

Overview

In this lesson, students will identify the characteristics and guidelines for proper use of over-the-counter (OTC) medicines and prescription drugs. The lesson will identify the dangers and consequences associated with misuse of prescription and OTC medicines. Students will identify healthy alternatives to OTC and prescription medicine use.

National Health Education Standards

Standard 1: Comprehending Concepts

Performance Indicator 1.12.1: Differentiate between proper use and abuse of OTC medicine.

Performance Indicator 1.12.2: Differentiate between proper use and abuse of prescription medicines.

Standard 5: Decision Making Skills

Performance Indicator 5.12.2: Determine the value of applying thoughtful decision-making related to prescription and OTC drug use.

Healthy Behavior Outcome (HBO)

Use prescription and OTC drugs properly.

Lesson Objectives

Students will be able to:

Objective	Assessment
1. Differentiate between OTC and prescription drugs.	<ul style="list-style-type: none">• Venn Diagram 3-2-1 Assessment
2. Analyze the consequences associated with the abuse of prescription and OTC drugs.	<ul style="list-style-type: none">• The Truth About Prescription Drugs: Questions 2, 3, 4• Scenarios Analysis
3. Identify proper steps for storage and disposal of OTC and prescription drugs.	<ul style="list-style-type: none">• Prescription and OTC Drug Use Notes
4. Apply knowledge about proper use and abuse to determine proper or improper use of prescription or OTC medicines in the scenarios.	<ul style="list-style-type: none">• Prescription and OTC Drug Use Notes• Scenarios Analysis

Time: 50-55 minutes

Materials and Resources

Assessments and Worksheets

- Prescription and OTC Drug Use Notes ([Attachment 1](#)), Differences between Prescription and OTC Venn Diagram ([Attachment 2](#)), The Truth about Prescription Drugs ([Attachment 3](#)), Prescription and OTC Scenarios ([Attachment 4](#)).

Lesson Resources

- **Resource 1.** *The Morgue*: <https://youtu.be/hA64-YdtAxk>
- **Resource 2.** *Generation RX*: <http://www.generationrx.org/take-action/teen/>
- **Resource 3.** *Power Point Talking Points*:
http://www.generationrx.org/wp-content/uploads/2015/06/1.MedicationSafetyForTeens_SpeakingNotes.pdf
- **Resources 3A.** *Parents360 Rx Video*: <https://starttalking.ohio.gov/Family> OR <https://www.youtube.com/watch?v=BGS0UG5joaQ>
- **Resource 3B.** *The Truth About Prescription Drugs*:
<http://www.drugfreeworld.org/real-life-stories/prescription-drug-use.html>

Additional Resources

- Resources for proper storage and disposal of OTC and prescription drugs:
 - https://healthfinder.gov/HealthTopics/Category/everyday-healthy-living/safety/use-medicines-safely#the-basics_1
 - <https://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/ucm186187.htm#recommend>
 - http://www.generationrx.org/wp-content/uploads/2016/06/5094_BDSI_Handout.pdf

Introduction

Today we are going to take a closer look at prescription and OTC medicines. We will identify the difference between over the counter (OTC) and prescription drugs, proper use and what decisions to be made if ever offered to take these medicines for recreation.

Teaching Steps

Activity 1. Prescription and OTC Medicines

- Pass out ***Prescription and OTC Drug Use Notes sheet*** (Attachment 1). Ask students, “What dangers have you heard of regarding prescription and OTC drugs? Why do people view OTC and prescription medicines as safe drugs to abuse?”
 - **Answer** – *Some dangers are addiction, lead to heroin use, death, etc.*
 - **Answer** – *People view them as safe drugs to abuse because they know what is in them; a doctor prescribes them; people can buy them legally; etc.*
- Discuss with students that these medicines can help the individual that has the symptoms needed for an OTC medicine or has a prescription from their doctor that pertains to their condition, but every drug has the potential for abuse.

- **Venn Diagram: 3-2-1 (Attachment 2)** – Let’s take a closer look at the differences and similarities between a prescription drug and OTC medicine. Students will write three differences between the OTC and prescription drugs; two similarities between them; and one conclusion statement about OTC and prescription medication. Possible answers:
 - o **Differences:** Prescription drugs require a prescription from the doctor; the dosage and other considerations regarding drug interactions are specific for the person who needs to take the medicine for their condition. The prescription label includes the name of the person they were prescribed for, the address and phone number of the pharmacy, the doctor’s name who prescribed the medication, and the amount of refills of the medicine.
 - o **Similarities:** Name of the drug, dose listed, directions for how to take the drug, warnings, and expiration date.
 - o Remember our medication safety principles are similar too:
 - Only take medicine under the direction of trusted adult.
 - Never share or take someone else’s medicine.
 - Follow directions - only take the medicine for the intended purpose and the correct dose.
 - Store medicines out of reach of children.
 - If it is unhealthy, unsafe, or you’re unsure – Don’t Touch! Don’t Taste! Don’t Take! Tell a Trusted Adult.
 - o **Conclusion:** The prescription drug is prescribed by the doctor based on the needs of the patient; they should not be shared even though a person may have similar symptoms. An OTC medicine is for generic symptoms, but still has the potential for abuse like prescription drugs. Proper use is following the directions based on the age and/or weight of the person needing the medication and using it for the symptoms it was meant to address.

Activity 2: Prescription and OTC Overview

- **PSA** – *Which one’s more dead?* Show students the public service announcement as an introduction to the dangers of prescription and OTC drug abuse.
<https://youtu.be/hA64-YdtAxk>
- **PowerPoint:** Give students an overview about drug misuse; perception of norms; and how to use medications safely.
 - o Resource from: <http://www.generationrx.org/take-action/teen/>
 - o Refer back to notes sheet.
- **Consequences:** Choose one or both of the videos in the links below related to prescription substance abuse and the consequences it has on the user and their loved ones. *The Truth About Prescription Drugs (Attachment 3)* can be used for either video option.

- **Option 1 Video:** *Start Talking Ohio (Resource 3A):*
 - <http://starttalking.ohio.gov/OurPrograms/PARENTS360Rx.aspx>
 - **Link to video from Start Talking website:**
<https://youtu.be/BGSoUG5joaQ>
- **Option 2 Video:** *The Truth About Drugs (Resource 3B):*
 - <http://www.drugfreeworld.org/real-life-stories/prescription-drug-use.html>
 - Have students watch the documentary about prescription drugs.
 - Distribute reflection sheet: *The Truth About Prescription Drugs (Attachment 3)*.

Activity 3: Think, Pair, Share

- **Think, Pair, Share:** Have students complete the reflection sheet independently; give them about three minutes. Have students share their answers with a partner (about two minutes); and then share student responses as a class.
 - **How would you describe the users before their substance abuse?**
 - *Students that played sports, were in activities, had friends.*
 - **Why did the person in the video start using drugs?**
 - Possible answers: *curious, a friend gave it to them, heard it was fun to use, told they would feel great, make more comfortable in social situations, etc.*
 - **How did their life change when they began using drugs? What were the consequences?**
 - Possible answers: *lost time, no feelings- numb, not yourself, mood swings, stealing, embarrassment to self and family, kicked out of home, withdrawal effects, blackouts, car accidents, victim of sexual assault, crime, death, etc.*
 - **What are the long-term effects?**
 - Possible answers: *memory loss, challenges with comprehension, weeks of time lost in their life, loss of relationships, etc.*
 - **What was the impact of substance abuse on others (family, friends, community)?**
 - Possible answers will vary – stress, anxiety, pain, money, crime, etc.
 - **What did you learn from these stories?**

Activity 4: Skill Practice

HOPE

Health and Opioid
Prevention Education

HIGH SCHOOL LESSON 3

Proper Use of Prescription and OTC Medicines

- **Skill Practice:** “Now that you have a better understanding of prescription and OTC drugs, let’s put your knowledge to the test!” Students will process different scenarios regarding the dangers associated with prescription and OTC drug use. They will write what the character in the scenario should do in the situation.
 - o Distribute the scenario worksheet ([Attachment 4](#)) and have students apply what they learned from the lesson.
 - o Debrief the activities as a class or you can have students role play what should happen next in the scenario.

Closure

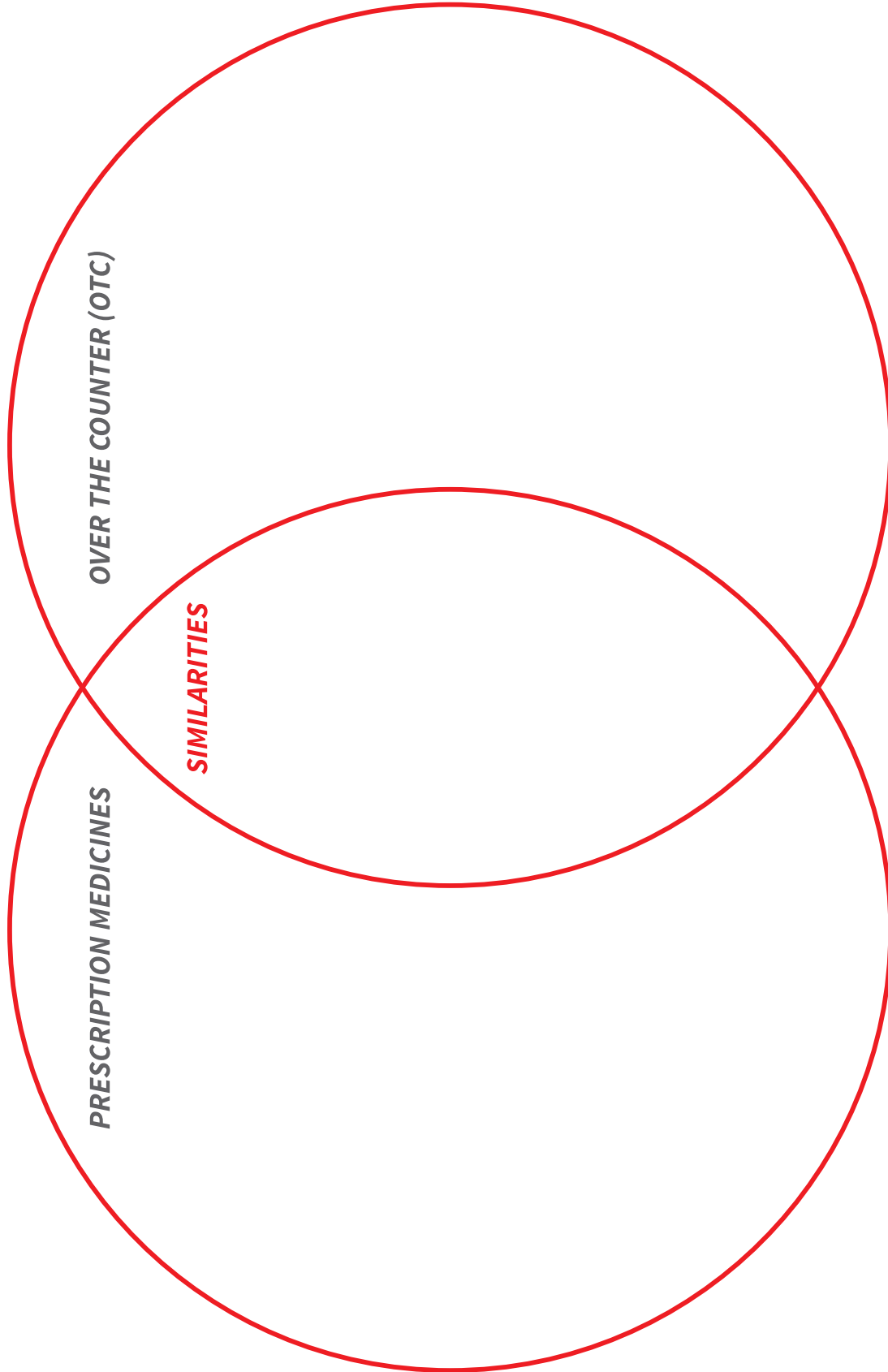
Today we discussed how prescription and OTC drugs can be helpful and harmful. We identified misuse and the consequences that can result from these risky behaviors. We practiced communication skills for resisting the pressures associated with the abuse of OTC and prescription drugs. (Use the question at the bottom of the notes on Attachment 1 as an “Exit Ticket” before they submit their notes for grading.)

PRESCRIPTION AND OTC DRUG USE NOTES

- What dangers have you heard of regarding prescription and OTC drugs?
- Why do people view prescription and OTC drugs as safe drugs to abuse?
- Medications can help us when used as _____ by a _____ professional.
- Misusing medications is:
 - o Taking _____ than prescribed.
 - o Taking medication for a _____ different than _____.
 - o _____ or taking _____ else's medication.
- Do a majority of teens misuse prescription drugs? _____
- Use medications safely:
 - o Only take medicine under the _____ of a trusted _____.
 - o Never _____ or take someone else's _____.
 - o Follow _____. Only take the medicine for the intended purpose and the correct dose.
 - o Store medicine out of reach of children and _____ of excess or expired prescription medicine.
 - o If it is unhealthy, unsafe, or you're unsure: _____.
- Finish this statement: *After the lesson about prescription and OTC drugs, I became more aware of...*

Differences between Prescription and Over the Counter Medication
VENN DIAGRAM

Directions: Identify the differences and similarities between prescription and over-the-counter (OTC) Medications. Differences and similarities could be about the medicines or safety principles.



How can prescription medicines and OTC medicines be used correctly?



THE TRUTH ABOUT PRESCRIPTION DRUGS



1. How would you describe the users before their substance abuse?
2. Why did the person in the video start using drugs?
3. How did their life change when they began using drugs? List 3 specific consequences.
4. What are the long-term effects of substance abuse? (List 2)
5. What was the impact of their substance abuse on others (family, friends, community)?
6. What did you learn from these stories that will help you to make the decision to be drug-free?

PRESCRIPTION AND OTC SCENARIOS

Directions: Help the characters in the scenarios using the information you learned about proper use and the dangers associated with prescription and OTC medications.

Scenario 1: Conner was an all-star wrestler in high school and earned a scholarship to the university of his dreams. The demands on his body were more intense than high school, and a fellow wrestler offered him some prescription pain pills to take the edge off.

Why is this improper use of a drug?

What are the possible consequences to Conner?

What should Conner do?

PRESCRIPTION AND OTC SCENARIOS

Directions: Help the characters in the scenarios using the information you learned about proper use and the dangers associated with prescription and OTC medications.

Scenario 2: Julie has a lot going on in her life right now with school, sports and friends; she just wants to chill out and free herself from her stressors for a little while. She remembers that her mom saved the Vicodin from her wisdom teeth surgery. She goes into her parent's bathroom and opens the medicine cabinet.

Why is this improper use of a drug?

What are the possible consequences to Julie and others in her life?

What should Julie do?

PRESCRIPTION AND OTC SCENARIOS

Directions: Help the characters in the scenarios using the information you learned about proper use and the dangers associated with prescription and OTC medications.

Scenario 3: Your high school just won the hockey championship game and everyone is going to Joe's house to celebrate! When you arrive, the party is lit and you are ready to join your friends. They are passing around a bag of pills and popping a few in their mouth and chasing them down with a beer. Next up – You! Your friend encourages you to try the purple one; they're dope!

Why is this improper use of a drug?

What are the possible consequences to you and others in your life?

What will you do?

TEACHER ANSWER KEY

Scenario	Possible Answers
1. Conner	Referring to what was learned in the lesson, Conner is offered medicine that was not prescribed to him by a doctor. If he has an injury, he should have it looked at by a doctor to prevent further damage.
2. Julie	Referring to what was learned in the lesson, taking medication different than what it was intended for is drug abuse. Julie should find alternatives to cope with the daily life stressors she is experiencing. For example, she could talk to her parents, counselor, coaches, etc.
3. You	Referring to what was learned in the lesson, taking prescription drugs recreationally is drug abuse. There are serious consequences to these medications, especially if they don't even know what they are taking. They could be allergic and have serious side effects to the drug. In addition, they are mixing drugs with alcohol; this is another dangerous behavior. In this situation, the student can use their refusal skills and leave the situation.