# 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
Key – Scholastic Safe Medicine Storage Activity
Key – Scholastic Safe Medicine Storage 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.							
Duration	Activity	Detail/Questions	Suggested Prompts				
2 minutes 2/2	Who am I?	Introduce yourself and tell the participants how you would like to be addressed.					
	Why am I here?		I am here to help you learn about Over-the- Counter Medicine safety.				
minutes Know about the Drug result in approximately		result in approximately 10,000 emergency room visits for kids	ting fact: Medicine errors and misuse of commonly available over-the counter medications nately 10,000 emergency room visits for kids under 18 each year. It is important to know ot take OTC medicines without the supervision of a parent or trusted adult.				
	Presentation Slides 1-29	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		Share this interesting fact: OTC medicines can be harmful if misused or not used responsibly.					
minutes 15/32	Just the Facts Activity	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.				
		This activity is like a scavenger hunt. Find the information you need on the sample Drug Facts labels.	Explain that participants will complete this exercise to practice finding information and identifying sections on Drug Facts labels.				

2/minutes 2/42		Allow sorting time. Check for understanding by discussing the correct answers.	
		Students will match cards into two categories: Safe activities or unsafe activities.	vital in preventing accidental poisoning.
8/40		Explain the activity directions.	Knowing how to safely store medicines is
minutes	, ·	Medicine Safety Sort Cards to each.	find medicine in an unsafe location.
10	Medicine Safety Sort	Divide students into small groups and distribute one set of	There are many situations where you might
			Facts label, can help measure the appropriate dose, may be aware of medicine interactions, etc.
		Why is it important to only take medicine with the supervision of a parent or trusted adult?	(Possible answers) Adults may be familiar with the medication, can help read the Drug
		Who would like to summarize what they learned from this activity?	Extend the discussion by asking participants how they will use what they learned from this activity
		Project the answers onto a screen or use the key and ask participants to correct their own work.	

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. http://www.scholastic.com/otcmedsafety/hazards/	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: Understanding the Drug Facts Label Activity	Reading a Drug Facts label and interpreting the information found there. <u>http://www.scholastic.com/otc-med-</u> <u>safety/pdfs/AAPCC_56_Wksht2Prntble.pdf</u>	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: Medicine Safety Post-Assessment.	Distribute the assessment and once completed, review correct answers with the large group. Allow participants to self- correct. <u>http://www.scholastic.com/otc-med-</u> <u>safety/pdfs/teachers/Lesson4/MedicineSafety_POSTQUIZ.pdf</u>	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. <u>http://www.generationrx.org/wp-</u> <u>content/uploads/2015/06/Trivia-Game.ppt</u>	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

- 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*. <u>http://www.scholastic.com/otc-med-safety/pdfs/family/Family-Guide-English.pdf</u> <u>http://www.scholastic.com/otc-med-safety/pdfs/communities/Infographic.pdf</u>
- Provide students with information about how to access the Scholastic Over-the-Counter Medicine Safety Website for more information, videos, and interactive games. <a href="http://www.scholastic.com/otc-med-safety/index.htm">http://www.scholastic.com/otc-med-safety/index.htm</a>

   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