



LifeSmarts U Health & Safety Lesson

LifeSmarts OTC Medicine Safety Mentoring Project: High School Lesson

Lesson Description:

This lesson reinforces the knowledge teenagers already have about OTCs and helps prepare them to participate in the LifeSmarts OTC Medicine Safety Mentoring Project.

Lesson Objectives:

- Identify the differences between prescription (Rx) and over-the-counter (OTC) medicines.
- Understand the importance of the *Drug Facts* label and be able to identify its different sections.
- Provide mentors with background information, enabling them to teach younger students about the safe use of over-the-counter drugs.

Time:

1-2 meetings or class periods

Background:

Over-the-Counter medicines are drugs and before choosing and consuming them, young adults should know how to read and understand the Drug Facts label. 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. Medicine errors and misuse of OTC medications result in approximately 10,000 ER visits for kids under 18 each year. As mentors you have the opportunity to reach students during this critical period as they begin to develop their self-care skills.

Materials:

- Content Vocabulary
- Empty over-the-counter medicine packages
- PowerPoint Presentation—*All You Wanted to Know About the Drug Facts Label*
- Digital Learning Activities:
 - Kahoot – OTC Medicine Safety: <http://bit.ly/2hlvLW2>
 - Sporcle – OTC Vocabulary: <http://bit.ly/2tF38oA>
 - OTC Medicine Jeopardy-style PPT – *Tell Me the Question: Medicine Safety*
 - LifeSmarts Adventure App – OTC Medicines
- Printable Learning Activities:
 - Drug Facts Label Scavenger Hunt – Just the Facts
 - Drug Facts Label Scavenger Hunt – Just the Facts Answer Key
 - Drug Facts Label Bingo-style game – MedGo Gamecard and Directions
 - *Tell Me the Question: Medicine Safety* Worksheet
 - *Tell Me the Question: Medicine Safety* Answer Key



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Procedures:

1. While showing the class over-the-counter medicine packages, ask the following questions to begin the discussion about OTCs:
 - a. What are these?
 - b. Where can you buy them?
 - c. When you take OTCs, do you read the label or does someone just hand you the medicine?
2. Distribute the Content Vocabulary and allow one to two minutes to review; telling the group they may know many of the words and will master the remaining words during the lesson.
3. Project Kahoot or Sporcle and have the group play along.
4. View the PowerPoint Presentation — *All You Wanted to Know About the Drug Facts Label*.
5. Select Learning Activities, as time allows, to reinforce vocabulary and prior knowledge of OTC medicine safety.

Discussion Questions:

1. Explain five reasons why you should always read the Drug Facts label before taking medicine.
2. You are really sore and stiff after the first track practice of the year. A friend offers you three pain relief pills and they look similar to what you usually take. State why you would or would not take the medicine and defend your answer with facts.
3. Discuss the common perception that, “An Over-the-Counter medicine isn’t a drug.”
4. Analyze how packaging and marketing can lead to an active ingredient overdose.