



## Early Education is the Best Medicine

# Program Overview

**We are proud to introduce Start Smart, a new set of tools designed to help school professionals, parents and communities begin to educate elementary school-aged children in order to:**

- Build a foundation of knowledge and skills around the safe use of over-the-counter (OTC) and prescription (Rx) medication
- Instill beliefs about the importance of taking OTC and Rx medication correctly, and communicate the risks and consequences of not doing so
- Help parents safeguard their young children from medication accidents, and begin conversations about using medication safely

Every year, more than **70,000** children under the age of 18 end up in the ER due to accidental medication overdoses.

Prescription drugs are the drug of choice among **12 and 13 year olds**.

## Why Start So Early?

There is a startling trend in motion—the age of first abuse of prescription drugs is getting younger. Kids who begin using and abusing drugs at earlier ages are at greater risk for dealing with substance use disorders and addictions later in life.

**By educating children as early as possible about medication safety, together we can work toward protecting them and their futures.**



Start Smart is part of Smart Moves, Smart Choices, a national initiative designed to inform parents, teens, and educators about teen prescription drug abuse and provide tools and resources to help them combat this serious and dangerous problem.





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**A wide variety of tools are available for use with elementary school-aged children and their parents/caregivers.**

**These materials are designed to be interactive and stimulate critical thinking and conversation about using medication properly and safely.**

## How To Use These Materials

- Place them in public areas in the school or community centers where parents can see them
- Provide them as handouts to parents on open school nights, parent-teacher conferences and PTA meetings
- Share through social media (Facebook, Twitter, Tumblr, etc.)
- Email materials to friends, family, and parents
- Post them on the school's or community organization's homepage

## Posters/Handouts (3)



## Parent Fact Sheet (2)

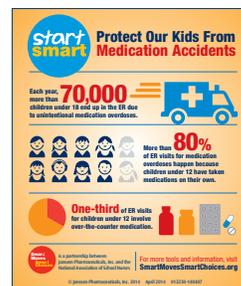


Medicine Safety Parent Fact Sheet



Medicine Safety Tips Safeguarding Your Children

## Infographics (2)



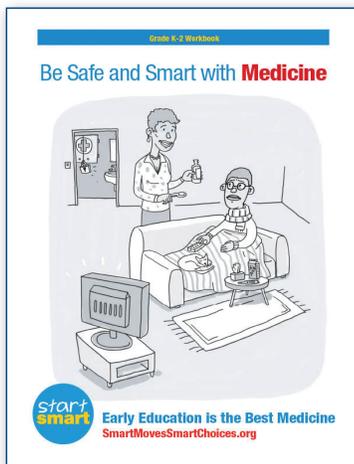


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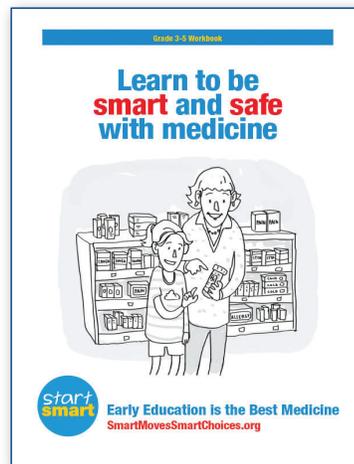
### Workbooks

There are 2 workbooks available for use with students in grades K-2 and 3-5. Each offers interactive age-appropriate exercises and activities. Both workbooks encourage students to be safe and smart with medication, by teaching them to learn:

- Why we take medication
- From whom is it safe to take medication
- How to take medication correctly
- How to read medicine labels (3-5)



Grade K-2



Grade 3-5

These workbooks can be used in school and community settings, or at home with families.

**Following are some suggested discussion topics to introduce in the classroom while using the K-2 and 3-5 workbooks:**

- Family and school rules about medication use (K-2)
- Correct usage and benefits of medicine (K-2, 3-5)
- Potential risks when OTC and Rx medications are taken incorrectly (K-2, 3-5)
- Influences on taking medication safely (K-2, 3-5)
- Locating accurate information about OTC and Rx drugs and understanding the meaning (3-5)
- Communication and decision-making skills for making healthy decisions and staying safe (K-2, 3-5)

Topics covered in these workbooks are based on some of the standards provided by the CDC's Health Education Curriculum Analysis Tool (HECAT) Module on Alcohol and Other Drugs. To learn more about the standards, visit [www.cdc.gov/healthyyouth/hecat/](http://www.cdc.gov/healthyyouth/hecat/).