

Purpose of the Lesson

The purpose of this lesson is for students to understand the dangers associated with taking prescription and over-the-counter (OTC) medications inappropriately. In this lesson students will discuss perceptions of norms regarding prescription and OTC medications, and practice identifying proper and improper use of medications by analyzing various scenarios.

National Health Education Standards

Standard 1: Comprehending Concepts

Performance Indicator 1.8.1: Distinguish between proper use and abuse of over-the-counter medicines.

Performance Indicator 1.8.2: Differentiate between proper use and abuse of prescription medicines.

Standard 2: Analyzing Influences

Performance Indicator 2.8.2: Explain how perceptions of norms influence healthy and unhealthy drug-use practices and behaviors.

Performance Indicator 2.8.4: Explain how personal values and beliefs influence drug-use practices and behaviors.

Healthy Behavior Outcome (HBO)

Use over-the-counter and prescription drugs properly and safely.

Lesson Objectives

Students will be able to:

Objective	Assessment
1. Explain the rules for safe and healthy use of medicine.	Notes reflection, Scenario Worksheet, and Exit Ticket
2. Differentiate between proper use and misuse of prescription and OTC medicines.	Proper Use vs. Misuse Scenario Practice
3. Identify the potential consequences for misuse of prescription and over-the-counter (OTC) medicines.	Notes reflection
4. Identify peer norms, personal values and beliefs that influence drug-use practices and behaviors.	Notes reflection

Time: 40-45 minutes

Materials

Assessments and Worksheets

- Myth vs. Truth Flashcards for each group ([Attachment 1](#)) – one per group; Student Notes for PowerPoint ([Attachment 2](#)); Proper Use vs. Misuse Scenario Practice: Student Copy ([Attachment 3](#)); Proper Use vs.

Misuse Scenario Practice: Teacher Copy ([Attachment 4](#)); Exit Ticket – Two Ways to Take Medicine Safely ([Attachment 5](#))

Resources

- HOPE Curriculum PowerPoint – Grade 6. Lesson 1. Middle School
- <https://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/ucm186187.htm>
- Generation RX: <http://www.generationrx.org/>

Other Materials or Resources:

- Classroom set-up: Arrange your seats for groups seating. 3–5 students per group.

Introduction

Today we are going to investigate the proper ways to take medication. If you have ever gone to the doctor and received a prescription for a medication to make you feel better, you have seen the labels and directions you need to follow. What happens when people do not follow the directions or are taking medication in the wrong way? We call this misuse. Today we are going to learn the difference between use and misuse, and how we can take medication in a safe and healthy way. This is an important skill because when prescription medication is misused or abused it can lead to negative consequences.

Teaching Steps

Activity 1: Myth/Fact Flash Cards

- Give each group a copy of the flashcards ([Attachment 1](#)).
- Have students review the facts on the flashcards and determine whether the statement is a myth or a fact. Give students five minutes to discuss and write either “myth” or “fact” on each card.
- After groups discuss, talk through each card, revealing that these statements are **all** facts.
- Ask students if they are surprised by any of these answers, and, if so, why?
- Transition: *To make healthy choices when it comes to medication, we need to learn how and why it is properly used. Let’s move on to our next activity.*
 - Pass out the worksheet to accompany the PowerPoint presentation for today.

Activity 2: Proper Use vs. Misuse Notes

- Talk through the *Proper Use vs. Misuse PowerPoint Presentation* and allow students to fill in the notes on their *Medicine: Proper Use vs. Misuse Notes* ([Attachment 2](#)).
 - Talking points are located in the “notes” slide of the PowerPoint.
- Pause for review at the “Take 5” slide; give students four minutes to write answers in their notes.
 - Possible answers for Question 1: *What are two ways a person can stay safe regarding medicines?*

- o Don't take someone else's medication.
 - o Don't share medication with others.
 - o Take medications for the right reasons under the direction of a trusted adult.
 - o Follow directions on medication labels and take the correct dosage.
 - o Store medications securely (out of the reach of pets and children) and dispose of properly (Resource: <https://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/ucm186187.htm>)
 - o If you don't know what the substance is: **Don't Touch! Don't Taste! Don't Take! Tell a Trusted Adult.**
- Possible answers for Question 2: *What are two reasons you think students would consider misusing medication?*
 - o Stress/self-medicating
 - o Curiosity
 - o Peer pressure
 - o Perception medication is safe because it has a label and a doctor prescribed the medication.
 - Examples of Drug Misuse:
 - o Taking more medicine than prescribed
 - o Taking medications for a different reason than prescribed
 - o Sharing or taking someone else's medication
 - Possible Consequences of Drug Misuse and Abuse:
 - o Addiction
 - o Sickness/disease
 - o Problems with relationships
 - o Difficulties in school
 - o Heart attack
 - o Overdose
 - o Death
 - **Influences:** Many times, people think bad things or consequences will not happen to them. This belief can lead to people to experiment with drug use. There are other influences on the choices you make. These include family rules, laws, peers, family, values, beliefs, and your future goals.
 - **The Reality:** *Unintentional drug overdoses caused the deaths of 4,149 Ohio residents in 2016, the highest number on record (a 32% increase from 2015), compared to 3,050 Ohio residents in 2015 and 2,531 in 2014. In 2018, 3,764 people died of unintentional drug overdoses, a decrease of 1,090 compared to 2017 and the lowest number of deaths since 2015. See Ohio Department of Health for additional unintentional overdose information. (<https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/violence-injury-prevention-program/Drug-overdose/>)*

- **Perception:** People think that prescription drugs are safe because a doctor prescribed them and they are legal drugs. There are real dangers with misusing and abusing these drugs; the Trust for America's Health (2017) reported that 80% of those that use heroin first misused prescription opioids.

Activity 3: Scenario Stations (Scenarios located in PowerPoint)

- **OPTION 1:** After the notes are completed, keep students in groups to work through scenario stations. Show the scenarios to the students in the PowerPoint.
 - If your space allows, set these station cards out and allow students to travel from each station ([Attachment 3](#)) as a group. Give students 4-5 minutes per station to work together and fill in their worksheet. These are the scenarios:
 - **Scenario 1:** Devon broke his ankle at his football game last week. He had surgery yesterday and is at home recovering. Devon's doctor wrote him a prescription for a pain medication. Devon's mom is monitoring his pain and giving him his medication every 4-6 hours as needed as the directions stated. **PROPER USE OR MISUSE? Why?**
 - **Scenario 2:** Sarah has a big test coming up and is very nervous about it. She goes to her friend Maria's house for a study session the night before the test. She explains to Maria how nervous she is and how it's becoming hard to focus. Maria offers Sarah a prescription pill her sister takes to help her concentrate in school. Sarah decides to take the pill to help her focus because it was prescribed by a doctor, so she feels that it is safe. **PROPER USE OR MISUSE? Why?**
 - **Scenario 3:** Brady had his wisdom teeth out three months ago and his doctor prescribed pain medication for him after surgery. Brady recovered well and didn't use all of the medication. This week in soccer practice, Brady sprained his ankle, and it has been bothering him. He remembered how the medication helped him with his mouth pain, so Brady decides to take the leftover medication without talking to his parents or a doctor first. **PROPER USE OR MISUSE? Why?**
 - **Scenario 4:** Molly is recovering from knee surgery. A few weeks after her surgery, she is still rating her pain at a 10 on the pain scale. Molly decides to take more of her prescribed pain medication without consulting her doctor first. She thinks that, since the doctor prescribed it to her for pain, it would be safe to take more than the designated dose. **PROPER USE OR MISUSE? Why?**
 - **Scenario 5:** Luke was working on homework at Andrew's house, and geometry was starting to give him a headache. Andrew went to the medicine cabinet and pulled out an old pill bottle with no label. He said, "My mom takes these when she has a headache." Luke replied, "No thanks. I'm not sure what those are. I'll be okay until I get home. Thanks."
 - Another option is to keep students in their groups at tables/desks, and give them copies of each scenario to work on as groups.
- **OPTION 2:** When students complete the stations, use the answer key ([Attachment 4](#)) to go over the answers with students and collect their work.

Closure

- Today you have learned ways to use medication in safe ways. You have also learned reasons why some students might choose to misuse medication. Before you leave today, please fill out the exit ticket to show what you have learned.
- Pass out exit ticket: "Two ways I can take medicine safely." ([Attachment 5](#))

Fentanyl was involved in nearly 73% of overdose deaths in 2018, often in combination with other drugs. That percentage was up from 71% in 2017, 58% in 2016, and nearly 38% in 2015.

#5minutesforlife

Drug overdoses have now surpassed car crashes as the leading cause of accidental death in the U.S.

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Drug overdose deaths increased for every demographic group (male/female, race/ethnicity) since 2013. Age 35-44 had the highest overdose rate compared to other age groups.

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If you think “everyone is doing it,” consider the facts. A **MAJORITY** of students go all the way through high school without ever misusing prescription drugs, doing any sort of illegal drugs, or getting drunk. You don’t have to go along to get along. Find out more about being part of the majority at www.drugfreeactionalliance.org

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MEDICINE: PROPER USE VS. MISUSE **NOTES**

Directions: Fill in the blanks as the PowerPoint is presented.

Proper _____ of prescription medication is when we take medication as directed by a healthcare professional. It is important to talk with your doctor and/or pharmacist when you have questions about medication.

1. What are two ways a person can stay safe regarding medicines?

This means:

- Don't _____ and only take your _____ medication.
- Follow _____ on medication labels and take the _____ dosage.
- Only take medications under the direction of a _____ adult.
- Store medications _____ and _____ of properly after use.
- *If you don't know what it is: Don't _____, _____ or _____!*



and REVIEW

2. What are two reasons you think students would consider misusing medication?

EXAMPLES OF MISUSE

Taking more _____ than prescribed.	Taking medication for a _____ reason than prescribed.	_____ or _____ someone else's medication.
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Name: _____

PROPER USE VS. MISUSE

Directions: Today you are going to travel around to five stations. Each station card has a scenario of medication use. For each scenario, you need to decide:

- Was the medication used correctly or misused?
- Then decide **WHY**:
 - If it was misuse, which of the three types of misuse was it?
 - If it was proper use, how did they use the medication properly?
- Pay attention to the station number you begin with and record your answers below in the correct row.

Station #	Proper Use or Misuse? (Circle your Answer)	Why?
1	Proper Use or Misuse	
2	Proper Use or Misuse	
3	Proper Use or Misuse	
4	Proper Use or Misuse	

LESSON 1 SCENARIOS
TEACHER KEY

Station #	Scenario Description	Proper Use or Misuse? (Circle your Answer)	Why?
1	<p>Devon broke his ankle at his football game last week. He had surgery yesterday and is at home recovering. Devon's doctor wrote a prescription for a pain medication for him. Devon's mom is monitoring his pain, and giving him his medication every 4-6 hours as needed as the directions stated.</p> <p>PROPER USE OR MISUSE? Why?</p>	Proper Use	The medicine was prescribed to him due to his broken ankle; he is following the directions of the prescription.
2	<p>Sarah has a big test coming up and is very nervous about it. She goes to her friend Maria's house for a study session the night before the test. She explains to Maria how nervous she is and how it's becoming hard to focus. Maria offers Sarah a prescription pill her sister takes to help her concentrate in school. Sarah decides to take the pill to help her focus because it was prescribed by a doctor so she feels it is safe.</p> <p>PROPER USE OR MISUSE? Why?</p>	Misuse	The medicine wasn't prescribed to her; she is taking someone else's medication.
3	<p>Brady had his wisdom teeth out three months ago and his doctor prescribed pain medication after surgery for him. Brady recovered well and didn't use all of the medication. This week in soccer practice, Brady sprained his ankle, and it has been bothering him. He remembered how the medication helped him with his mouth pain, so Brady decides to take the leftover medication without talking to his parents or a doctor first.</p> <p>PROPER USE OR MISUSE? Why?</p>	Misuse	Taking medication for a different reason than prescribed.
4	<p>Molly is recovering from knee surgery. A few weeks after her surgery, she is still rating her pain at a 10 on the pain scale. Molly decides to take more of her prescribed pain medication without consulting her doctor first. She thinks that, since the doctor prescribed it to her for pain, it would be safe to take more than the designated dose.</p> <p>PROPER USE OR MISUSE? Why?</p>	Misuse	Taking more medication than prescribed.

TICKET TO LEAVE

Before you go...two ways you can take medicine safely

HOPE

HOPE

1

2

TICKET TO LEAVE

Before you go...two ways you can take medicine safely

HOPE

HOPE

1

2