

Be safe
Be smart
Be you!

Drugs Prevention Education

Individual Worksheet – Home Practice

English – Grade 5



Name: _____

Class: _____

What I have learned and what I will do!

1

New words and phrases

Write the meaning of the words/phrases below.



Word / Phrase	Meaning
1. stranger	_____
2. something	_____
3. say no	_____
4. run away	_____
5. call for help	_____
6. tell an adult	_____

2

Useful sentences

Complete the sentences with the correct phrases.



- If someone gives you something you don't know, you should _____.
- If you feel unsafe, you should _____.
- If you need help, you should _____.
- If you are in danger, you should _____.
- It's important to _____ if someone offers you something strange.

3

Choose the right actions

Tick (✓) the actions you should do in each situation.



A stranger gives you a candy.

- ☐ Say no
- ☐ Take it
- ☐ Run away
- ☐ Tell an adult



A friend gives you a capsule and says "Try it!".

- ☐ Say no
- ☐ Take it
- ☐ Call for help
- ☐ Tell an adult



3. Someone asks you to go with them.

- ☐ Say no
- ☐ Go with them
- ☐ Run away
- ☐ Tell an adult



You feel scared or uncomfortable.

- ☐ Keep silent
- ☐ Run away
- ☐ Call for help
- ☐ Tell an adult



4

Think and write

Answer the questions in full sentences.



- What is one thing you have learned from this lesson?

- How will you keep yourself safe in real life?

- Who can you talk to if you feel unsafe?

5

My promise

Write one sentence about what you will do to stay safe and make healthy choices.



I can do it!



How well did I do?

Tick ☒ the box that shows your answer.

	Excellent	Good	Okay	Need help
1. I can understand new words and phrases.	☐	☐	☐	☐
2. I can use the useful sentences.	☐	☐	☐	☐
3. I can choose the right actions in different situations.	☐	☐	☐	☐
4. I can be safe and make healthy choices.	☐	☐	☐	☐



Small steps make a big difference!

