

SMART KIDS

AGE 6 - 8



This booklet should be read by a parent, caregiver or teacher alongside a child. Parents and teachers can download resources from our website www.nacada.go.ke

This publication is part of our public education programmes. It is for your use and may be reproduced without permission from **NACADA**. Reproduction for commercial purposes is however prohibited.

PUBLICATION DATE: AUGUST 2020

WHAT IS A DRUG?

A drug is any chemical that changes how we feel, think or act. When people take drugs it can also affect those around them like their families and friends.

There are different types of drugs. Medicines are a type of drug. They can be given to us by doctors to make us feel better when we are sick.

Examples of other drugs are:



Alcohol

and



Cigarettes

SMOKING



igarette- is a product that contains chemicals that are harmful to your health when smoked.

SMOKING:

Breathing in and out smoke from cigarettes.

SECOND HAND SMOKE:

Smoke from cigarettes being used by others.



You can be exposed to second hand smoke if you are near someone who is smoking. This could be at home, school, along the road or in a vehicle.

Second hand smoke is dangerous for you because the smoke has poisons that can:

- 1 Make you cough, sneeze and have difficulty in breathing
- 2 Make your clothes and hair smell bad
- 3 Make you sick
- 4 Lead to ear infections
- 5 Make you get a headache
- 6 Pollute the environment and make it unhealthy

Avoid second hand smoke by

- ✓ Staying away from places where people smoke.
- ✓ Choosing friends who do not smoke.
- ✓ Talking about the dangers of second hand smoke to those who smoke around you, your friends, parents, guardians and close relatives.
- ✓ Saying no to a friend who asks you to accompany him or her to places where people smoke.
- ✓ Seeking help from parents, teachers and guardians on how to handle people you know who smoke.





Medicines are drugs that are used to treat or prevent sickness. Most medicines come in form of syrups, capsules, tablets, eye/ nose drops, inhalers and injections.

When you fall sick and visit a hospital or health centre, you will be given the right type of medicine to treat your sickness. Your parent or guardian will be told how you should take the medicine, things to avoid while taking the medicine and time of day the medicine should be taken.



It can be dangerous not to follow the doctor's instructions. Tell an adult if you feel sicker after taking any medicine.

HOW DO PEOPLE MISUSE MEDICINES?

Misuse of medicine happens when you:

- Take too much or too little medicine
- Take it at the wrong time of the day
- Share your medicine with others
- Take other people's medicine



When you misuse medicines you may:

Have breathing problems

Feel stomach pain

Sweat a lot

Feel dizzy

Vomit



WHAT SHOULD YOU DO TO AVOID MISUSING MEDICINE?

1. Only take medicines given to you by a doctor
2. Always check with an adult before you take medicine
3. Do not take any medicines from strangers or friends

DANGEROUS HOUSEHOLD PRODUCTS

Many detergents, soaps and other household products like bleach, toilet cleaners, insecticides, and air fresheners can cause health problems when not used correctly.

Some of these products can harm you if you swallow or inhale them or if they get on your skin. The chemicals in them can make you:

- Feel like your eyes, skin or throat are burning
- Dizzy
- Vomit or diarrhoea
- Faint
- Have breathing problems

DO NOT swallow, inhale or touch household products.



BE SMART, STAY SAFE

Being smart means you know how to stay safe when alone or with other children. You need to be safe on the way to school or home, on the playground, in the market, on the bus, matatu or train or even in the neighborhood.

Smart children know how to deal with strangers. A stranger is someone you do not know. Not all strangers are dangerous, but some are. Some dangerous people don't look scary or mean. They may look nice and be kind to you but want to hurt you.



RULES FOR DEALING WITH STRANGERS

Do not take food, drinks, snacks, cakes, biscuits or sweets from strangers. Even if the stranger has something you really like e.g. dog, kitten or toys. Some people put drugs in them to hurt you.



If a stranger gives you any of these things:

1



STEP BACK

2



**SAY "NO"
AND WALK AWAY**

3



**TELL AN ADULT YOU TRUST
LIKE A TEACHER OR PARENT**

Do not go with strangers if they ask you to help them look for something, do something or help them with directions. Do not accept rides or lifts from strangers.

If a stranger asks you to go with them:

1. Do not walk closer to them.
2. Do not give an answer.
3. Walk the other way.
4. Go towards the nearest safe place.
5. If you feel scared run and shout for help.



It is more fun and safe to do things with friends instead of alone. So have some friends, your brother or sister with you when you go to school, walk home or go to the shop.


- ✓ Avoid places where there is no one around like dark paths or forests.
- ✓ Always look around for safe spots or places you can run to for help like schools, police stations, shops, churches, mosques, temples or your relative's home.

REMEMBER:

Strangers should ask other adults for help not children. Even if a stranger knows your name they are still a stranger.



HOMework WITH PARENT:



Talk to your parent or adult that you live with about safe places you can go to.

LEARN TO BE A PROBLEM SOLVER – YOU CAN DO IT

SCENARIO:

Imagine there is a child in your class who is always calling you names and pushing you until you fall down.

How would that make you feel? Frustrated, angry, sad...

Do you know that you can do something about it? Try following these steps every time you have a problem.



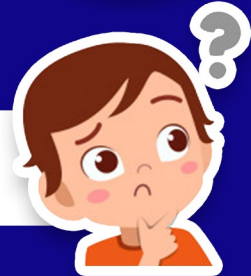
1

How do you feel?
Frustrated, angry, etc



2

What is the problem?



3

What can you do? Options may include
try again a different way, ask an adult
(teacher or parent)



4

What will happen if you do this? Is
it healthy & safe?



5

What else can you do?

123?

6

Go ahead and do it



7

Think: did it work or not work?



CONTACT US:

CENTRAL REGIONAL OFFICE

Regional Coordinators Office Nyeri,
Block A, Ground Floor, Room 11
P.O. Box 948-10100 Nyeri
+254 110003914, 0202649720
central@nacada.go.ke
(Covers: Nyeri, Kiambu, Muranga,
Nyandarua & Kirinyaga counties)

NAIROBI REGIONAL OFFICE

NSSF Building, Bishops Road;
Annex-9th Floor
+254 (020) 2721997
nairobi@nacada.go.ke
(Covers: Nairobi County)

SOUTHRIFT REGIONAL OFFICE

Rift Valley's Regional
Coordinators Office
Nakuru, Block A ,2nd Floor,
Room 5 A
+254 (020) 8000407
southrift@nacada.go.ke
(Covers: Nakuru, Kajiado, Narok,
Bomet, Kericho, Laikipia and
Samburu)

NYANZA REGIONAL OFFICE

Huduma Centre, Wing C,
1st Floor
P.O. Box 7783-40100 Kisumu
+254 702112559, +254 770 892 136
nyanza@nacada.go.ke
(Covers: Kisumu, Nyamira, Kisii,
Migori, Homabay and Siaya
counties)

WESTERN REGIONAL OFFICE

Regional Coordinators Office
Kakamega, Block A , 1st Floor,
+254 720 805 754
western@nacada.go.ke
(Covers: Kakamega, Busia,
Bungoma and Vihiga counties)

COAST REGIONAL OFFICE

NSSF House, Northern Wing,
9th Floor,
Social Security House,
Nkurumah Road, Mombasa
+254 702 094 901,
coast@nacada.go.ke
(Covers: Mombasa, Kilifi, Kwale,
Taita Taveta, Tana River & Lamu
counties)

NORTH RIFT REGIONAL OFFICE

KVDA Plaza, 12th Floor
P.O. Box 9217 - 30100 Eldoret
+254 714 493 660
northrift@nacada.go.ke
(Covers: Uasin Gishu, Nandi,
Baringo, West Pokot, Turkana,
Elgeyo Marakwet and Trans Nzoia
counties)

NORTH EASTERN REGIONAL OFFICE

Regional Coordinators Office,
Garissa
+254 720 056 605
northeastern@nacada.go.ke
(Covers: Garissa, Wajir and
Mandera counties)

EASTERN REGIONAL OFFICE

Regional Coordinators Office,
Embu
Ground Floor, Office No. 32
+254 723 807 460
eastern@nacada.go.ke
(Covers: Embu, Isiolo, Meru, Tharaka
Nithi, Kitui, Machakos, Marsabit &
Makueni)

HEADQUARTERS NACADA

P.O. Box 10774 00100
NAIROBI
NSSF Building, Block A,
Eastern Wing 18th Floor
+254 (020) 2721997/93
info@nacada.go.ke
ceo@nacada.go.ke



NACADA
FOR A NATION FREE FROM ALCOHOL AND DRUG ABUSE



**TOLL FREE
HELPLINE 1192**

WWW.NACADA.GO.KE



NACADAKENYA