

Drugs can be good and bad



Observations

When you are ill, a doctor may give you a bottle of medicine or pills to help you get better. These contain drugs that can treat an illness. Cigarettes and alcoholic drinks also contain drugs. The drugs in cigarettes and alcohol can make you ill.

Science activity

Write the name of each drug under either **Helpful drugs** or **Harmful drugs**.



cough medicine



aspirin



tobacco



vitamin C



alcohol

Helpful drugs

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.....
.....

Harmful drugs

.....
.....
.....

Science exploration

⚠ **Take extra care - ask an adult to supervise you.**

Make a chart and find out what drugs are used to treat the following: colds, sore throats, stomachaches, ear infections, and rashes. Have an adult help you.



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Harmful drugs

.....tobacco.....

.....alcohol.....

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Science exploration

⚠ This activity helps the child distinguish between helpful and harmful drugs. Drugs have the potential to be harmful if not taken correctly. Discuss drugs the child may have taken for common ailments, and stress that an adult should always supervise the taking of medicine.

