



Too Good for Drugs Grade 2

Home Workout

for Parents and Kids

Dear Parent:

Our class is participating in *Too Good for Drugs*, a prevention program designed by the Mendez Foundation to teach skills for living healthy, drug-free lives. We are excited about this opportunity to teach goal setting, decision making, communication, peer pressure refusal and wellness skills.

Children are twice as likely to learn, remember and use skills when their parents are involved. We invite you to be a part of this prevention program.

We began the program with a lesson about setting positive goals. We learned that we are more likely to achieve our goals when we track our progress every day.

Please help to teach your child this important skill. Ask your child to set a goal. With your child, fill in the chart below and post it on your refrigerator. When your child has reached the goal, sign the chart and have your child return it to school.

Thank you for helping to teach your child that we are all "Too Good for Drugs."

Sincerely,



My goal is to

every day for one week.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Child's Name _____

Parent's Signature _____





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We are learning to stop and think before making a decision. Today we sang a so called "Stop and Think" song. The words to the chorus are inside the stop sign on this page. Please ask your child to sing the chorus of the song with you. Then read each scenario beneath the stop sign. Help your child to make a good decision about each one.



&



Stop and think
That's the important link.
For giving yourself some time
Before you make up your mind.

Stop and think...
When you're teetering on the brink.
It will help you make a good choice
If you'll stop and think.

- A stranger asks you to get in his car and show him where the grocery store is.
Stop and Think: What should you do?
- You have homework. Your friend comes over and wants you to play.
Stop and Think: What should you do?
- You promised your sister you would play a game. Your friend calls to talk on the phone.
Stop and Think: What should you do?
- You feel frustrated because you don't understand the math homework.
Stop and Think: What should you do?
- Your parent said you should walk straight home after school, but your friend wants you to stop at the playground on the way home.
Stop and Think: What should you do?

How to Handle Frustration Without Howling!



Take One Step at a Time



Take a Break



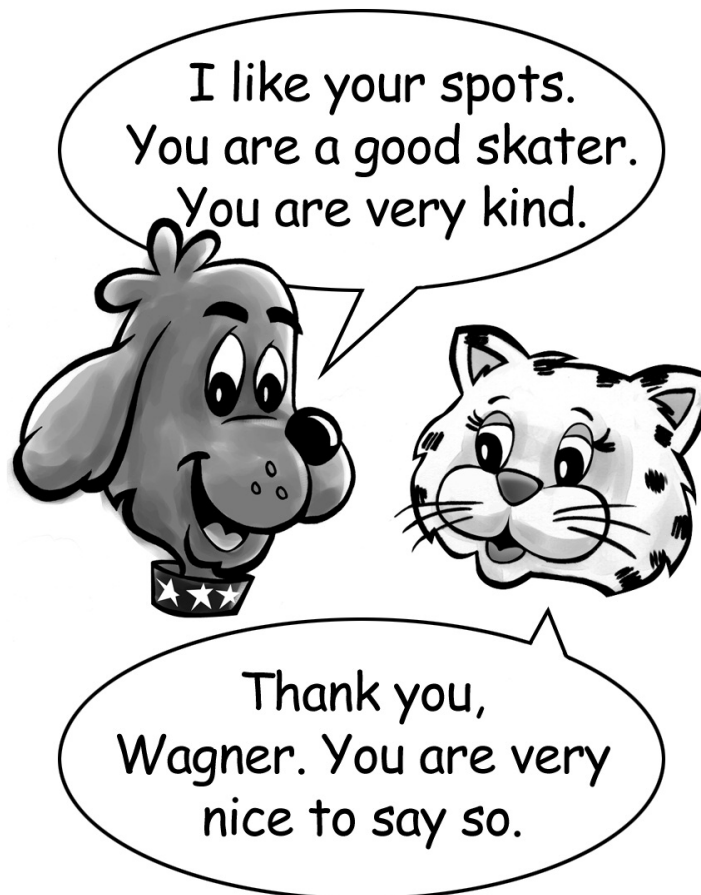
Try Another Way



Say How You Feel



Ask for Help



Give your child three compliments:

- 1 compliment about how your child looks
- 1 compliment about a talent or skill your child has
- 1 compliment about a special way your child acts

We have been learning to smile and say "thank you" when someone compliments us. Does your child accept your compliments well? Do you?

Ask your child which compliment s/he likes the most. Tell your child you like to get compliments, too.



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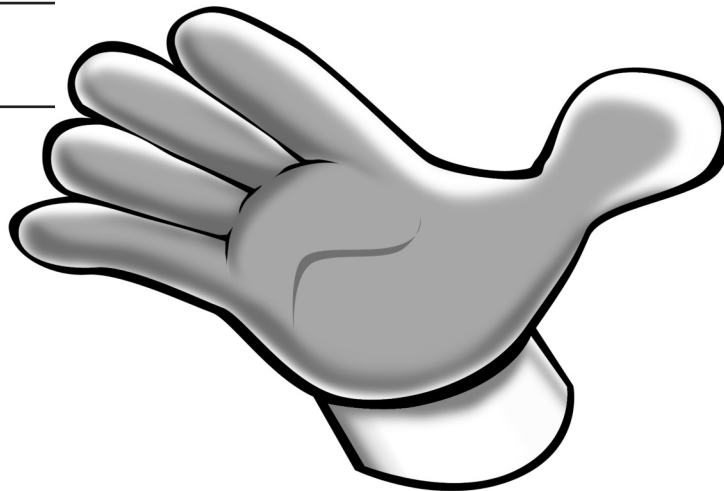
for Parents and Kids

- Directions:
- (1) Cut on the dotted line.
 - (2) On the first Helping Hand, write your name and the name of a friend at school. Write a sentence about how you could help that friend.
 - (3) Give the Helping Hand to your friend at school.
 - (4) On the second Helping Hand, write your name and the name of a family member.
 - (5) Write a sentence about how you could help that family member.
 - (6) Give the second Helping Hand to your family member.

Your Name: _____

Friend's Name: _____

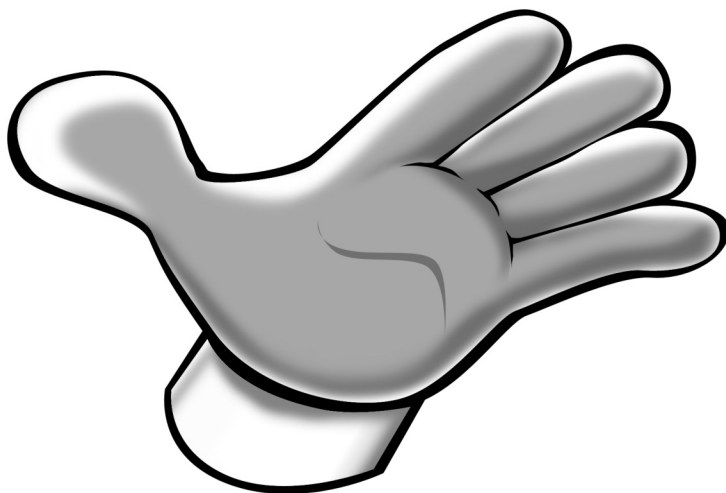
How you can help:



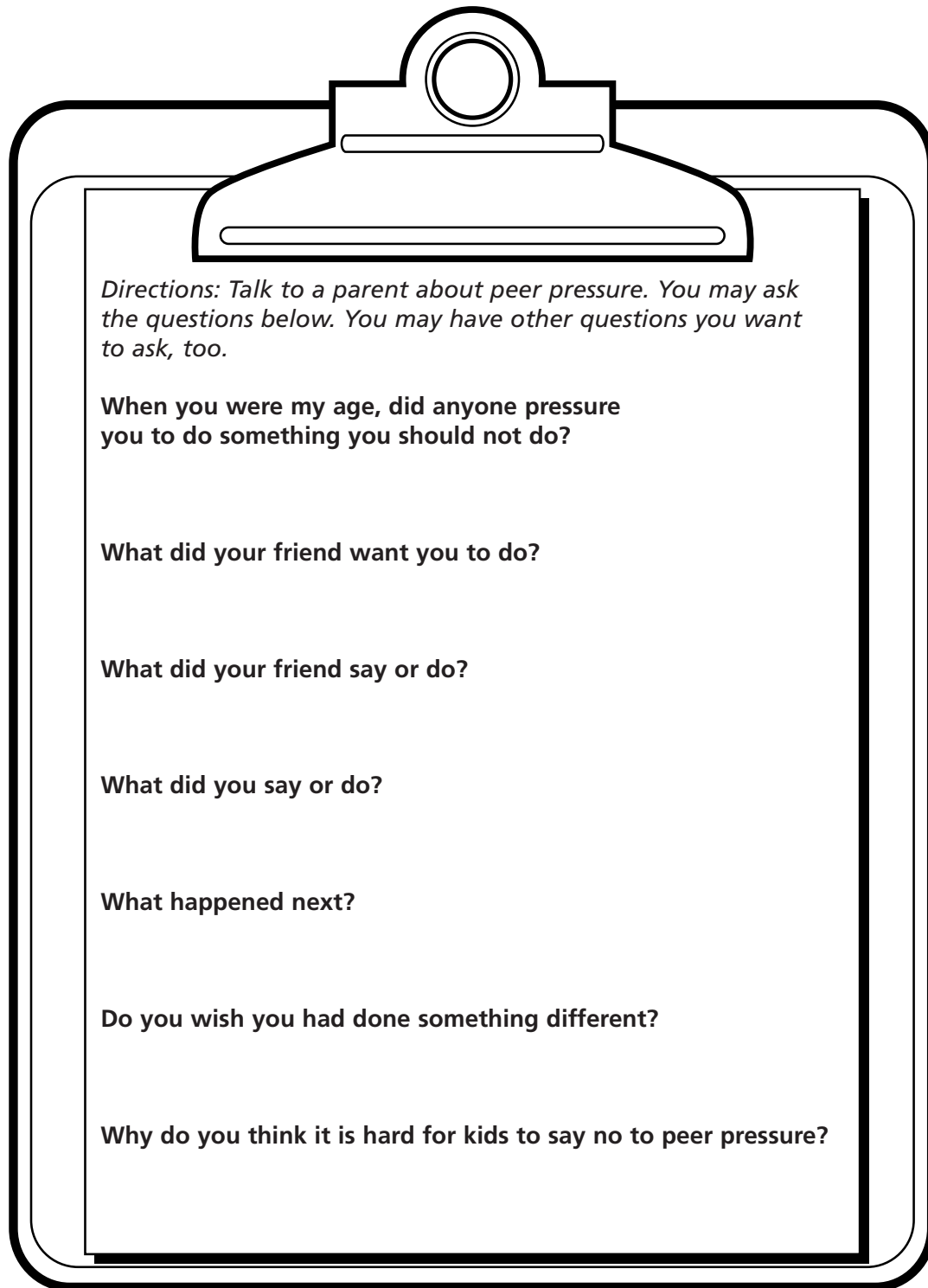
Your Name: _____

Friend's Name: _____

How you can help:



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Directions: Talk to a parent about peer pressure. You may ask the questions below. You may have other questions you want to ask, too.

When you were my age, did anyone pressure you to do something you should not do?

What did your friend want you to do?

What did your friend say or do?

What did you say or do?

What happened next?

Do you wish you had done something different?

Why do you think it is hard for kids to say no to peer pressure?



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Too Good for Drugs *Grade 2*

Home Workout

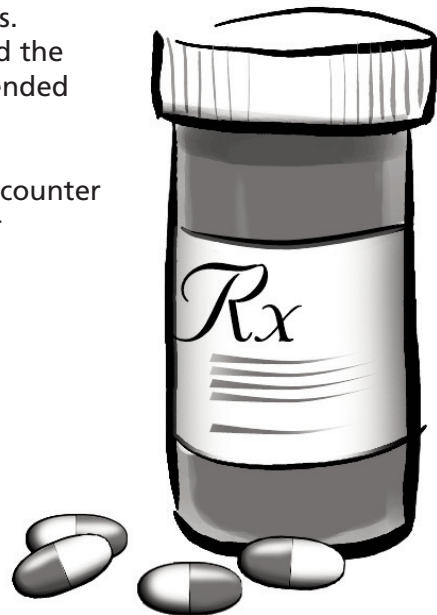
for Parents and Kids

We are learning about prescription drugs and over-the-counter drugs in our Too Good for Drugs Program. We are learning that like all drugs, medicines change the way the body works. We have also learned some other important information about prescription and over-the-counter drugs. Use the questions below to review and discuss this important information with your child.

- 1) What is a prescription drug?
- 2) What is an over-the-counter drug?
- 3) Why is it important for children to tell an adult when they feel sick?
- 4) Is it a good idea to share prescription drugs with someone else?
- 5) Who should give medicine to a child?

Parents, you can help to further protect your child by following a few simple steps.

- Read the label on prescription and over-the-counter drugs. Be sure you are giving your child the correct medicine and the proper dosage. Giving your child more than the recommended dosage can be dangerous.
- Remember to safely lock up all prescription and over-the-counter drugs. Ask family members and friends to safeguard their prescription drugs also.
- Be a good role model for your child. Be sure to follow all the instructions when taking your own medication(s).
- Always follow your medical provider's instructions when administering prescription drugs.





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We have been learning about the dangers of smoking
and breathing second-hand smoke. Your child has written
a message to you in the heart below.

