

## INTRODUCTION

Research shows students begin to self-medicate around 11 years old; unfortunately, when not equipped with the knowledge and information to make safe choices, adolescents may end up doing more harm than good.<sup>1</sup> LifeSmarts and Johnson & Johnson Consumer Inc. invite you to learn about using over-the-counter medicines, reading the Drug Facts label and then share your knowledge with others by becoming an OTC Medicine Safety Mentor.

## SYNOPSIS

Over-the-counter medications can help us feel better quickly, but they can be dangerous if not taken appropriately. It is therefore important to teach tweens about OTC medicine safety and responsibility.

## OBJECTIVES

*Students will be better able to:*

1. Identify the differences between prescription (Rx) and over-the-counter (OTC) medicines.
2. Understand the importance of the Drug Facts label and identify its different sections.
3. Understand that using OTC medicines irresponsibly can cause harm.

## LESSON VOCABULARY and DEFINITIONS

See OTC Medicine Safety Vocabulary Handout

## PROGRAM OUTLINE FOR A 40-45 MINUTE LESSON

Materials:

Power Point Presentation—*All You Wanted to Know about the Drug Facts Label*

Drug Facts Label Scavenger Hunt *Just the Facts*

Key – Drug Facts Label Scavenger Hunt *Just the Facts*

Labels – Drug Facts Label Scavenger Hunt *Just the Facts*

*Medicine Safety Sort Activity*

Key - *Medicine Safety Sort Activity*

Extension and/or Additional Learning Activities

*Pass the Label* Empty OTC Medicine containers

OTC Vocabulary Flashcards

Scholastic - *Understanding the Drug Facts Label Activity*

Key - Scholastic *Understanding the Drug Facts Label Activity*

Scholastic – *Safe Medicine Storage Activity*

Key – Scholastic *Safe Medicine Storage Activity*

*PSA Activity*



		<p>Let's read the directions together...</p> <p>Project the answers onto a screen or use the key and ask participants to correct their own work.</p> <p>Who would like to summarize what they learned from this activity?</p> <p>Why is it important to only take medicine with the supervision of a parent or trusted adult?</p>	<p>Extend the discussion by asking participants how they will use what they learned from this activity</p> <p>(Possible answers) Adults may be familiar with the medication, can help read the Drug Facts label, can help measure the appropriate dose, may be aware of medicine interactions, etc.</p>
<p>10 minutes 8/40</p> <p>2/minutes 2/42</p>	<p>Medicine Safety Sort</p>	<p>Divide students into small groups and distribute one set of Medicine Safety Sort Cards to each.</p> <p>Explain the activity directions.</p> <p>Students will match cards into two categories: Safe activities or unsafe activities.</p> <p>Allow sorting time.</p> <p>Check for understanding by discussing the correct answers.</p>	<p>There are many situations where you might find medicine in an unsafe location. Knowing how to safely store medicines is vital in preventing accidental poisoning.</p>
<b>SUMMARY</b>			
<p>2 minutes 2/44</p>	<p>Review and Reinforce</p>	<p>Conduct a lesson review.</p>	<p>What interesting fact did you learn today about OTC medicines? How will you use this information at home?</p>
<p>1 minute 1/45</p>	<p>Thank You</p>	<p>Thank your audience for participating in the OTC medicine safety lesson.</p>	

ADDITIONAL AND ALTERNATE ACTIVITES			
10 minutes	Scholastic Digital Resource <i>Hidden Home Hazards</i>	Click on the house’s rooms to find safe and unsafe storage locations. <a href="http://www.scholastic.com/otcmedsafety/hazards/">http://www.scholastic.com/otcmedsafety/hazards/</a>	There are all kinds of things to know about storing medicine, proper dosing, whom to talk to about medicine, and more. Let’s play a game to review what you know.
5-10 minutes	Vocabulary flashcards	Divide participants into small groups. Distribute sets of flashcards and ask groups to review each term and its definition.	With a partner or two, quiz one another on the OTC medicine terms.
10-15 minutes	Pass the Medicine Label Relay	Introduce the game to students and explain the directions.	Let’s play a relay game to review the vocabulary.
10 minutes	Scholastic Printable Resource: <i>Understanding the Drug Facts Label Activity</i>	Reading a Drug Facts label and interpreting the information found there. <a href="http://www.scholastic.com/otc-med-safety/pdfs/AAPCC_56_Wksht2Prntble.pdf">http://www.scholastic.com/otc-med-safety/pdfs/AAPCC_56_Wksht2Prntble.pdf</a>	Use the sample label on the medicine box pictured here in order to answer the questions below. Write your answers on the back of this sheet.
15 minutes	Scholastic Printable Resource: <i>Medicine Safety Post-Assessment.</i>	Distribute the assessment and once completed, review correct answers with the large group. Allow participants to self-correct. <a href="http://www.scholastic.com/otc-med-safety/pdfs/teachers/Lesson4/MedicineSafety_POSTQUIZ.pdf">http://www.scholastic.com/otc-med-safety/pdfs/teachers/Lesson4/MedicineSafety_POSTQUIZ.pdf</a>	Taking an assessment helps you see what you have learned about over-the-counter medicine safety.
15 minutes	PSA Activity	Participants will create a Public Service Announcement (PSA) using content vocabulary to share what they learned about OTC medicine safety. Participants may also create a jingle, a rap, a radio ad, etc.	A public service announcement (PSA) is a message often from a not-for-profit organization to raise awareness or provide information about an issue via mass media. We are going to demonstrate what we know about medicine safety by creating and sharing PSAs.
12 minutes	Generation Rx Medicine Safety Patrol Trivia game PowerPoint	<i>Jeopardy</i> -style game with questions about safe medicine storage and taking medication properly. <a href="http://www.generationrx.org/wp-content/uploads/2015/06/Trivia-Game.ppt">http://www.generationrx.org/wp-content/uploads/2015/06/Trivia-Game.ppt</a>	Let’s play a relay game to review what we have learned about OTC medicine. Remember – answers must be in the form of a question.

**EXTENSIONS**

1. To extend the learning, provide a Take-Home Activity packet for each participant. Each packet could include the *Over-the-Counter Medicine Safety for Families* handout and/ or the *Fast Fact Infographic*.  
<http://www.scholastic.com/otc-med-safety/pdfs/family/Family-Guide-English.pdf>  
<http://www.scholastic.com/otc-med-safety/pdfs/communities/Infographic.pdf>
2. Provide students with information about how to access the Scholastic *Over-the-Counter Medicine Safety* Website for more information, videos, and interactive games.  
<http://www.scholastic.com/otc-med-safety/index.htm>  
If available and with the teacher's consent, use Internet access, a projector, and a computer to display the Scholastic *Over-the-Counter Medicine Safety* Website. Remind children they should always get parent permission before going online.
3. Award participants with a *Certificate of Participation* to remind the group that their example of safe behavior can help others.  
[http://www.scholastic.com/otc-med-safety/pdfs/family/Certificate\\_of\\_Participation.pdf](http://www.scholastic.com/otc-med-safety/pdfs/family/Certificate_of_Participation.pdf)