: Kindergarten	
Subject/Course:	Health Education
Topic:	Safety, Substance Use and Abuse
Lesson Title:	Mr. Yuk to the Rescue!

Lesson Objectives:

1. Identify safety hazards in the home.
2. Understand how medicines are used correctly.
3. Identify trusted adults at home and school who administer prescriptions and over-the-counter medicines.
4. Understand importance of using medicines only with supervision of a trusted adult.

Summary of Tasks/Actions:

Introduction:

- Tell students that today they will be doing a lesson on hazards in the home.

Explicit Instructions/Teacher modeling:

- Ask the students to raise their hands if anyone in the room has heard of Mr. Yuk.
- Use the image of Mr. Yuk in this lesson plan to point to Mr. Yuk. Comment on how Mr. Yuk is sticking out his tongue and making a “yucky” face.
- Ask students to make the “yucky” face as Mr. Yuk is doing.
- Tell students that Mr. Yuk is our friend. He is here to help us identify all the “yucky” hazards in the home.
- Ask students to repeat: “Mr. Yuk is our friend.”
- Ask students to repeat: “Mr. Yuk keeps us safe.”
- Ask students to repeat: “Mr. Yuk is here to help by calling, (800) 222-1222.”
- Ask students to repeat: “Mr. Yuk says to LOOK!”
- Ask students to repeat: If I see poisons:
 - L = Lock It Up
 - O = Out of Reach
 - O = Out of Sight
 - K = Keep Safe

Guided Practice/Interactive modeling:

- Pass out the worksheet: Mr. Yuk: Connect The Dots.
- Connect the dots of Mr. Yuk together.
- Ask students to repeat: “Mr. Yuk is our friend.”
- Ask students to repeat: “Mr. Yuk keeps us safe.”
- Ask students to repeat: “Mr. Yuk is here to help by calling, (800) 222-1222.”
- Ask students to repeat: “Mr. Yuk says to LOOK!”
- Ask students to repeat: If I see poisons:



- L = Lock It Up
- O = Out of Reach
- O = Out of Sight
- K = Keep Safe

Technology Integration:

- Pass out worksheet: "Out of Sight: Bathroom" to each student. Ask students to circle the poisonous and hazardous products during the course of the lesson.
- On smartboard, open game "Out of Sight" and click "start":
https://www.illinoispoisoncenter.org/ipc_media/games/OutOfSight/
- Tell students that they are going to look at poisons and hazards in the home and store them out of sight and put a Mr. Yuk sticker on them.
- Show first example to students. Click on the room: bathroom (middle of house). Hover mouse pointer over the "medicine bottles" to the right of the sink faucet. Ask students to raise their hands if they know what these bottles are.
- Tell students that the bottles are "medicines". Medicines are something they take when they need to make their body healthy. If they're not supposed to take medicines, then it could make them sick. Medicines can be a poison. If they have a doctor who tells them that they have to take certain medications, then they are only supposed to take it when they have a trusted grown-up supervising them. When they have to take medications, a grown-up has to measure it for them because there is only a certain amount they can take. Taking the whole bottle of medicine would make them really sick.
- Ask students to raise their hand to give an example of who a trusted grown-up is.
- Medicines are the top reasons parents of kindergarten students in Washington State called the Washington Poison Center.
- Ask students to repeat: "Mr. Yuk is our friend."
- Ask students to repeat: "Mr. Yuk keeps us safe."
- Ask students to repeat: "Mr. Yuk is here to help by calling, (800) 222-1222."
- Ask students to repeat: "Mr. Yuk says to LOOK!"
- Ask students to repeat: If I see poisons:
 - L = Lock It Up
 - O = Out of Reach
 - O = Out of Sight
 - K = Keep Safe
- Ask for volunteers to go through other products in the bathroom that are poisons or hazards. Remind students that if it's a poison, a Mr. Yuk sticker belongs on the outside of the package.
- After finishing the bathroom, use worksheets to circle products and visit the kitchen and garage. Remember to remind students that Mr. Yuk says to LOOK, and identify products that should have Mr. Yuk stickers.
- Additional (optional) Interactive games: Medicines vs. Candy:
<http://www.pillsvscandy.org/index.php>

**Differentiation:**

- Use empty bottles of household or industrial cleaners known to include poisons as a model for students to verbally identify and label with a Mr. Yuk sticker.

Assessment:

- Ask students to think of and say one item that needs a Mr. Yuk sticker.

Review and closing:

- Ask students to repeat: "Mr. Yuk is our friend."
- Ask students to repeat: "Mr. Yuk keeps us safe."
- Ask students to repeat: "Mr. Yuk is here to help by calling, (800) 222-1222."
- Ask students to repeat: "Mr. Yuk says to LOOK!"
- Ask students to repeat: If I see poisons:
 - L = Lock It Up
 - O = Out of Reach
 - O = Out of Sight
 - K = Keep Safe

Materials/Equipment:

- One (1) copy of large Mr. Yuk sticker from curriculum packet.
- Copies of worksheets attached for each student.
- Smartboard.
- Writing utensil for each students.

References

- Indiana Poison Center



Mr. Yuk: Connect The Dots



OUT OF SIGHT: Bathroom

Circle items that should be OUT OF SIGHT.



OUT OF SIGHT: Kitchen

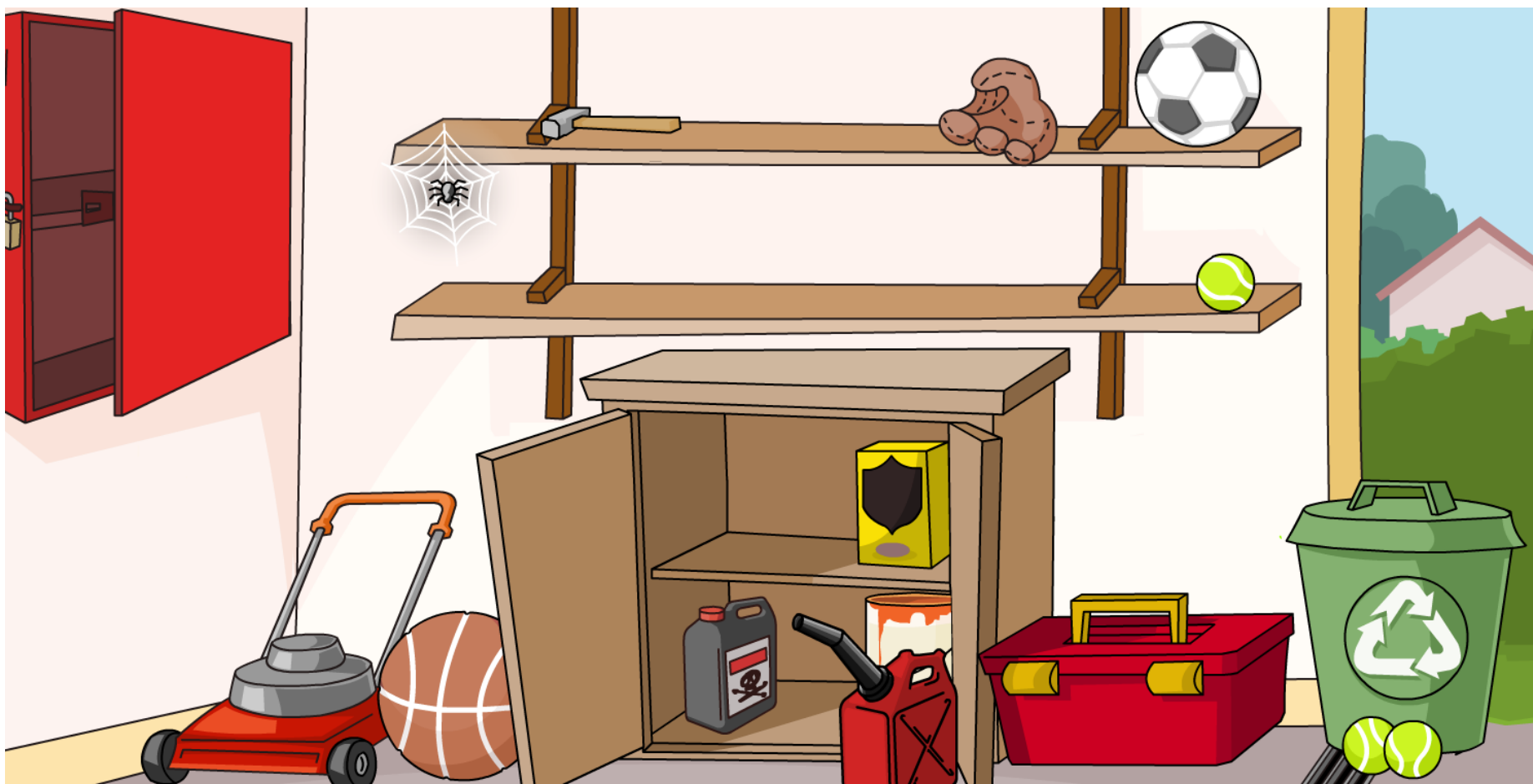
Circle items that should be OUT OF SIGHT.



The Washington Poison Center is always here to help, 24/7/365 by calling: 1 (800) 222-1222.
All calls are free and confidential.

OUT OF SIGHT: Garage

Circle items that should be OUT OF SIGHT.



The Washington Poison Center is always here to help, 24/7/365 by calling: 1 (800) 222-1222.
All calls are free and confidential.

Grades 1 and 2

The following lesson plan:

- Meets the OSPI Health Learning Standard:
 - Health Education Core Idea: Substance Use and Abuse (Su)
 - Use and Abuse:
 - H1.Su1.1a
 - H1.Su1.1b
 - H1.Su1.1c
 - H1.Su1.2a
 - H1.Su1.2b
 - Effects:
 - H1.Su2.1
 - H1.Su2.2
 - Prevention:
 - H1.Su3.1
 - H1.Su3.2
 - Health Education Core Idea: Safety (Sa):
 - Injury Prevention:
 - H1.Sa1.1a
 - H1.Sa1.2a
- Includes Washington Poison Center Information

Lesson Plan: Grades 1 and 2	
Subject/Course:	Health Education
Topic:	Safety, Substance Use and Abuse
Lesson Title:	Mr. Yuk to the Rescue!

Lesson Objectives:

1. Identify safety hazards in the school.
2. Identify safety hazards in the community.
3. Understand differences between safe and unwanted medicine use.
4. Identify different medicines and harmful drugs.
5. Understand tobacco and alcohol are harmful drugs.
6. Understand differences between prescription medicines, over-the-counter medicines, and harmful drugs.
7. Understand commonly used terms for tobacco and alcohol.
8. Recognize effects of medicines used.
9. Understand effects of tobacco and alcohol.
10. Recognize importance of avoiding tobacco, secondhand smoke, and alcohol.
11. Identify benefits of being tobacco and alcohol free.

Summary of Tasks/Actions:

Introduction: Tell students that today they will be doing a lesson on hazards in the school and community.

Explicit Instructions/Teacher modeling:

- Ask the students to raise their hands if anyone in the room has heard of Mr. Yuk.
- Use the image of Mr. Yuk in this curriculum plan to point to Mr. Yuk.
- Comment on how Mr. Yuk is sticking out his tongue and making a “yucky” face.
- Ask students to make the “yucky” face as Mr. Yuk is doing.
- Tell students that Mr. Yuk is our friend. He is here to help us identify all the “yucky” hazards in our school and community.
- Ask students to repeat: “Mr. Yuk is our friend.”
- Ask students to repeat: “Mr. Yuk keeps us safe.”
- Ask students to repeat: “Mr. Yuk is here to help by calling, (800) 222-1222.”
- Ask students to repeat: “Mr. Yuk says to LOOK!”
- Ask students to repeat: If I see poisons:
 - L = Lock It Up
 - O = Out of Reach
 - O = Out of Sight
 - K = Keep Safe

Guided Practice/Interactive modeling:

- Pass out worksheet: “Mixed Up Mess”.
- Together, ask students to identify the product and put the mixed up letter in the right order. Go over each product and discuss why it is a poison. Discuss how it's important to put a Mr. Yuk sticker on the outside of the product so nobody gets poisoned.
- Correct Answers to Mixed Up Mess:
 - 1. Alcohol
 - There are many names for alcohol. There are two types of alcohol: one to clean cuts or scrapes; the other is called beer, wine, and liquor – and it's an alcoholic beverage only for adults. Alcohol beverages like beer, wine, and liquor are harmful for children because they are bad for children's bodies. Alcoholic beverages can affect someone's ability to hear, see, and walk without tripping. It also gives people a bad headache. If children are alcohol free, their bodies and brains can grow strong and healthy.
 - 2. Fertilizer
 - 3. Detergent
 - 4. Mothballs
 - 5. Cigarette:
 - Cigarette smoking is really bad for children's bodies. Cigarette smoking is especially dangerous for children because their bodies and brains are growing and developing. There are lots of ingredients in cigarettes like tobacco, nicotine and chemicals that can make children and adults really sick. If children are around someone who is smoking and they breathe in the vapors, it's called secondhand smoke, and it hurts children's bodies and can make them sick. Other products that have tobacco and nicotine are called vapor products or JUUL. These are also very strong and not good for children's bodies. If children are nicotine free, their bodies and brains can grow strong and healthy.
 - 6. Drain cleaner
 - 7. Medicine
 - Tell students that the bottles are “medicines”. Medicines are something they take when they need to make their body healthy. If they're not supposed to take medicines, then it could make them sick. It could be a poison.
 - At the Washington Poison Center, medicines are the top reasons parents of 1st and 2nd grade students in Washington State called the Washington Poison Center.
 - Some people use medicines incorrectly and get sick.
 - When a doctor feels someone needs medicine to get better, they write a prescription. The prescription for the medicine goes to a pharmacy, where a pharmacist fills the doctor's medication order. Sometimes medicines are also called drugs.

- There are some drugs, like heroin, cocaine, and spice that can be really harmful to children's bodies and they should stay away from them. If children are drug free, their bodies and brains can grow strong and healthy.
- If a child's doctor tells them to take medication to get better, only a trusted grown-up should measure out and give them their medication. Children should never give themselves medication, as it could make them very, very sick.
- Ask students to raise their hand to give an example of who a trusted grown-up is.
- 8. Pesticide
- Ask students to repeat: "Mr. Yuk is our friend."
- Ask students to repeat: "Mr. Yuk keeps us safe."
- Ask students to repeat: "Mr. Yuk is here to help by calling, (800) 222-1222."
- Ask students to repeat: "Mr. Yuk says to LOOK!"
- Ask students to repeat: If I see poisons:
 - L = Lock It Up
 - O = Out of Reach
 - O = Out of Sight
 - K = Keep Safe

Technology Integration:

- On smartboard, open game: The Curse of Poison Island:
https://www.illinoispoisoncenter.org/ipc_media/games/CurseOfPoisonIsland/
- Split class into two teams: Red team and yellow team.
- Go through each question on The Curse of Poison Island and discuss each question after answered.
- Medicines vs. Candy Game: <http://www.pillsvscandy.org/index.php>
 - Discuss: Medicines look very similar to candy, especially to babies. They want to make sure their home is safe and medicines are locked up and stored out of reach.

Assessment:

- Ask the students to name at least three items from Mixed Up Mess that need a Mr. Yuk sticker, and why.

Review and closing:

- Ask students to repeat: "Mr. Yuk is our friend."
- Ask students to repeat: "Mr. Yuk keeps us safe."
- Ask students to repeat: "Mr. Yuk is here to help by calling, (800) 222-1222."
- Ask students to repeat: "Mr. Yuk says to LOOK!"
- Ask students to repeat: If I see poisons:
 - L = Lock It Up
 - O = Out of Reach
 - O = Out of Sight
 - K = Keep Safe

Materials/Equipment:
<ul style="list-style-type: none">• One (1) copy of large Mr. Yuk sticker from curriculum packet.• Copies of worksheets attached for each student.• Smartboard.• Writing utensil for each students.

References
Indiana Poison Center California Poison Center

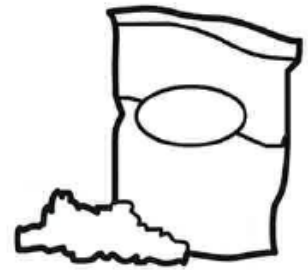
Mixed Up Mess

Here's a mixed up mess. Put the missing letters in the right order to see a list of poisons.



1. _____

clAoloh



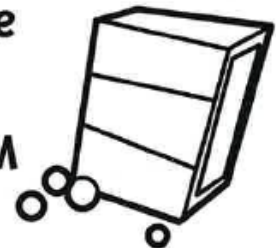
2. _____

rizletFier



3. _____

treeDntge



4. _____

hotlbalsM



5. _____

gCeetarit

6. _____

Danir reeCnal



7. _____

cideieMn



8. _____

cestiPdei



Word Bank

Fertilizer Mothballs Medicine Detergent Alcohol
Pesticides Cigarette Drain Cleaner

Hidden Hazards

Find all the poisons hidden in this picture.

- ☐ snake ☐ wasp ☐ spray cleaner ☐ gas can ☐ pill bottle
☐ nail polish ☐ toilet cleaner ☐ dish soap ☐ mushroom



Grades 3 and 4

The following lesson plan:

- Meets the OSPI Health Learning Standard:
 - Health Education Core Idea: Substance Use and Abuse (Su)
 - Use and Abuse:
 - H1.Su1.3a
 - H1.Su1.3b
 - H1.Su1.4a
 - H1.Su1.4b
 - H1.Su1.4c
 - H2.Su1.4
 - Effects:
 - H1.Su2.3
 - H1.Su2.4
 - Prevention:
 - H4.Su3.3
 - H4.Su3.4
 - H1.Su3.4
 - Health Education Core Idea: Safety (Sa):
 - Injury Prevention:
 - H1.Sa1.3a
 - H1.Sa1.4
 - H7.Sa1.4
- Includes Washington Poison Center Information

Lesson Plan: Grades 3 and 4	
Subject/Course:	Health Education
Topic:	Safety, Substance Use and Abuse
Lesson Title:	Mr. Yuk to the Rescue!

Lesson Objectives:

1. Compare and contrast prescription and over the counter medicines with harmful drugs.
2. Understand the commonly used terms for marijuana.
3. Understand differences between medically accurate use and abuse of prescriptions and over the counter medicines.
4. Understand that tobacco, alcohol, and marijuana are illegal for minors.
5. Describe reasons people use tobacco, alcohol, and other drugs.
6. Identify how peers, media, and technology influence decisions related to tobacco, alcohol, and marijuana.
7. Describe clinical effects of tobacco, secondhand smoke, alcohol, and marijuana.
8. Describe verbal and nonverbal communication skills to avoid tobacco, alcohol, and marijuana.
9. Describe how to ask for help to avoid situations in which others are using tobacco, alcohol, or marijuana.
10. Determine benefits of abstaining from or discontinuing use of tobacco, alcohol, and marijuana.

Summary of Tasks/Actions:

Introduction: Tell students today they will be doing a lesson on how to prevent injuries at home, at school, in the community, and in recreational activities. They will be learning how to identify poisons in order to be safe in their community.

Explicit Instructions/Teacher modeling:

- Ask the students to raise their hands if anyone in the room has heard of Mr. Yuk.
- Use the image of Mr. Yuk in this curriculum to point to Mr. Yuk. Comment on how Mr. Yuk is sticking out his tongue and making a “yucky” face.
- Ask students to make the “yucky” face as Mr. Yuk is doing.
- Tell students that Mr. Yuk is our friend. He is here to help us identify all the “yucky” poisons around us.
- Ask students to repeat: “Mr. Yuk is our friend.”
- Ask students to repeat: “Mr. Yuk keeps us safe.”
- Ask students to repeat: “Mr. Yuk is here to help by calling, (800) 222-1222.”
- Ask students to repeat: “Mr. Yuk says to LOOK!”
- Ask students to repeat: If I see poisons:
 - L = Lock It Up
 - O = Out of Reach
 - O = Out of Sight
 - K = Keep Safe

Guided Practice/Interactive modeling:

- Pass out worksheet: Find the Safe Path.
- Together, ask students to find a path for Amy to get to her dog without touching the poisons. After students find a path, go over each poison and discuss why it is a poison. Inform them how they may see any of these poisons at home, at school, in the community, or when they are playing outside. Discuss how it's important to put a Mr. Yuk sticker on certain products so nobody gets poisoned.
 - Medicine:
 - Tell students that the bottles are “medicines”. Medicines are something they take when they need to make their body healthy. If they're not supposed to take medicines, then it could make them sick. At the Washington Poison Center, medicines are the top reasons parents of 3rd and 4th grade students called the Washington Poison Center.
 - When a doctor feels someone needs medicine to get better, they write a prescription. The prescription for the medicine goes to a pharmacy, where a pharmacist fills the doctor's medication order. Sometimes medicines are also called drugs.
 - There are some drugs, like heroin, cocaine, and spice that can be really harmful to children's bodies and they should stay away from them. If children are drug free, their bodies and brains can grow strong and healthy.
 - If a child's doctor tells them to take medication to get better, only a trusted grown-up should measure out and give them their medication. Children should never give themselves medication, as it could make them very, very sick.
 - With medicines, Mr. Yuk says LOOK.
 - L = Lock It Up
 - O = Out of Reach
 - O = Out of Sight
 - K = Keep Safe
 - Vapor product: Vapor products are also called e-cigarettes, mods, e-cigs, or JUULs. Vapor products are illegal to use and purchase for children under the age of 18. Nicotine affects the brain and goes into our blood stream really quickly. The brain then releases adrenaline, creating a buzz and short-term energy. This feeling doesn't last long and soon leaves one feeling tired, a little down, and craving more. It is very addicting.
 - If children are nicotine free, their bodies and brains can grow strong and healthy. It's important to stay away from vapor products because it harms our healthy growing bodies and brains. If someone asks a child if they want to use a vapor product, they can simply shake their head no (ask students to shake their heads no) or look the person in the eye and say “No, thank you”. If they need help to avoid the situation, ask a trusted adult to help them.

- Even though social media like Instagram have images that suggest vaping is cool, it's not. The JUUL is not cool, as it can damage your body.
- Alcohol: There are many names for alcohol. There are two types of alcohol: one to clean cuts or scrapes; the other is called beer, wine, and liquor – it's an alcoholic beverage only for adults. Alcohol beverages like beer, wine, and liquor are harmful for children because they are bad for their bodies. Alcoholic beverages can affect someone's ability to hear, see, and walk without tripping. It also gives people a bad headache. If children are alcohol free, their bodies and brains can grow strong and healthy.
- When individuals use alcohol, they experience memory loss, poor learning, poor balance, delayed motor reaction, and impairs judgement. Alcohol can affect someone's ability to hear, see, and walk. It also gives people a bad headache. If children are alcohol free, their bodies and brains can grow strong and healthy. It's important to stay away from alcohol because it harms children's healthy growing bodies and brains.
- If someone asks them if they want alcohol, they can simply shake their head no (ask students to shake their heads no) or look the person in the eye and say "No, thank you". If they need help to avoid the situation, don't hesitate to go to a trusted grown up.
- They may see people using alcohol around them, in the news, and social media and it can influence their decision. But, remember to stay strong and stand up for their healthy body.
- Marijuana/Cannabis and Not for Kids label: Marijuana is also called weed, cannabis, pot, grass, joint. It is illegal in Washington State for anyone under 21 years of age to consume Marijuana.
- When individuals use marijuana, their heart rate goes up, their memory is poor, they are unable to learn well, can't drive well, are slow to act and react, and their behavior changes. It's important to stay away from marijuana because it harms our healthy growing bodies and brains. If someone asks them if they want marijuana, they can simply shake their head no (ask students to shake their heads no) or look the person in the eye and say "No, thank you". If they need help to avoid the situation, don't hesitate to go to a trusted grown up.
- They may see people using marijuana around them, in the news, and social media and it can influence their decision. But, remember to stay strong and stand up for their healthy body.
- Mr. Yuk says LOOK:
 - L = Lock It Up
 - O = Out of Reach
 - O = Out of Sight
 - K = Keep Safe
- Ask students to repeat: "Mr. Yuk is our friend."
- Ask students to repeat: "Mr. Yuk keeps us safe."
- Ask students to repeat: "Mr. Yuk is here to help by calling, (800) 222-1222."
- Ask students to repeat: "Mr. Yuk says to LOOK!"

- Ask students to repeat: If I see poisons:
 - L = Lock It Up
 - O = Out of Reach
 - O = Out of Sight
 - K = Keep Safe

Technology Integration:

- Go to smartboard and open, Black Out Game:
https://www.illinoispoisoncenter.org/ipc_media/games/BlackOut.
 - Keep an eye out for the “HINT” on the top of the game. This will make it easy to unscramble.

Differentiation:

- Request a classroom visit from Mr. Yuk to talk about vaping.

Assessment:

- Pass out worksheet: Cross Off. Ask students to look at each item and cross of which they think is toxic to their bodies. Give students time to look through all items and review together as a class.

Review and closing:

- Ask students to repeat: “Mr. Yuk says to LOOK!”
 - L = Lock It Up
 - O = Out of Reach
 - O = Out of Sight
 - K = Keep Safe
- Ask students to repeat: “Mr. Yuk is always here to help, call: 1 (800) 222-1222.”

Materials/Equipment:

- One (1) copy of large Mr. Yuk sticker from curriculum packet.
- Copies of Safe Path worksheet attached for each student.
- Smartboard.
- Writing utensil for each students.

References

Indiana Poison Center
Illinois Poison Center

Help Amy get to her dog, but don't touch a poison!





Cross Off!

Mr. Yuk wants you to put an X through items that are toxic to our bodies.



Grades 5 and 6

The following lesson plan:

- Meets the OSPI Health Learning Standard:
 - Health Education Core Idea: Substance Use and Abuse (Su)
 - Use and Abuse:
 - H1.Su1.5a
 - H1.Su1.5b
 - H2.Su1.5
 - H2.Su1.6
 - Effects:
 - H1.Su2.5a
 - H1.Su2.6
 - Prevention:
 - H4.Su3.5
 - H5.Su3.5
 - H1.Su3.6
 - H7.Su3.6
 - H8.Su3.6
 - Treatment
 - H3.Su4.6
 - Legal Consequences
 - H1.Su5.6
 - Health Education Core Idea: Safety (Sa):
 - Injury Prevention:
 - H1.Sa1.5a
- Includes Washington Poison Center Information

Lesson Plan: Grades 5 and 6	
Subject/Course:	Health Education
Topic:	Safety, Substance Use and Abuse
Lesson Title:	Mr. Yuk to the Rescue!

Lesson Objectives:

1. Identify a variety of tobacco, alcohol, and marijuana products.
2. Recognize that tobacco, alcohol, and other drugs can be addictive.
3. Describe how family, school, community, peers, media, and technology influence decisions related to use of tobacco, alcohol, marijuana, and other drugs.
4. Describe how peers and family influence substance use and abuse.
5. Recognize substances are more addictive and harmful during growth and development.
6. Understand short-and-long-term effects of substance abuse on physical and mental health.
7. Demonstrate ways to resist peer pressure to use substances.
8. Identify health alternatives for decisions related to substance use.
9. Identify how to use refusal skills to avoid substance use.
10. Identify scenarios in which substances may be present and determine strategies to avoid exposure and use.
11. Promote benefits of abstaining from or discontinuing substance use.
12. Identify dangerous or risky behaviors that might lead to injuries.

Summary of Tasks/Actions:

Introduction: Tell students that today they will be doing a lesson on dangerous substances.

Explicit Instructions/Teacher modeling:

- Ask the students to raise their hands if anyone in the room has heard of Mr. Yuk. Use image of Mr. Yuk in this curriculum to point to Mr. Yuk.
- Ask students to repeat: "Mr. Yuk says to LOOK!"
 - L = Lock It Up
 - O = Out of Reach
 - O = Out of Sight
 - K = Keep Safe

Guided Practice/Interactive modeling:

- Nicotine comes in a variety of products including vapor products called e-cigarettes, mods, e-cigs, or JUULs. Vapor products are illegal to use and purchase for children under the age of 18. Nicotine affects the brain and goes into one's blood stream really quickly. The brain then releases adrenaline, creating a buzz and short-term energy. This feeling doesn't last long and soon leaves one feeling tired, a little down, and craving more. It is very addicting.

- If children are nicotine free, their bodies and brains can grow strong and healthy. It's important to stay away from vapor products because it harms healthy growing bodies and brains. If someone asks a child if they want to use a vapor product, they can simply shake their head no (ask students to shake their heads no) or look the person in the eye and say "No, thank you". If they need help to avoid the situation, ask a trusted adult to help them.
- Even though social media like Instagram have images that suggest vaping is cool, it's not. The JUUL is not cool, as it can damage one's body.
- Alcohol: There are many names for alcohol. There are two types of alcohol: one to clean cuts or scrapes; the other is called beer, wine, and liquor – and it's an alcoholic beverage only for adults. Alcohol beverages like beer, wine, and liquor are harmful for children because they are bad for their bodies. Alcoholic can affect someone's ability to hear, see, and walk without tripping. It also gives people a bad headache. If children are alcohol free, their bodies and brains can grow strong and healthy.
- When individuals use alcohol, they experience memory loss, poor learning, poor balance, delayed motor reaction, and impairs judgement. Alcohol can affect someone's ability to hear, see, and walk. It also gives people a bad headache. If children are alcohol free, their bodies and brains can grow strong and healthy. It's important to stay away from alcohol because it harms children's healthy growing bodies and brains.
- If someone asks them if they want alcohol, they can simply shake their head no (ask students to shake their heads no) or look the person in the eye and say "No, thank you". If they need help to avoid the situation, don't hesitate to go to a trusted grown up.
- They may see people using alcohol around them, in the news, and social media and it can influence their decision. But, remember to stay strong and stand up for their healthy body.
- Marijuana/Cannabis and Not for Kids label: Marijuana is also called weed, cannabis, pot, grass, joint. It is illegal in Washington State for anyone under 21 years of age to consume Marijuana.
- When individuals use marijuana, their heart rate goes up, their memory is poor, they are unable to learn well, can't drive well, are slow to act and react, and their behavior changes. It's important to stay away from marijuana because it harms healthy growing bodies and brains. If someone asks them if they want marijuana, they can simply shake their head no (ask students to shake their heads no) or look the person in the eye and say "No, thank you". If they need help to avoid the situation, don't hesitate to go to a trusted grown up.
- They may see people using marijuana around them, in the news, and social media and it can influence their decision. But, remember to stay strong and stand up for their healthy body.
- If students ever need to reach out to peers for support on substances, they can call Teen Link at 1-866-TEENLINK.

- With medicines, Mr. Yuk says LOOK.
 - L = Lock It Up
 - O = Out of Reach
 - O = Out of Sight
 - K = Keep Safe

Technology Integration:

- On smartboard, open the video Escape the Vape: <https://escapethevape.org/>. Have students watch the video on vaping liquid, then click on each substance contained in liquids to learn more: cadmium, aluminum, formaldehyde, manganese, copper, silver, diacetyl, nicotine, benzene, lead, and fluorine.

Differentiation:

- Request a classroom visit from Mr. Yuk to talk about vaping.

Assessment:

- Journal three “ingredients” found in vaping products like e-cigarettes and JUUL.
- To identify healthy alternatives, visit Washington State DOH, “You Can WA” to explore healthy passions: <https://www.youcanwa.org/choose-you/>.
- Ask students to repeat: “Mr. Yuk says to LOOK!”
 - L = Lock It Up
 - O = Out of Reach
 - O = Out of Sight
 - K = Keep Safe

Materials/Equipment:

- One (1) copy of large Mr. Yuk sticker from curriculum packet.
- Smartboard for video presentation.
- Writing utensil for each student.

References

Escape the Vape, Public Health – Seattle & King County



How does Mr. Yuk come to the rescue?

- ✓ Mr. Yuk is our friend.
- ✓ Mr. Yuk keeps us safe.
- ✓ Mr. Yuk teaches us how to LOOK: lock it up, out of reach, out of sight, keep safe.
- ✓ Mr. Yuk is always here to help, 24/7/365 by calling: 1 (800) 222-1222.
- ✓ Mr. Yuk and his team save lives.

Meet Mr. Yuk!



Not For Kids



EMERGENCY
(800) 222 1222