



Content Outline

Prescription Drug Safety: Know the truth

LESSON	TOPICS	DESCRIPTION	LEARNING OBJECTIVES <i>Students will be able to...</i>
1 The Basics	<ul style="list-style-type: none"> • Different types of prescription drugs • How prescription drugs can affect the body • Harmful side effects of prescription drugs 	<p>Students become familiar with the basics of prescription drug misuse.</p>	<ul style="list-style-type: none"> • Identify the common "street" and brand names of the 3 major prescription drug categories. • Describe the positive effects on those with valid needs and prescription. • Illustrate the potential negative effects on the brain and body if the drug is misused. • Explain the possible legal consequences of misusing prescription drugs.
2 Science of Addiction	<ul style="list-style-type: none"> • Principles of addiction • Personal recovery stories 	<p>Students explore how addiction, or substance use disorder, can affect the brain and body—knowledge that can ultimately help prevent the development of a substance use disorder.</p>	<ul style="list-style-type: none"> • Explain that addiction is a clinical diagnosis that anyone can develop. • Describe how drugs impact the brain and can lead to addiction problems. • Define terms such as "withdrawal" and "tolerance" and their relationship to addiction. • Describe how people can manage their addiction and sustain their recovery in a supportive environment.

3 Understanding Prescriptions	<ul style="list-style-type: none"> • How to read prescription labels • Proper storage • Proper disposal 	<p>Through a case study, students become familiar with properly reading a prescription label and disposing of unused drugs.</p>	<ul style="list-style-type: none"> • Explain the importance of following prescription instructions precisely. • Describe the factors that doctors consider when writing a prescription for an individual. • Read and understand prescription labels, including caution or risk statements. • Store and dispose of unused drugs safely and appropriately.
4 Safe Use	<ul style="list-style-type: none"> • Prescription drugs and alcohol • Risks of self-medication • Benefits of communicating concerns about prescriptions 	<p>Students engage in interactive scenarios where they guide characters to make safe choices regarding prescription drug use.</p>	<ul style="list-style-type: none"> • Summarize why mixing prescriptions with alcohol is dangerous. • Explain why using drugs for something other than the medication was prescribed for is unsafe. • Illustrate the importance of sharing questions or concerns about prescription drugs with healthcare professionals. • Make safe and informed choices in situations that involve prescription drug use.
5 Refusal Skills	<ul style="list-style-type: none"> • Risks of non-clinical/recreational use of prescription drugs • How to respond to peer pressure 	<p>Students learn about the risks of the recreational use of prescription drugs and strategies for effectively refusing to misuse them through interactive scenarios.</p>	<ul style="list-style-type: none"> • Articulate that most students do not misuse prescription drugs and would support a friend's decision not to misuse drugs. • Describe the potential side effects of taking prescription drugs outside of a prescription. • Resist peer pressure and other influences to take prescription drugs outside a

				medical professional's advice.
6	Addiction, Treatment, and Recovery	<ul style="list-style-type: none"> • Personal story about addiction, treatment, and recovery • What treatment and recovery look like • Self check-in 	Students learn that treatment works and recovery is possible from a real-life story and check in with themselves about their own prescription drug use.	<ul style="list-style-type: none"> • Illustrate how treatment and medications can help people in recovery. • Describe warning signs about one's own prescription drug use • Seek assistance if experiencing a problem with prescription drugs.
7	Supporting Others	<ul style="list-style-type: none"> • Warning signs • Self check-in regarding offering support • 4 steps to respond to an overdose 	Students become familiar with how to support others in situations involving prescription drug misuse and overdose.	<ul style="list-style-type: none"> • Identify signs of prescription drug misuse, addiction, and overdose. • Resist barriers to action when witnessing a situation involving drug misuse. • Illustrate how to support others and call for help in a potential overdose situation.
8	Fentanyl—Fast and Fatal	<ul style="list-style-type: none"> • Fentanyl facts • Counterfeit pills • Responding to a fentanyl overdose 	Students learn about the facts, risks, and dangers of illegally made fentanyl and counterfeit pills that contain fentanyl.	<ul style="list-style-type: none"> • Summarize basic facts about fentanyl, including its types and effects. • Illustrate overdose and poisoning risks of counterfeit pills containing illegally made fentanyl. • Identify healthy strategies to stay safe and support others in the fentanyl crisis.