

**GRADE ONE**

**TEACHER BACKGROUND INFORMATION**

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**ALCOHOL AND OTHER DRUGS**

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## Teacher Background Information Alcohol and Other Drugs

### THE MAIN THEMES

The three broad themes covered in the Kindergarten to Grade 3 portion of the Alcohol and Other Drugs Program are:

- SAFETY (This includes the development of safe attitudes towards such things as hazardous products, medicine, etc.)
- DRUGS (Medicines are the first drugs on which students receive information They later learn about other drugs.)
- WELL-BEING (One of the main goals of the program is the development of healthy lifestyles. The relationship between responsible decisions involving hazardous products, medicines and other drugs and a person's well-being is emphasized.)

Each theme is presented under a separate heading. If, for example, teachers want information on, say, poisons, they should first turn to the safety section, then locate poisons within that section.

## SAFETY

### Introduction

From a very early age, children can begin to develop safe attitudes towards particular situations or substances which have the potential for producing harmful results. As they learn to identify dangerous situations, or substances which may be harmful, and as they learn some of the rules associated with these, they will also begin to make responsible decisions, not only in terms of what is familiar to them, but they will also be able to deal with the unknown. In the theme on safety, students learn to recognize and handle potentially dangerous situations with regard to hazardous products, medicines and other drugs.

The most important point of these lessons on safety is that, if students do not know, or are not sure what a substance is, they should not touch it without first asking an adult whom they trust. If they are unsure about whether a specific situation is safe or unsafe, they should not participate in what is happening, again without first asking an adult.

'AN ADULT YOU TRUST' is used to signify either a grown-up whom the students know well and believe - for example, mother, father, grandmother, etc. - or someone who would have particular knowledge about these topics - for example, a health professional, such as a doctor or nurse. If children name an older brother or sister or a friend, that person would have to be old enough to have accurate information on hazardous substances, medicines, drugs, etc.

'SAFE' is used to describe an action or substance which does not hurt any person or any property.

'UNSAFE' is used to describe an action or substance which might possibly cause harm to a person or to property.

## Potentially Hazardous Substances

A potentially hazardous substance is any substance which may produce harmful results. These harmful results may occur as a result of either using the substance incorrectly or using it for a purpose other than that for which it was intended. These substances are designed for a specific purpose and are safe, if used with proper care for that purpose.

The potentially hazardous substances fall into the four categories which correspond to the four hazard warning signs

- POISONOUS
- CORROSIVE
- FLAMMABLE
- EXPLOSIVE

It is important to remember, however, that, although they correspond to the warning signs, not all potentially hazardous substances have warning signs on them. Products such as those regulated under the Food and Drug Act or the Pest Control Act are not required by law to have hazardous product symbols displayed on their labels. For example, pure acetone is regulated by the Hazardous Product Act and must be labelled with the flammable and poisonous symbols. Nail polish remover, usually a dilute form of acetone, however, is a cosmetic and is regulated under the Food and Drug Act and does not have to display any hazard warning symbols.

In the early grades, it is not necessary for the students to learn the vocabulary associated with each hazard warning sign. It is sufficient for them to understand the meaning of the signs. However, if students are capable of using the correct vocabulary, they should certainly learn it.

## Methods of Identifying Potentially Hazardous Products

The following are not conclusive factors in determining if a substance is potentially harmful, however they can be used as indicators.

- A WARNING SIGN - Does the product have a warning sign on its container? Any product with a hazard warning sign on it could be dangerous
- WHERE IT IS STORED - Is the product stored in a place where children cannot reach it, e.g. cleaning products on a high shelf? They may have been put there because they are dangerous.
- WHERE THE PRODUCT IS FOUND IN THE STORE - Is the product in the section with cleaning goods? Most household cleaners have the potential of being dangerous.
- THE DIRECTIONS FOR USE - Does the product state that certain precautions should be observed when using it, a.g. using it only in a well-ventilated area? Products which have specific cautions attached to their use are probably dangerous.
- WHAT THE PRODUCT IS USED FOR - Is it a household cleaning product, a medicine, supplies for painting or woodworking, insecticide, automotive (or similar) product, supplies for the yard, a cosmetic, an alcohol or tobacco product, a plant? All of these categories have the potential to be dangerous.
- CHILD-PROOF TOPS - Does the container have a child-proof top? If it does, it is because it could be harmful, if opened by a young child.

Children should be aware that products with any of these indicators may be dangerous. If they are unsure what something is, they should always ask an adult they trust before touching it.

## Different Degrees of Danger

Although not specifically taught as a lesson, teachers should be aware that the warning signs also indicate the degree of danger which may exist. The three shapes used are the triangle, the diamond and the octagon. The more sides the sign has, the more dangerous the product might be. The triangle has three sides and means that some caution is required when handling the substance; the diamond has four sides and is a warning of more serious danger; the octagon has eight sides and indicates very serious harm or danger.

## Safe Handling and Storage of Potentially Hazardous Substances

There are some generally accepted rules for safe handling and storage of potentially hazardous substances. Children should not only learn the rules, but understand why these rules are necessary, and observe them, whenever possible.

1. ALL HAZARDOUS SUBSTANCES SHOULD BE KEPT OUT OF REACH OF CHILDREN.
2. LIDS SHOULD BE KEPT TIGHTLY CLOSED ON ALL POTENTIALLY HAZARDOUS SUBSTANCES.
3. DO NOT USE FLAMMABLE SUBSTANCES NEAR THE FIRE, EVEN IF IT IS ONLY BURNING SLOWLY.
4. FLAMMABLE AND EXPLOSIVE SUBSTANCES SHOULD BE KEPT AWAY FROM HEAT AND FLAMES.
5. MATCHES SHOULD BE KEPT OUT OF REACH OF YOUNG CHILDREN.
6. NO SMOKING NEAR FLAMMABLE SUBSTANCES

7. NEVER SMELL POTENTIALLY HAZARDOUS SUBSTANCES CLOSELY.
8. NEVER MAKE HOLES IN SPRAY CANS.
9. KEEP SPRAY CANS OUT OF REACH OF YOUNG CHILDREN.

## Poisonous Substances

Because poisons, their possible effects and the rules related to them are most closely associated with medicines and other drugs, these particular substances receive the most emphasis.

A poison is generally anything which is unsafe to taste, eat or drink. (There are also poisons which are unsafe to touch, e.g. poison ivy, or unsafe to smell, e.g. carbon monoxide gas.) The consequences of swallowing, or otherwise coming into contact with, a poison extend from a mild feeling of nausea, to more violent feelings of illness, to death.

The importance of children learning about poisons and rules related to everyday products cannot be over-emphasized. As more and more toxic household and industrial products appear, so are children more likely to come into contact with them. Our homes abound with potential dangers for our children - in the bathroom, under the sink, in basements, closets, garages and on and on.

Every year, thousands of young children die from accidental poisonings. In recent years the 10 most common items accidentally swallowed by young children were:

1. Children's A.S.A.
2. Bleach
3. Adult A.S.A.
4. Diaper-pail deodorizer
5. Chocolate-flavoured laxative
6. Children's fever drops
7. Cough syrup
8. Tranquilizers

9. Birth control pills
10. Cigarette butts

(Data supplied by the Hospital for Sick Children, Toronto)

Injuries, accidents and poisonings are one of the five most common reasons for visits to the Nursing Stations or hospitals in the Northwest Territories.

There are two main ways of reducing accidents related to poisons - one is to make children aware of the more common household poisons and the dangers associated with them; the other is to keep them out of the reach of young children preferably locked away, since young children like to climb and explore.

Areas which are most likely to contain poisons are the bathroom, the kitchen, the laundry room, the living room, the bedroom, the garage or shed and the basement or furnace room.

### ***The Poison Warning Sign***

The universal POISON warning sign is:

Examples of products which carry the POISON warning sign are listed below:

- methyl hydrate
- gasoline (in a proper container)
- wood stain
- antifreeze
- turpentine
- Pledge furniture polish
- bug spray (not in an aerosol can)

### ***Poisons With No Warning Signs***

There are, however, many common poisons which have no warning signs. Some of these are hair dye, moth balls, medicines, methyl alcohol, bleach, plants and berries. Although there are no poisonous berries in the Arctic, there are berries in the southern Northwest Territories which, if eaten, may make people feel ill.

A common cause of accidental poisoning is because people often keep potentially harmful substances in containers which were not intended for storing that particular substance and which are meant for harmless substances. This leads to confusion, for example, if a substance like gas is stored in a soft drink bottle The container is unlikely to be labelled correctly. This means it is difficult to identify exactly what is in the container. Children should learn to be suspicious of the contents of soft drink bottles in places such as the garage or furnace room.

## *Some Potentially Dangerous Household Poisons*

### **CLEANING, BLEACHING AGENTS**

Metal cleaners and polishers  
Detergents  
Ethylene glycol  
Dry cleaning fluids  
Amyl acetate  
Benzine  
Carbon tetrachloride  
Ammonia  
Copper and brass cleaner  
Turpentine  
Cleaning fluids  
Alcohol  
Oxalic acid  
Kerosene  
Methyl alcohol  
Naphtha  
Petroleum distillates  
Window washing fluid  
Drain cleaners  
Typewriter cleaner  
Aerosols  
Oven cleaner  
Bathroom bowl cleaner  
Gun cleaners  
Lighter fluid  
Bleach

### **SOLVENTS**

Paint remover  
Wax remover  
Grease spot remover  
Lacquer remover  
Nail polish remover  
Paint thinner  
Carbon tetrachloride  
Kerosene  
Methyl alcohol  
Methanol  
Turpentine  
Lighter fluid  
Petroleum products  
White out

### **POLISHES AND WAXES**

Nail polish  
Furniture wax/polish  
Car wax  
Kerosene  
Silver polish  
Pine oil  
Mineral oil  
Turpentine  
Naphtha  
Paint

### **MISCELLANEOUS HOUSEHOLD PRODUCTS AND CHEMICALS**

Epoxy glue  
Model cement  
Garden sprays  
Insecticides  
Pesticides  
Strychnine  
Herbicides  
Rat Killers  
Wax crayons  
Inks  
Fire extinguishing fluids  
Rug adhesive  
Rodenticides  
Antifreeze  
Carburetor cleaners  
Gasoline  
Anti-rust products  
Deodorizing tablets  
Plant food  
Leather polishes and dyes  
Shoe cleaners and polishes  
Jewellery cleaners and cements  
Laundry blueing

### **COSMETIC PREPARATIONS**

Nail polish remover  
Dandruff shampoo  
Eye make-up  
Nail polish ,  
Corn and wart remover  
After shave  
Shaving lotions/creams  
Hair lotions  
Suntan lotions  
Resins  
Cuticle removers  
Cologne  
Permanent-wave solution  
Bubble bath  
Hair dyes/tints  
Hair remover  
Neutralizers  
Lacquers  
Skin preparations  
Plasticizers  
Hair sprays  
Perfume

### **DRUGS AND MEDICINES**

Narcotics  
Antiseptics  
Vitamins  
ASA  
Iron medicines  
Pain killers  
Clinitest tablets  
Rubbing alcohol  
Corn and wart remover  
Iodine  
Tranquilizers  
Birth control pills  
Laxatives  
Children's fever drops  
Cough syrup  
(Most of the items in this category are only poisonous when taken orally by accident or in excess )

### **PLANTS/BERRIES**

### ***Important Factors About Poisonous Substances***

The most important factors for children to remember when they see a substance with a POISON warning sign are:

- IT IS NOT SAFE TO TASTE, EAT OR DRINK IT.
- IF SWALLOWED, IT MAY MAKE A PERSON ILL.
- IF SWALLOWED, IT MAY CAUSE THE PERSON TO DIE.
- NEVER TASTE ANYTHING WITH THIS SIGN ON IT.
- NEVER TASTE ANYTHING IF YOU DON'T KNOW WHAT IT IS.

### ***Medicines Can Be Poisonous***

Students learn that there may be benefits derived from taking medicines, if someone is ill. However, medicines are also one of the most commonly accidentally swallowed substances and can be extremely dangerous if not used properly. To ensure that children do not take medicine on their own, medicine must be stored safely where children cannot reach it, preferably in a cabinet which can be locked.

It may be possible to arrange a visit to the local nursing station or drug store, where the students can see for themselves how medicine is stored correctly in these places.

Children also learn that they should never take medicine on their own or from a friend. They should take medicine only from an adult they know well and trust, or from a professional health care person. These people know which medicine children should take, and also how much medicine they should take. If children take the wrong medicine or the wrong amount, they may become very ill.

The labels on jars or bottles of medicines are very important. They contain information on whom the medicine is for, what kind of medicine it is, how much should be taken, when it should be taken and also an expiry date, since the effect of the medicine changes with time.

### ***The Rules for Medicine***

To lessen the dangers of children being poisoned by swallowing medicine accidentally, there are certain basic rules which should be followed.

1. NEVER TAKE ANYONE ELSE'S MEDICINE.

Every person is different. A medicine that works for one person may not work for another. It may make the other person ill.

2. FOLLOW THE INSTRUCTIONS ON THE LABEL.

The label tells what kind of medicine it is, how much to take and when to take it.

3. USE MEDICINE ONLY IF YOU NEED IT.

Medicines contain drugs and may be dangerous, because they change the way the body works. There are other ways of making people feel better - a hug, going for a walk, lying down.

4. CHILDREN SHOULD TAKE MEDICINE ONLY FROM AN ADULT THEY TRUST.

Medicines may be dangerous. Children do not know which medicine to take, nor how much to take. They should not take medicine either from a friend their own age or a stranger.

5. KEEP MEDICINE OUT OF REACH OF SMALL CHILDREN.

Medicine is often brightly coloured and looks attractive to a young child. Young children cannot tell the difference between candy and pills. To avoid the possibility of young children taking medicine accidentally, it should be stored where they cannot reach it.

6. NEVER USE MEDICINES THAT ARE OUT OF DATE.

Medicines change overtime. If they are old, they may not work in the same way, and may cause harmful reactions.

7. ALWAYS THROW OLD MEDICINE AWAY IN THE TOILET, NEVER IN THE GARBAGE.

Medicine which is not disposed of carefully may be found by young children and swallowed accidentally.

8. ALWAYS TAKE MEDICINE IN A ROOM THAT IS WELL-LIT WHERE THE LABEL CAN BE CLEARLY READ.

It is easy to confuse medicines which may look similar. It is also important to be able to read clearly the instructions on the label. The label contains important information about the medicine.

### *Mistaking Medicines for Candy*

A common reason for children accidentally taking medicine is because of its appearance. Many medicines are brightly coloured or are in shapes which are attractive to children, e.g. children's vitamins. Young children are accustomed to thinking that anything which is bright, sugar-coated etc. must taste good and, therefore, is safe to eat. A mistake which adults often make is to encourage children to think of medicine as candy or to suggest that it tastes like candy.

Exlax chocolate laxative is a very good example of candy and medicine looking alike. When asked what the laxative is, children will almost always identify it as a chocolate bar.

If the children find candies, they should not taste them without first checking with an adult they trust if they are safe to eat.

Another danger that children should be aware of is that of accepting candies from a person whom they do not know well. The person may be offering them some kind of pills. Children should be taught to tell an adult they trust about any such incidents.

### *Different Kinds of Medicines*

Depending on the community, medicine is obtained from different sources. In some communities, the nurse or doctor at the nursing station gives out medicine, when it is required; in other larger communities, the doctor will write out a prescription which the person must take to the drug store for the druggist to then give out the medicine. In some communities, local people may use parts of plants or animals from the land and make these into medicines, but there are usually only a few people in the community who have that particular knowledge, and other people would consult with them. All these cautions are observed because of the potential danger of the medicines.

In most communities, some kinds of medicines can be bought over-the-counter at the local store, e.g. Aspirin, cough syrup, etc. Although these medicines are readily available, they too can be dangerous, if not used properly.

It is not necessary for the students to know the vocabulary associated with the different kinds of medicines. It is sufficient for them to understand that there are different kinds of medicines, that we get them from different places and that they may all be harmful if not used correctly.

#### PRESCRIPTION MEDICINE

- \* obtained by prescription from medical personnel

#### NON-PRESCRIPTION MEDICINE

- \* purchased directly from a store, without requiring a prescription

#### TRADITIONAL MEDICINES

- \* obtained from plant or animal sources

- \* NOTE - Traditional medicine is an integral part of native culture - it should be considered as such and must be treated with respect. Teachers should understand that not all people who are knowledgeable about traditional medicines are willing to discuss them, particularly with non-native people. It is important for teachers to respect such feelings, and where information on traditional medicines is not available from local people, students should be simply made aware that, for some people, this is another source of medicines. Any lesson on traditional medicines should involve local elders or respected community members knowledgeable in this area.

### ***Drug Stores in the N.W.T.***

In most communities in the Northwest Territories, drugs are given out by personnel in the nursing stations. The larger communities, however, have drug stores. These drug stores are located as follows-

- YELLOWKNIFE
- INUVIK
- IQALUIT
- HAY RIVER
- FORT SMITH

## **Corrosive Substances**

### ***The Corrosive Warning Sign***

The universal CORROSIVE warning sign is:

Examples of products which carry the CORROSIVE warning sign are listed below:

- chlorine bleach
- toilet bowl cleaner
- drain cleaner
- paint stripper
- oven cleaner
- metal polish
- tire cleaner

### ***Important Factors About Corrosive Substances***

The most important factors for children to remember when they see a CORROSIVE warning sign are-

- IT MAY HURT THE EYES OR SKIN.
- IT MAY GIVE A PERSON BLISTERS.
- IT MAY BURN THE SKIN.
- NEVER LET ANYTHING WITH THIS SIGN TOUCH YOUR SKIN OR EYES.
- NEVER TOUCH ANYTHING WITH THIS SIGN.

## **Flammable Substances**

### ***The Flammable Warning Sign***

The universal FLAMMABLE warning sign is:

Examples of products which carry the FLAMMABLE warning sign are listed below:

- cleaning solvent
- paint remover
- rubber cement
- wood stain
- paint thinner
- fondue fuel
- automobile, snowmobile or motor bike products

### ***Important Factors About Flammable Substances***

The most important factors for children to remember when they see a FLAMMABLE warning sign are:

- IT MAY CATCH FIRE.
- IT MAY BURN YOU OR YOUR CLOTHES OR YOUR HOUSE.
- NEVER LET ANYTHING WITH THIS SIGN NEAR HEAT OR FLAMES.
- NEVER PUT NEAR A FIRE.

## **Explosive Substances**

### ***The Explosive Warning Sign***

The universal EXPLOSIVE warning sign is:

Examples of products which carry the EXPLOSIVE warning sign are listed below:

- most products in metal containers designed to be released under pressure (spray cans)
- insect spray
- furniture polish
- rug cleaner

### ***Important Factors About Explosive Substances***

The most important factors for children to remember when they see the EXPLOSIVE warning sign are:

- IT MAY BLOW UP.
- IT MAY EXPLODE.
- NEVER PUT ANYTHING WITH THIS SIGN NEAR HEAT OR FLAMES.
- NEVER PUT SPRAY CANS NEAR HEAT OR FLAMES.
- NEVER PUT HOLES IN SPRAY CANS.
- NEVER PUT NEAR FIRE.

## DRUGS

### What Are Drugs?

When someone uses the word 'drugs', many people immediately think of illegal drugs, such as marijuana. The word 'drugs', however, has a much broader meaning.

The simplified definition of a drug is used for the elementary portion of the program:

ANYTHING THAT IS PUT INTO THE BODY THAT MAKES IT WORK DIFFERENTLY.

This would include such products as toothpaste, deodorant, mouthwash, medicines - all of which change the way the body works, and which do, in fact, contain drugs.

Since medicines are often the first drugs with which students may have contact, the concept of what a drug in the broadest sense is begins with a look at medicines. Medicines and the effects they have on a person's body are familiar to the students. Most students will know, for example, that if a person takes an Aspirin for a headache, the usual effect is for the headache to go away. In other words, the Aspirin somehow changes the way the body is working. Students learn that all medicines contain drugs.

Food can also have an effect on how the body works, but it is important to emphasize to students that drugs cause changes that are different from the way the body works NORMALLY. These changes may, or may not, be evident to the eye.

There are many other commonly-used substances which contain drugs and belong to the drug family. These include glue, gas, cola drinks, coffee, chocolate products, tea, cigarettes, other tobacco products, and alcohol.

When teachers are discussing drugs with their classes, some students may list marijuana, cocaine and other illegal drugs. They will often have been exposed to these on television. Although the materials for the early

grades do not include references to illegal drugs, teachers should be prepared to include them in a list of members of the drug family, if students themselves bring them up.

### The Effects of the More Common Drugs

The effects of drugs on the body (i.e. how they make a person's body work differently) have to be very much simplified for students in the early grades to understand.

The following is a simplified list of the effects of the more common drugs:

- i) gas, glue, paint fumes (other solvents)
  - \* dizziness
  - \* sickness
  - \* sneezing, coughing
  - \* headaches
  - \* strange behaviour
- ii) caffeine (found in cola drinks, coffee, tea, hot chocolate, chocolate)
  - \* brain works faster
  - \* hand shakes
  - \* sleeplessness
- iii) nicotine (found in cigarettes, tobacco, chewing tobacco, snuff)
  - \* brain works faster
  - \* coughing
  - \* spitting
  - \* heart works harder
- iv) alcohol (found in all spirits and alcoholic beverages - also found in a different form in substances such as anti-freeze)
  - \* brain slows down
  - \* slurred speech
  - \* difficulty walking properly
  - \* strange behaviour

- v) medicines
  - \* the effect of each medicine is different, depending on what drug it contains

Because drugs are able to change the way the body works, they must be handled with care. It is important for students to understand that drugs themselves are neither good nor bad. It is the way in which they are used which determines whether they are helpful or harmful.

## **WELL-BEING**

Well-being is a (w)holistic health term which represents a positive health state in physical, mental, spiritual, emotional and cultural areas. Everyone is located somewhere on the continuum of wellness between a high level of well-being or death. The choices which a person makes with regard to his/her lifestyle affect that well-being.

The attitudes which a person develops towards potentially hazardous substances, towards medicines and towards other drugs, and the choices which that person makes with regard to these have an impact on his/her well-being.

Prevention is also important in terms of well-being. Prevention is when we take positive steps to stop something from happening, e.g. fire prevention. Although the students may not be familiar with the word 'prevention', they will be familiar with the concept. Knowing and observing the rules for handling medicines, for example, is a behaviour which prevents accidents. This in turn affects the person's well-being; if he were to take too much medicine, he might become ill - this would move him lower down the continuum of well-being. This concept will be important later on when students discuss alcohol and other drugs and the prevention of drug abuse.

People are asked to make decisions on an on-going basis, in terms of their own well-being. In order to make responsible decisions, they have

to be provided with accurate information about the possible consequences of that decision. The decision which is made, however, does not depend solely on information, it is also influenced by other people - for example, friends, family, community members - and by other things such as advertising.

There are reasons why people choose to do things, but there are also positive reasons why people choose NOT to do things. Understanding the concept, that people choose NOT to do things because of its effect on their well-being, for example, will later help students to an understanding of why people choose NOT to use, or abuse, alcohol and other drugs.

## NWT ALCOHOL AND DRUG PROJECTS

Aklavik Alcohol Action Committee  
P.O. Box 27  
Aklavik  
X0E 0A0

Arctic Red River Alcohol & Drug Program  
General Delivery  
Arctic Red River  
X0E 0B0

Baker Lake Alcohol and Drug Program  
P.O. Box 149  
Baker Lake  
X0C 0A0

Coppermine Alcohol Awareness Centre  
P.O. Box 271  
Coppermine  
X0E 0E0

Delta House  
P.O. Box 2304  
Inuvik  
X0E 0T0

Fort Franklin Basic Awareness Program  
General Delivery  
Fort Franklin  
X0E 0G0

Fort Good Hope Alcohol and Drug Program  
General Delivery  
Fort Good Hope  
X0E 0H0

Fort Liard Alcohol and Drug Program  
General Delivery  
Fort Liard  
X0G 0A0

Fort Norman Drop In Centre  
General Delivery  
Fort Norman  
X0E 0K0

Fort Resolution Alcohol and Drug Program  
General Delivery  
Fort Resolution  
X0E 0M0

Fort Simpson Area Counselling  
P.O. Box 470  
Fort Simpson  
X0E 0N0

Fort Smith Alcohol and Drug Program  
P.O. Box 957  
Fort Smith  
X0E 0P0

Hay River Alcohol and Drug Abuse Program  
P.O. Box 338  
Hay River  
X0E 0R0

Hay River Dene Band –  
Alcohol & Drug Abuse Program  
P.O. Box 1638  
Hay River  
X0E 0R0

Holman Alcohol & Drug Program  
General Delivery  
Holman Island  
X0E 0S0

House of Hope  
P.O. Box 265  
Tuktoyaktuk  
X0E 1C0

Igloolik Alcohol and Drug Awareness Program  
General Delivery  
Igloolik  
X0A 0L0

Katimavik Centre  
P.O. Box 81  
Cambridge Bay  
X0E 0C0

Kingnait Aulatsivik  
General Delivery  
Cape Dorset  
X0A 0C0

Knute Lang Camp Project  
P.O. Box 27  
Aklavik  
X0 0A0

Lake Harbour Katiniit Committee  
General Delivery  
Lake Harbour  
X0A 0N0

Lutsel K'e Drug and Alcohol Program  
General Delivery  
Snowdrift  
X0E 1A0

Northern Addiction Services Rehabilitation Program  
P.O. Box 1072  
Yellowknife  
X1A 2N8

Pangnirtung Alcohol Education Committee  
P.O. Box 253  
Pangnirtung  
X0A 0R0

Peel River Alcohol Society  
P.O. Box 99  
Fort McPherson  
X0E 0J0

Pond Inlet Health and Social Services  
General Delivery  
Pond Inlet  
X0A 0S0

Rae Edzo Counselling Services  
P.O. Box 85  
Rae  
X0E 0Y0

Rankin Inlet Addictions Project  
P.O. Box 310  
Rankin Inlet  
X0C 0G0

Sapuniaqtit  
General Delivery  
Arviat  
X0C 0E0

Spence Bay Alcohol and Drug Education Project  
General Delivery  
Spence Bay  
X0E 1B0

Tree of Peace Alcohol and Drug Program  
P.O. Box 2667  
Yellowknife  
X1A 2P9

Tuvvik  
P.O. Box 269  
Iqaluit  
X0A 0H0

Wrigley Alcohol and Drug Solvent Abuse Program  
General Delivery  
Wrigley  
X0E 1E0

Zahtie Koe Alcohol and Drug Program  
General Delivery  
Fort Providence  
X0E 0L0

## DICTIONARY

<b>accident:</b>	anything which happens unexpectedly and is not planned; the results of an accident could be harmful.	<b>cough syrup:</b>	a liquid medicine used when a person is sick with a cough; directions for safe use are printed on the bottle.
<b>behaviour:</b>	the way someone acts.	<b>dangerous:</b>	Any action which makes a situation not safe.
<b>bleach:</b>	a poisonous cleaning liquid used to make clothes white.	<b>drug:</b>	anything that is put into the body that makes it work differently.
<b>blister:</b>	a water swelling under the skin.	<b>drug store:</b>	a store where you can buy medicines and other things such as soap, toothpaste, kleenex, candy.
<b>bug spray:</b>	a poisonous liquid which can be put on bugs to kill them.	<b>explode:</b>	to burst into pieces, to blow up.
<b>cabinet:</b>	is a safe place to keep things; it has shelves and a door; a 'medicine cabinet' is a safe place to keep medicines.	<b>explosive:</b>	capable of bursting into pieces, of blowing up.
<b>cigarette:</b>	has a drug in it; it is tobacco rolled in paper; the rolled tobacco can be burned and the smoke sucked through the mouth and breathed out again.	<b>flammable:</b>	capable of catching fire easily.
<b>cleanser:</b>	a liquid or a powder substance used for cleaning; it can be harmful if not used in the right way, and usually has a sign on it to tell you how to use it.	<b>fumes:</b>	a strong smelling gas or smoke.
<b>corrosive:</b>	being able to eat away something; for example, the rust is corrosive, that is, the rust is eating away at the car.	<b>ear drops:</b>	a liquid medicine put into the ears when a person is sick with an ear ache or a cold.
		<b>Ex-lax chocolate laxative:</b>	a medicine taken to cause a bowel movement; the chocolate covering on the medicine is to make it taste better.
		<b>glue:</b>	a substance used for sticking things together; it can have harmful or unsafe fumes.
		<b>hazard:</b>	risk or danger.
		<b>hazard warning signs:</b>	tell you the substance can be dangerous; the sign means there is a rule to follow to use the substance safely.

<b>identify:</b>	to find out who or what someone or some thing is; to be able to tell things apart.	<b>poison warning sign:</b>	shows that people should not taste, eat or drink the substance with the sign on it.
<b>label:</b>	a piece of paper or card stuck on something showing what it is, and what it should be used for.	<b>prescription:</b>	a piece of paper with the name of the medicine and how much and how often the sick person has to take it; the doctor goes the sick person the prescription, and it allows the person to buy the medicine.
<b>medicine:</b>	a liquid or a pill taken for an illness; medicine can be harmful if not used safely.	<b>prevent:</b>	something that could be done to stop some thing from happening; for example, brushing your teeth every day could stop tooth decay and toothaches.
<b>non-prescription:</b>	medicines which we can buy in the store without the doctor's permission.	<b>responsible:</b>	able to be trusted.
<b>Nursing Station:</b>	a place where people can go if they are hurt or feeling sick; the nurse will look closely at the person to find out what is wrong, and may give the person medicine.	<b>rules:</b>	tell you what to do and what not to do; rules are needed to know what to do with medicines and unsafe substances.
<b>ointment:</b>	a soft greasy substance use for cuts and sores.	<b>storage:</b>	a place for keeping things safely away.
<b>permission:</b>	written or spoken words that allow someone to do something.	<b>store:</b>	to keep something safely away
<b>pharmacist:</b>	knows a lot about medicines; a pharmacist gets directions from a doctor on which medicine to give someone who is sick.	<b>substance:</b>	any material; what a thing is made of; for example, the bottle is full of a sticky substance.
<b>pills:</b>	a little tablet or ball of medicine to be swallowed.	<b>swallowed:</b>	to allow food or liquid or medicine to pass down the throat.
<b>poison:</b>	anything which is unsafe to taste; a poison may cause serious illness or death.		
<b>poisonous substances:</b>	substances which are unsafe to taste; and may cause serious illness or death.		

**traditional:**

something that has been passed from parents to children; something done over and over, 'traditional medicine' is from the land. In some communities, if someone is ill, he/she would go to one of the old people who knows about land medicine, and the old person would pick some of the plants from the land or find a particular part of an animal and would make medicine from it.

**unconscious:**

a person is alive and breathing but is stunned and not able to see or feel anything.

**well-being:**

- is how a person feels about himself/herself and the world around him or her.

- a person's overall feeling about his or her physical and mental health.

- the state of a person's physical and mental health.