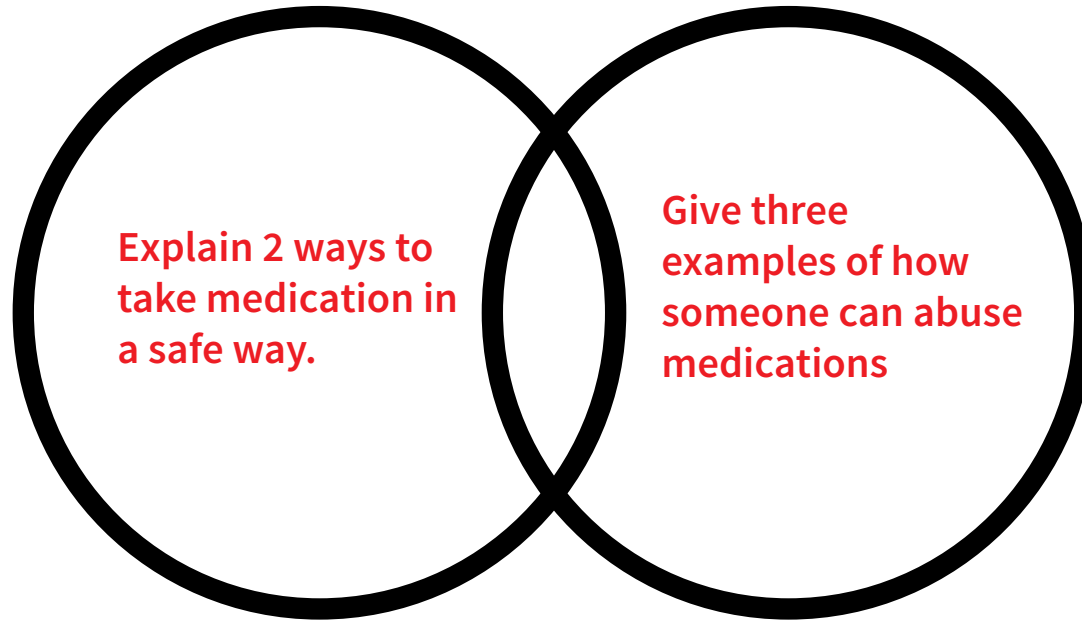




# **HOPE Curriculum: Lesson 1**

## **Proper Use vs. Misuse**

# At the end of the day, I can...



# Taking Medicine

Proper **USE** of prescription medication is when we take medication as directed by a healthcare professional. It is important to talk with your doctor and/or pharmacist when you have questions about medication.



# Medicine safety...

- Don't Share & Only Take your **OWN** Medication.
- Follow Directions on Medication Labels and Take the **CORRECT** dosage.



# Medicine safety...

- Store Medications Securely & Dispose of Properly After Use.
- Only take Medications Under the Direction of a Trusted Adult.
- If you don't know what it is: **DON'T TOUCH, TASTE, OR TAKE!**



# What are two reasons you think students would consider misusing medication?

- Stress relief
- Self medicating
- Curiosity
- Peer Pressure
- Perception that it is safe because it is prescribed by a doctor



# Review Questions

- What are two ways a person can stay safe regarding medicines?
- What are two reasons you think students would consider misusing medication?

**HOPE**

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# Examples of Misuse

- Taking more medicine than prescribed.
- Taking medication for a different reason than prescribed.
- Sharing or taking someone else's medication.





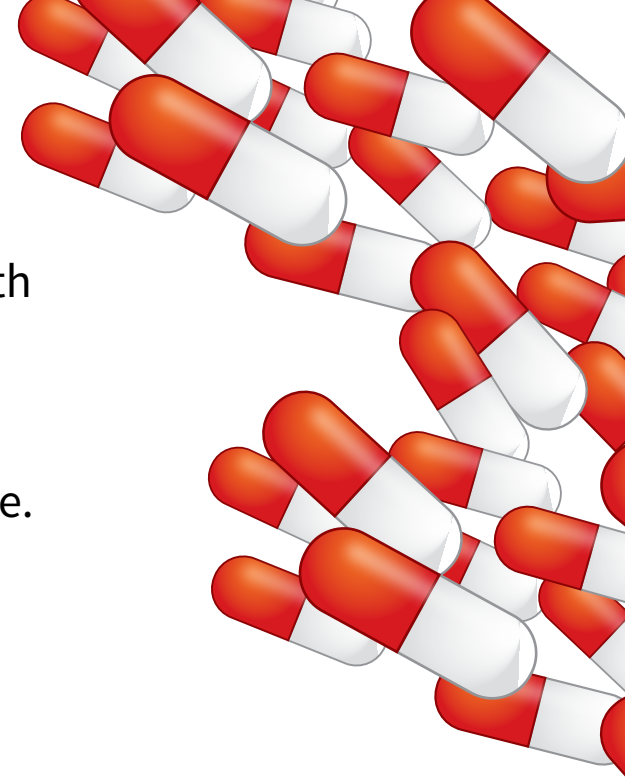
# Possible Consequences of Drug Misuse & Abuse:

- Addiction
- Sickness/Disease
- Problems with relationships
- Difficulties in school
- Heart attack
- Overdose
- Death



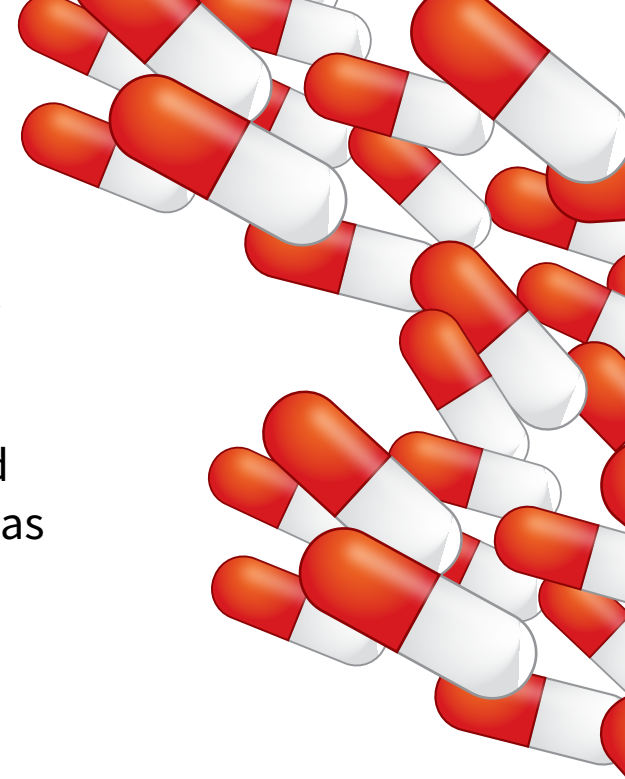
# Scenarios

- You are now going to travel around the classroom with your group to read different scenarios.
- With each scenario, you are going to decide if the person is misusing the medication or if it is proper use.
- If you suspect misuse, explain a healthier option.



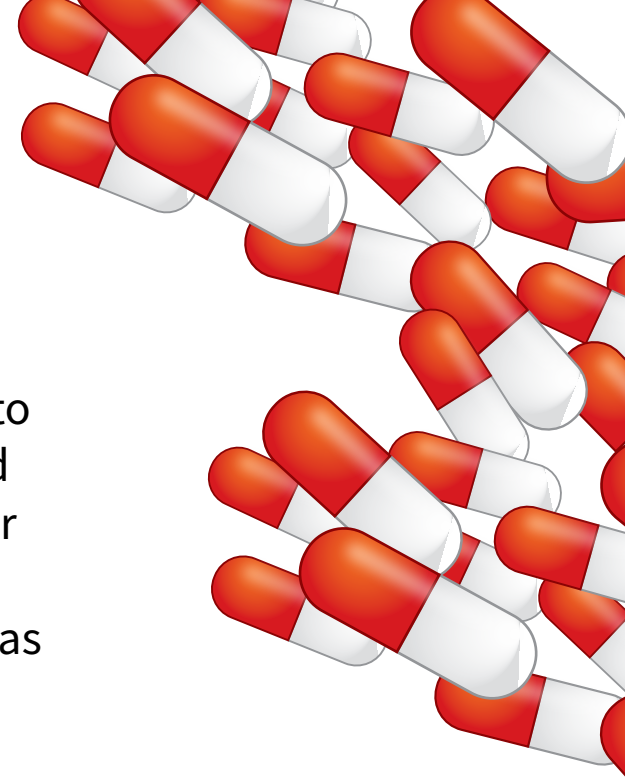
# Scenario 1

- Devon broke his ankle at his football game last week. He had surgery yesterday and is at home recovering. Devon's doctor wrote him a prescription for a pain medication. Devon's mom is monitoring his pain, and giving him his medication every 4-6 hours as needed as the directions stated.
- **PROPER USE OR MISUSE? Why?**



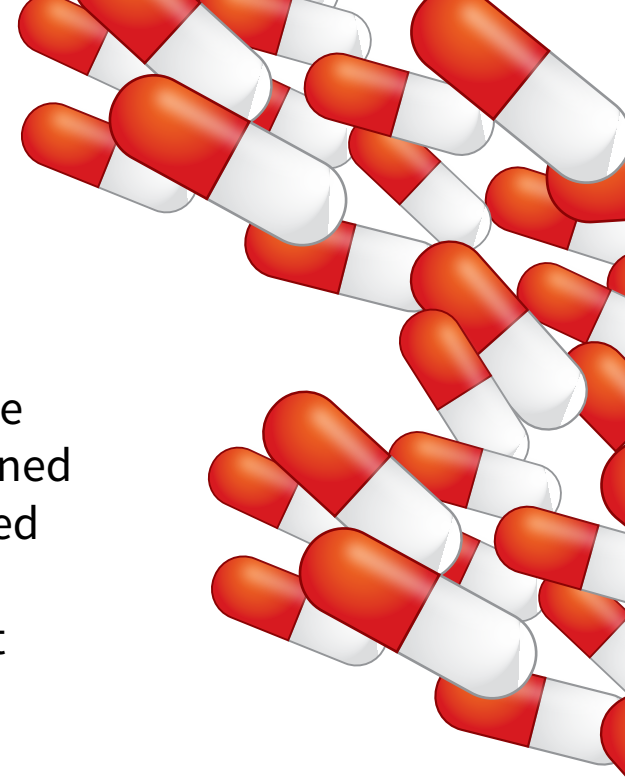
## Scenario 2

- Sarah has a big test coming up and is very nervous about it. She goes to her friend Maria's house for a study session the night before the test. She explains to Maria how nervous she is and how it's becoming hard to focus. Maria offers Sarah a prescription pill that her sister takes to help her concentrate in school. Sarah decides to take the pill to help her focus because it was prescribed by a doctor, so she feels that it is safe.
- **PROPER USE OR MISUSE? Why?**



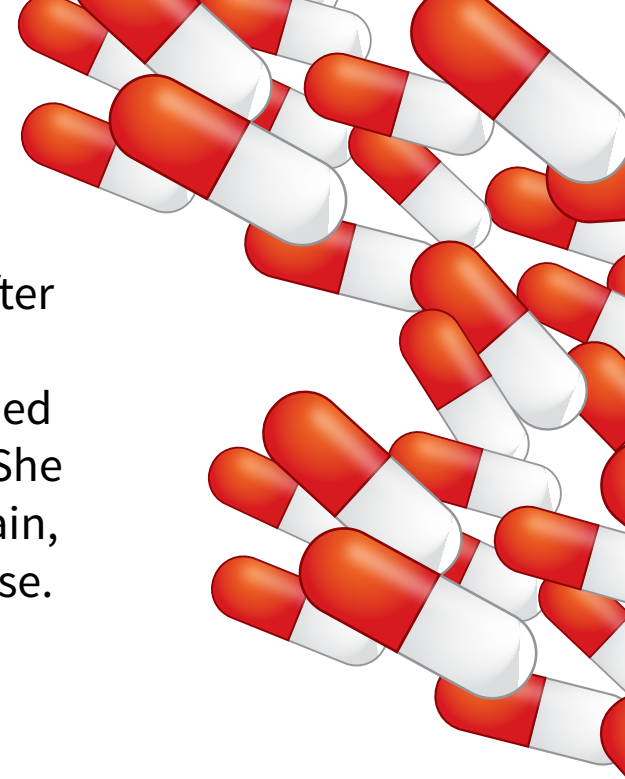
## Scenario 3

- Brady had his wisdom teeth out three months ago and his doctor prescribed him pain medication after surgery. Brady recovered well and didn't use all of the medication. This week in soccer practice Brady sprained his ankle and it's been bothering him. He remembered how the medication helped him with his mouth pain, so he decides to take the leftover medication without talking to his parents or a doctor first.
- **PROPER USE OR MISUSE? Why?**



## Scenario 4

- Molly is recovering from knee surgery. A few weeks after her surgery, she is still rating her pain at a 10 on the pain scale. Molly decides to take more of her prescribed pain medication without consulting her doctor first. She thinks that since the doctor prescribed it to her for pain, it would be safe to take more than the designated dose.
- **PROPER USE OR MISUSE? Why?**



## Scenario 5

- Luke was working on homework at Andrew's house, and geometry was starting to give him a headache. Andrew went to the medicine cabinet and pulled out an old pill bottle with no label. He said, "My mom takes these when she has a headache." Luke replied, "No thanks. I'm not sure what those are. I'll be okay until I get home. Thanks."



# Review Answers to Scenarios





<b>HOPE</b>		
<b>EXIT TICKET</b>	<ul style="list-style-type: none"><li>• <b>Before You Go</b> ... Two ways I can take medicine safely:</li></ul>	<b>EXIT TICKET</b>
	<ol style="list-style-type: none"><li>1.</li><li>2.</li></ol>	
<b>HOPE</b>		