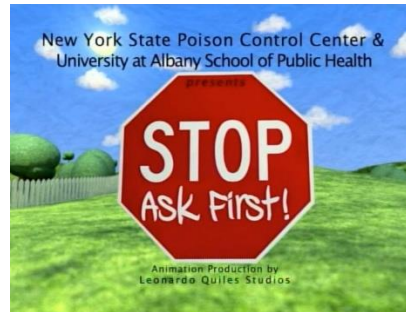




Illinois Poison Center
**POISON
HELP**
1-800-222-1222

Illinois Poison Center's (IPC)



Presentation Guide for “Stop! Ask First” Video (ages 3-7)

Length of Presentation: 20-30 minutes. It’s amazing how much and how fast this age group can absorb in such a short time, especially with lots of repetition, songs and colorful visuals!

Goal: Educate both children and their caregivers about poison prevention as well as create awareness about IPC’s 1-800-222-1222 free, expert and confidential helpline staffed with specially trained nurses and pharmacists - available 24 hours, every day of the year.

Objectives: Make sure kids understand and can repeat/recite the following:

1. That some things that we use/eat/drink may look like other things that can make us sick.
2. Always ask first before touching, tasting or picking up anything
3. Don’t take medicine/vitamins/food/drink unless given to them by a trusted adult
4. The IPC telephone #800-222-1222

Materials Needed:

1. **Look-alikes** (suggest using only 3 look-alikes):
 - a. Parmesan Cheese (can) and Ajax cleaner (can)
 - b. Gummy bear candy (bottle) and Gummy vitamins (bottle)
 - c. Gatorade (blue) and Fabulosa Cleaner (blue)...or similar colored drink and cleaner
 - d. Gatorade or child beverage (blue; jug) or Windshield washer fluid (blue; jug)
 - e. Apple Juice (yellow; clear plastic bottle) and Pine Sol cleaner (yellow; clear plastic bottle)

Note to Presenter: Always use products that have never been opened. Seal the products well by taping the caps to the container so that no child can open them. Hide these so the kids don’t see them until you’re ready to show them during the “**Discussion**” time.

2. **IPC Materials:** Available via IPC's **Poison Prevention Education Resource Center**. If you haven't already done so, you'll first need to complete the free, quick and easy online [Poison Prevention Education Course](#). After completing the course, at the [Poison Prevention Education Resource Center](#), select "**Order Free Materials**" from the "**Site Menu**" at the top, center of the Home page: stickers, magnets, children's activity sheet(s), promotional items (when/if available) and/or IPC Complimentary Safety Packets (most materials available in English and Spanish).
Note: These materials should be given to the teacher(s) to distribute to the kids/their caregivers after the presentation.
3. "**Stop! Ask First**" video: Available at <https://www.illinoispoisoncenter.org/resources/download-materials/stop-and-ask-first-program/>
4. **Optional: IPC Jingle** (available in 30 or 60 seconds; English and Spanish under the "Audio" heading at <https://www.illinoispoisoncenter.org/resources/download-materials/video-library/>

Note to Presenter: Although the video, created in 2007, is one of the best young children's video's the IPC has to-date, the IPC has since replaced the word "**poison**" with the words "**potentially harmful/toxic substances**" or "**things that can possibly make you sick or hurt you if handled/used/taken incorrectly**". For example; medicine and vitamins aren't **poison** but if taken the wrong way, when not needed or too much, they can make you sick. Toothpaste isn't a **poison** but if you eat/swallow too much of it, it could make you sick. Laundry detergent (or any soap for that matter) isn't a **poison** but can be harmful if ingested. Even clean water, if taken too much, too fast, can make you very sick. These substances can be "poisonous" but that doesn't make them a "poison". **PLEASE REFRAIN FROM USING THE WORD "POISON" WHEN TALKING TO BOTH CHILDREN AND ADULTS.**

Set-up (10-20 min)

Remember to hide the look-alikes from the kids until you're ready to show them after they watch the video.

Greeting and Introduction (5 min.)

Introduce yourself as a Volunteer Poison Prevention Educator for the IL Poison Center

Quick Q & A with the Kids:

Question: “Does anyone know what the word “poison” means?” Call on 1-3 kids for their answers.

(note: since the IPC has the word “poison” in its name and is mentioned throughout the video, we use the work “poison” only at this time in order to transition into the next question so that we can begin to use the phrase “potentially harmful substance” or “something that can be harmful/make you sick” in its place.)

Answer: “It means something that can or has made you sick (caused a fever, rash, upset tummy, pain anywhere inside your body) or hurt you (bite, sting).”

Question: “Can anyone tell me what thing(s) can be harmful to you/make you sick?”

Answer: “Thanks again for all the good answers. Why don’t we watch a short video called “**Stop! Ask First**” and see what we can learn from the characters Mellie and Zipper. They are really curious and smart, just like you! Ready?!”

Show Video (6 min)

“**Stop! Ask First**”: <https://www.illinoispoisoncenter.org/resources/download-materials/video-library/>

Characters: Zipper and Mellie

Note to Presenter: The song “**Stop! Ask First**” will play throughout the video. The first time it plays, allow the kids to listen to the song. Each time afterwards, sing the song and encourage the kids to sing along with you/the video. By the end of the video, the kids will know the song by heart.

Discussion (10 min.)

Question: “What did you learn?”

Comment: Listen to and thank them for their answers

Question: “What did Mellie and Zipper learn to do?”

Comment: Correct...Stop! Ask First. Thanks so much for listening carefully! Remember:

1. Always **“Stop! And Ask First”** – ask a trusted grownup before touching, tasting or picking up anything.
2. Anything can be harmful if not used or taken (in the mouth) the right way in the right amounts.
 - Medicine and vitamins are good for you but only if taken the right way and the right amount. Otherwise, too much or too many can make you sick. **Only take medicine/vitamins given to you by trusted adult.**
 - Toothpaste helps clean and protect your teeth, but if you eat/swallow too much of it, it could make you sick.
 - Laundry detergent/soap (or any kind of soap) helps clean our dirty (and sometimes stinky 😊) clothes and body but can make you VERY sick if you get it in your mouth or eyes.
3. Many things can look like food, candy or drinks but they are not and can make you sick. Let me show you some examples.” *[note: show one set of the look-alikes at a time, making sure to show the backside so they can’t see the name/brand of the product.* Use the following examples and dialogue:

- a. Parmesan Cheese (can) and Ajax cleaner (can)

Question: “Which one is something you eat/maybe put on your pasta and which one is a cleaner used to clean your kitchen and bathroom? Do they look alike? Who wants to eat something we use to clean our sinks and floors?!?!”

- b. Bottles of Gummy bear candy and Gummy vitamins

Question: “Which bottle is full of candy and which one is full of vitamins that help you stay healthy? Do the shapes and colors look alike?”

- c. Gatorade (blue) and Fabulosa Cleaner (blue)...or similar colored drink and cleaner

Question: “Which one is something your parents might drink and which one is a cleaner used to clean your kitchen and bathroom? Do the containers and the colors look alike?”

“REMEMBER the song in the video...(sing) ‘Before you smell it, touch it or pick it up, just walk right over to a grown up and STOP! ASK First!’ You should **ALWAYS ASK** a trusted grownup for help FIRST and only take medicine/vitamins/food/drink when a trusted grownup gives it to you.

Don't forget... anything can be harmful if not used or taken the correct way or amount. Always **ASK FIRST**. "

Closing (5-10 min.)

Question: "Who wants to be healthy and be able to play and have a fun time?"

Question: "Who wants to be sick or hurt?"

Comment: "Let's be safe and healthy...and always: **Stop! Ask First!** How about sharing this information with your parents/grandparents/sitter/nanny? Ok, let's wrap it up:

- Show the kids the **IPC poster** with the IPC logo and phone **#1-800-222-1222**. Slowly point to each of the individual #'s on the poster and ask the kids to repeat each # after you. Do this a few times, then challenge them to say the phone # by themselves. Finally put the poster away and challenge them to say the 1-800-222-1222 from memory! Praise them well after each attempt.
- Give each child a **sticker** and show them the rest of the materials their teachers will give to them and/or their caregivers at the end of the presentation and/or day.
- Thank the children and their teachers for their time and participation."

Optional (kids love this!):

If time permits, play the **IPC Jingle** a couple times and then challenge the kids to sing it with you and finally, without you! (available in English and Spanish, 30 or 60 seconds):

<https://www.illinoispoisoncenter.org/resources/download-materials/video-library/>