

# Mind Your Medicine

*We are learning:*

- *To educate and inform ourselves about medicine and how it should be used safely*
- *About positive communication and behaviours in life and how to use these effectively*



**We can:**

- ☐ Share some alternatives to help support someone's health before taking medicine
- ☐ Identify and discuss ways to use medicine safely
- ☐ Name some information on the label that helps keep people safe
- ☐ Practise strategies for effective communication
- ☐ Identify where people can access good health advice
- ☐ Identify, record and undertake a healthy change in my life