

# I want to be safe – Who should I ask?

*Directions for parents, caregivers, or teachers:*

- Read the story below to your children.
- Talk about the safety messages contained in the story.
- Print the *I want to be safe – Who should I ask?* colouring sheet and have your children colour the pictures of the people they could ask for permission to eat something that looks like candy but may actually be medication.

Early Saturday morning, Mom was getting ready for the craft sale at the farmer’s market. Her children were sleeping. Adam, her five-year-old, woke up and went to the kitchen for breakfast. He saw his mom’s purse on the counter, climbed up on the stool, and dug into her purse. He was hoping to find treats in it left over from yesterday. He couldn’t find the treats he was looking for, but he did find a small bottle of red candies. Adam ate two but he didn’t think they tasted very good.

When his mom came into the kitchen, she saw Adam sitting on the stool near her purse. She asked him what he was doing and he said, “eating candy”. She quickly realized that Adam had not eaten candy but had actually eaten some of her medicine. She asked Adam how many he had eaten. He said, “only two”. His mom was very scared, so she called Poison Control and asked what she should do. The person at Poison Control asked Adam’s mom a lot of questions. He helped her know what to do.

***Safety Messages:***

- Ask an adult before eating something that looks like candy. Sometimes things look like candy, but they are medicine or other things that can make you sick.
- It is never okay to take medicine on your own. Always check with a trusted adult before taking any medicine.
- You can get sick (be poisoned) by taking too much of your medicine. You can get sick (be poisoned) by taking someone else’s medicine.
- In case of an emergency, an adult can call Poison Control.



Saskatchewan Poison Centre

**1-866-454-1212**

[www.padis.ca](http://www.padis.ca)

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**preventioninstitute**  
our goal is **healthy** children

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# I want to be safe – Who should I ask?

If you are offered a treat or find something that looks like candy, who could you ask before eating it?  
Colour the pictures of the people you could ask.



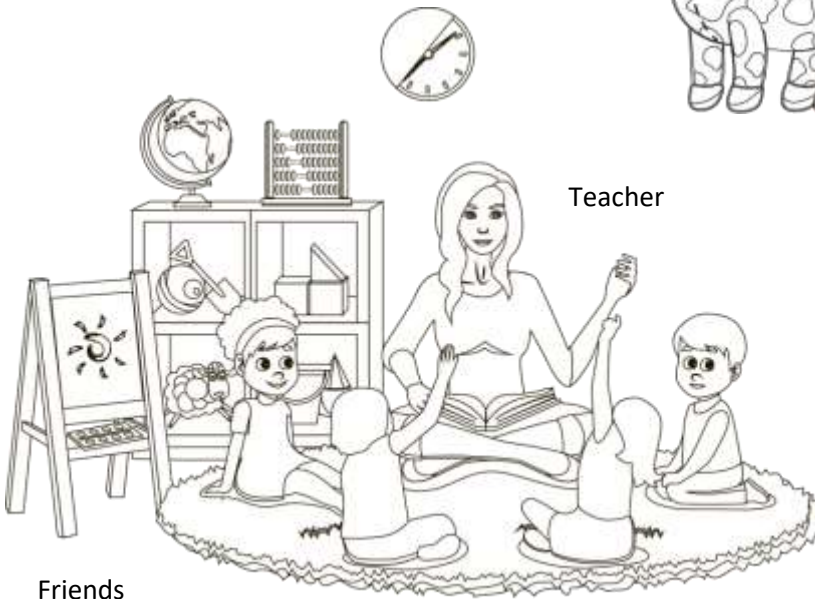
Dad

Mom



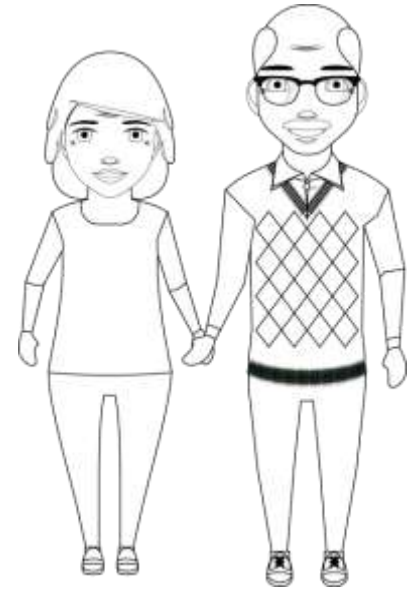
Stuffed animal

Coach



Teacher

Friends



Grandma

Grandpa

Babysitter



Little brother