

# ARISE LIFE-SKILLS FOR MIDDLE SCHOOL - VOLUME 4

## INSTRUCTOR'S MANUAL

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# SECTION ONE: HEALTH CARE IS SELF-CARE

## INTRODUCTION

*(by Ira Steinberg, M.D.)*

### *Information to share with students:*

On a lifetime basis, preventing health-care problems is the best approach. Children must learn to take responsibility for their own health. This means developing good habits at an early age, eating healthy foods, getting enough exercise and rest, and treating early symptoms properly.

Youngsters can play an important part in their own health care (and their family's) with some simple activities and basic knowledge.

**The goal for students in this section is:**

**To learn how to take responsibility for their own health.**

## **INTRODUCTION**

### **Learner's Workbook:** *None*

1. Discuss with students the meaning of wellness (include eating healthy foods, getting enough exercise and rest, and treating early symptoms properly).
2. Point out that wellness comes from prevention; another way of saying “self-care.”

## **WAYS TO BE SICK**

### **Learner's Workbook:** *None*

1. Divide students into groups of four or five and ask them to list all the ways a person can be sick. Make sure they include allergies, fever, aches or pains, ear aches, skin rashes, vomiting, diarrhea, bruises, and poisoning. Allow five minutes to do this activity.
2. Have each group pick a reader who will read their list. Write their lists on the board or a large piece of paper where all can see.

## **CREATE A FIRST-AID KIT**

### **Learner's Workbook:** *Page 1*

1. Have students read about the most important items that should be included in a First-Aid Kit on workbook page 1. Ask if they have any of these items at home.
2. Create a first-aid kit for school. Design a box and have the students bring in the following for the kit: bandaids, hydrogen peroxide, gauze, Tylenol, and other items.

## **FEVERS; TEST YOUR KNOWLEDGE**

### **Learner's Workbook:** *Pages 2 and 3*

1. Ask for volunteers to read the different facts about fevers on workbook page 2. As a group, discuss the do's and don'ts of when someone has a fever. Ask students if they learned anything about fevers they didn't know before.
2. Pair students up to test their knowledge on fevers using workbook page 3. Go over answers as a group when everyone has completed the worksheet. (*Answers are on page 48 of this manual.*)

## **ACHES, PAINS AND MINOR INJURIES**

### **Learner's Workbook: Pages 4-6**

1. Have volunteers read the information about aches, pains and minor injuries on workbook pages 4 and 5. Ask if they have ever experienced the things described on these pages.
2. On workbook page 6, have them work in small groups to match the symptoms with their possible solutions. If they need help, encourage them to consult the previous workbook pages. (*Answers are on page 48 of this manual.*)

## **WHEN TO CALL THE DOCTOR**

### **Learner's Workbook: None**

1. Play "Do we call the doctor?" Pick a student to be Mom or Dad and one to be the child. Role-play the following events:
  - A. Child: "I cut my leg."  
Parent: "Apply pressure with a clean cloth, then clean it with soap and water. Put on hydrogen peroxide and cover it with a bandage."
  - B. Child: "I sprained my foot."  
Parent: "Rest with your foot up. Put ice on it for 15 minutes every hour until the swelling goes down."
  - C. Child: "I can't walk. My leg is cold and crooked. I fell down real hard."  
Parent: "Let's get to the doctor right now."

## **ALLERGIES**

### **Learner's Workbook: Pages 7 and 8**

1. Write the word "Allergy" on the board or a large piece of paper where all can see. Discuss with the group what they think can cause allergies.
2. As a group, go over the Allergy Facts on workbook page 7.
3. Challenge students to complete page 8 by writing "True" next to the statements that correctly describe allergies. When everyone has finished, review answers as a group. (*Answers are on page 48 of this manual.*)
4. Ask students to tell you all the things people can be allergic to, then make a chart classifying the allergies into the following groups: Foods, Household Items, Outdoor Items. Have the students ask friends and family members what they are allergic to. Then, graph the results and come up with a conclusion as to which allergies might occur more frequently.







# FIRST-AID KIT

All homes should have a first-aid kit that contains the following items:

- Thermometer
- Tylenol (acetaminophen-type pain reliever; generic store brands are as effective as name brands) for fever, pain, or swelling
- Decongestant and antihistamine for colds and allergies
- Hydrogen peroxide to clean wounds
- Adhesive bandages, gauze
- Ice bag, heating pad
- Ipecac syrup (only to be used on advice of a doctor or Poison Control Center to induce vomiting)



# FEVERS

-  Normal body temperature is 98.6 degrees, but some people regularly run slightly higher or lower.
-  Exercise, eating, and excitement can cause temperature rises, but a real fever (101 degrees or higher) usually means the body is fighting an infection.
-  If a fever is present, children need to know that checking the temperature every six hours is usually often enough. Hot or cold drinks should be avoided just before using a thermometer to ensure an accurate reading.
-  A feverish person may need Tylenol if he is uncomfortable, but fevers frequently break with just rest and increased liquids. Sponge baths with lukewarm water usually feel good and sometimes help keep the person comfortable.
-  People with a fever should increase their liquid intake: preferably water, but diluted juices and clear soups, popsicles, or gelatins are good also. This is because fevers produce sweat, which reduces the body's normal fluid levels, and these must be maintained to avoid dehydration, a dangerous result of extremely high temperatures.
-  Fevers sometimes occur with any or all of the other common, home-treatable problems discussed in this section. *In all cases, if a fever is present, the doctor should be called if:*
- Temperature is above 100 degrees in an infant; 101 degrees up to six months; or 103 degrees in a person older than six months.
  - There are signs of dehydration (increased thirst, infrequent urination, dark urine, dull eyes, dry skin or lips).
  - Person is less active than usual, cranky, or has a stiff neck.
  - Rapid breathing or a seizure occurs.
  - Fever lasts more than two days despite medication and other efforts to reduce it.

# TEST YOUR KNOWLEDGE: FEVERS

1. The normal body temperature is \_\_\_\_\_ degrees.
2. Someone who has a fever should \_\_\_\_\_ their liquid intake.
3. A doctor should be called if the fever lasts for more than \_\_\_\_\_ days.
4. A fever usually means your body is fighting off an \_\_\_\_\_.
5. Checking your temperature every \_\_\_\_\_ hours is usually enough.





# ACHES, PAINS AND MINOR INJURIES



Everyone hurts someplace from a specific activity at one time or another. Children may hear Dad complain of a sore shoulder or “my aching back” after moving furniture, planting a tree, or overdoing exercise. It’s usually easy to pin down what caused these.

*Headaches, stomachaches, or chest pains* that appear without a reason are fairly common in children, and it’s often more difficult to pin down their cause. Fortunately, they usually go away as mysteriously as they appear and don’t normally require a doctor’s care. Such pain can be traced to overdoing anything, even studying, which causes stress and tension that can bring about headaches.



Have you ever had a morning stomachache on the day of a spelling test or other stressful situation? The brain can cause aches or pains to any part of the body because of stress; in youngsters, it usually shows up in the *stomach or head*.

Pinning down the source is frequently half of the solution. Gentle massage, a heating pad on a low setting, Tylenol, rest, and a “soft” diet may help most aches and pains, whatever the source. Sometimes, just talking about a problem (at school or home) can be like a parent’s touch; “Kiss it and make it better” may work!



Children are more familiar with *cuts, scrapes, and other minor injuries* than adults because they’re so active. Recognizing an injury that requires a doctor’s care is something they need to learn at an early age.

Serious wounds may require outside control of bleeding. Apply direct pressure with a clean cloth to stop the bleeding, cleansing the wound with soap and water to remove any foreign matter, dousing with hydrogen peroxide, and then covering it with a bandage (or clean gauze dressing if it’s a larger wound).



# ACHES, PAINS AND MINOR INJURIES (CONT.)

A bite from an animal or human may look minor but requires more care than most small breaks in the skin. A doctor should be consulted for any bite (except a bug bite that just swells up and itches for a few minutes).



The important thing to remember with burns is to keep them clean because they become infected very easily. You can do this with peroxide or just plain soap and water. A very severe burn may not hurt at all since the nerves on the skin may be damaged. As a general rule, if a burn looks bad, it probably is and you should seek medical attention.

*Strains and sprains* occur when a muscle, tendon, or ligament is overstretched or torn. The body sends fluid to the injury, and the area swells and hurts. You can reduce the swelling of a strain or sprain by resting with the injured arm or leg raised above the level of the heart. Ice should be applied for 15 minutes, every hour, for up to 48 hours to reduce swelling as well as pain. After 48 hours of using ice, heat may be applied. Tylenol also may be given to help with the pain of a strain or sprain.



Minor injuries can be deceiving. *A doctor should be consulted for minor injuries if:*

- Fever is present.
- Injury occurred with great force.
- Pain is extreme or continues for longer than four days.
- You are unable to properly remove foreign material, such as dirt, glass, or rocks from a wound (a tetanus shot may be needed).
- Tooth injuries occur.
- A wound that doesn't seem to heal, or pus, redness, and swelling persist.

# WHAT DO YOU KNOW ABOUT ACHES, PAINS AND MINOR INJURIES?

Draw a line to match the symptoms on the left with the possible solutions on the right.

## SYMPTOM

1. A mild headache after studying for a difficult test.
2. A stomachache after having an argument with your best friend.
3. Shoulder pain after moving furniture around the house.
4. Eating too much candy at a friend's party gave you a stomachache.
5. A pain in your chest lasts for two weeks.
6. You burn your finger on the stove.
7. Your ankle is sprained.

## SOLUTION

- a. Eat "soft" foods
- b. Consult a doctor
- c. Keep it raised and apply ice
- d. Talk it out
- e. Gentle massage or heating pad
- f. Tylenol and rest
- g. Wash with soap and apply peroxide