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. 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
**Scholastic Post-Assessment**  
**Key – Scholastic Post-Assessment**

Before the lesson: Check equipment, set up PowerPoint Presentation, and test Internet connection if using a digital activity.

<table>
<thead>
<tr>
<th>Duration</th>
<th>Activity</th>
<th>Detail/Questions</th>
<th>Suggested Prompts</th>
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<tbody>
<tr>
<td>2 minutes 2/2</td>
<td>Who am I?</td>
<td>Introduce yourself and tell the participants how you would like to be addressed.</td>
<td>I am here to help you learn about Over-the-Counter Medicine safety.</td>
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<tr>
<td></td>
<td>Why am I here?</td>
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| 10-15 minutes 15/17 | *All You Ever Wanted to Know about the Drug Facts Label PowerPoint*  Slides 1-29 | Share this interesting fact: Medicine errors and misuse of commonly available over-the-counter medications result in approximately 10,000 emergency room visits for kids under 18 each year. It is important to know that you should not take OTC medicines without the supervision of a parent or trusted adult. | Does anyone know what over-the-counter medicine is?  
Explain to students that this presentation will help them better understand OTC medicine and the Drug Facts label.  
View the PowerPoint  
This PowerPoint will explain more about over-the-counter medicines and the Drug Facts label. The Drug Facts label helps people take medicine safely. |
| 10-15 minutes 15/32 | *Just the Facts Activity*                   | Share this interesting fact: OTC medicines can be harmful if misused or not used responsibly. | What would happen if you only read part of the directions on a test?  
Discuss responses and link the importance of reading and understanding key information/directions to correctly completing a task and getting the desired results. Over-the-counter medicine is similar.  
Explain that all types of directions are not the same. Directions don’t always appear at the top of the page like on a test. On the Drug Facts label you may have to look for them. Ask a trusted adult for help so you understand all you need to know before taking medication.  
Explain that participants will complete this exercise to practice finding information and identifying sections on Drug Facts labels. | This activity is like a scavenger hunt. Find the information you need on the sample Drug Facts labels. |
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<tr>
<td>10 minutes 8/40</td>
<td>Medicine Safety Sort</td>
<td>Divide students into small groups and distribute one set of Medicine Safety Sort Cards to each. Explain the activity directions. Students will match cards into two categories: Safe activities or unsafe activities. Allow sorting time. Check for understanding by discussing the correct answers.</td>
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<tr>
<td>2 minutes 2/42</td>
<td>Review and Reinforce</td>
<td>Conduct a lesson review.</td>
</tr>
<tr>
<td>1 minute 1/45</td>
<td>Thank You</td>
<td>Thank your audience for participating in the OTC medicine safety lesson.</td>
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**SUMMARY**

- What interesting fact did you learn today about OTC medicines?
- How will you use this information at home?
### ADDITIONAL AND ALTERNATE ACTIVITIES

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<tr>
<td>10 minutes</td>
<td>Scholastic Digital Resource Hidden Home Hazards</td>
<td>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></td>
</tr>
<tr>
<td>5-10 minutes</td>
<td>Vocabulary flashcards</td>
<td>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.</td>
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<tr>
<td>10-15 minutes</td>
<td>Pass the Medicine Label Relay</td>
<td>Introduce the game to students and explain the directions. Let’s play a relay game to review the vocabulary.</td>
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<tr>
<td>10 minutes</td>
<td>Scholastic Printable Resource: Understanding the Drug Facts Label Activity</td>
<td>Reading a Drug Facts label and interpreting the information found there. 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.</td>
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<tr>
<td>15 minutes</td>
<td>Scholastic Printable Resource: Medicine Safety Post-Assessment</td>
<td>Distribute the assessment and once completed, review correct answers with the large group. Allow participants to self-correct. Taking an assessment helps you see what you have learned about over-the-counter medicine safety.</td>
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<tr>
<td>15 minutes</td>
<td>PSA Activity</td>
<td>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.</td>
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<tr>
<td>12 minutes</td>
<td>Generation Rx Medicine Safety Patrol Trivia game PowerPoint</td>
<td>Jeopardy-style game with questions about safe medicine storage and taking medication properly. 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.</td>
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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*.

2. Provide students with information about how to access the Scholastic *Over-the-Counter Medicine Safety* Website for more information, videos, and interactive games.

   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.