



What are the skills and goals of the module?

- Overview of prescription drugs and why they are prescribed
- Review commonly abused prescription drug classes (stimulants, sedatives, and pain relievers)
- Understand the Myths and Realities of prescription drug abuse
- Introduce situations where students are pressured to abuse prescription drugs
- Practice assertiveness skills to resist the pressure to abuse prescription drugs

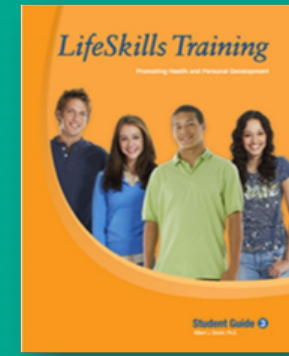
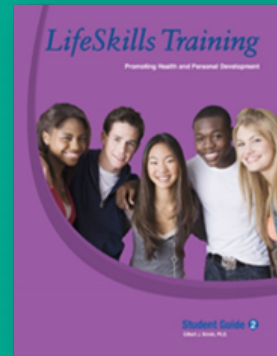
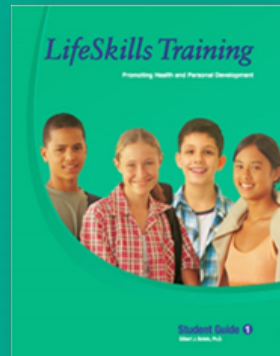


Prescription Drug Abuse Prevention Module



How is it implemented?

If you are implementing the LST Middle School program:



The ideal implementation location is
after the Assertiveness unit.

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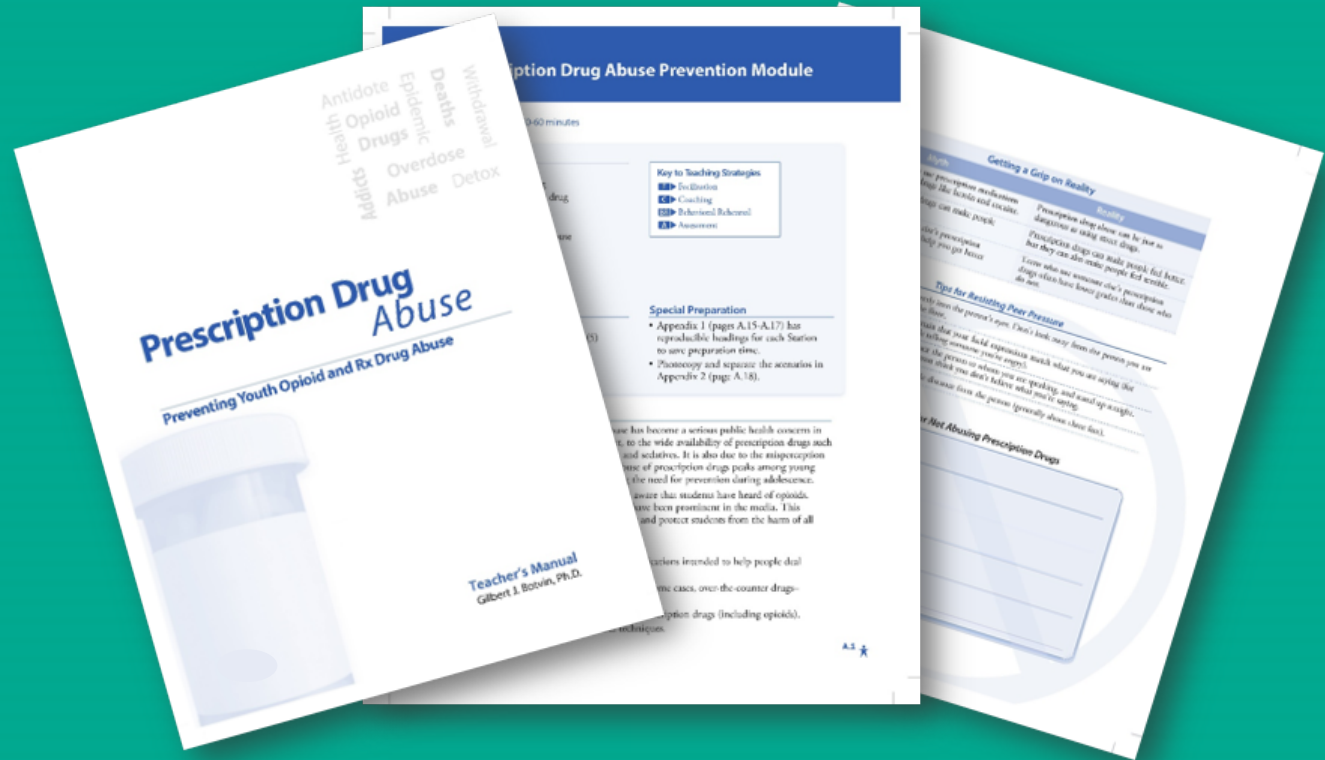
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Prescription Drug Abuse Prevention Module

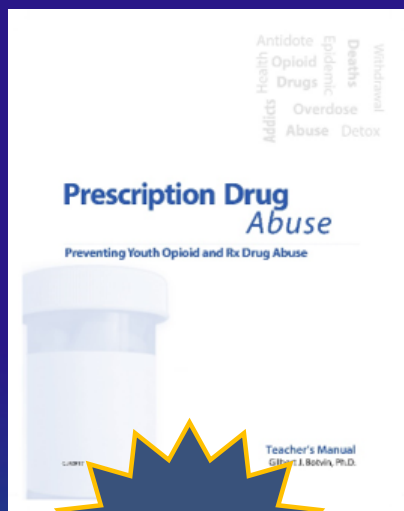


Sample Module Materials (Teacher and Student)



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Teacher's
Manual

Unit timing,
vocabulary, and
materials needed,
and special
preparation are
highlighted to
simplify
preparation.

Prescription Drug Abuse Prevention Module

Unit Timing: 50-60 minutes

Vocabulary

- Prescription
- Prescription drug
- Over-the-counter drug
- Side effect
- Contraindicated
- Prescription drug abuse
- Stimulants
- Pain relievers
- Opioid
- Sedatives

Materials Needed

- Student Worksheets
- Flip charts or poster paper (5)
- Markers

Key to Teaching Strategies

- Facilitation
- Coaching
- Behavioral Rehearsal
- Assessment

Special Preparation

- Appendix 1 (pages A.15-A.17) has reproducible headings for each Station to save preparation time.
- Photocopy and separate the scenarios in Appendix 2 (page A.18).

Key to interactive teaching
skills for LST

Goals and objectives are
clearly identified.

Unit Goals and Objectives

In recent years, prescription drug abuse has become a serious public health concern in the United States. This is due, in part, to the wide availability of prescription drugs such as pain relievers (opioids), stimulants, and sedatives. It is also due to the misperception that prescription drugs are safe. The abuse of prescription drugs peaks among young people from ages 18 to 25, highlighting the need for prevention during adolescence.

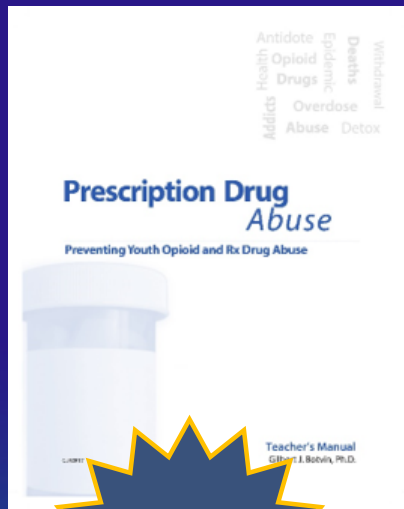
As you teach this unit, you may become aware that students have heard of opioids. Opioids are a class of pain relievers that have been prominent in the media. This unit contains activities designed to reduce and protect students from the harm of all prescription drugs, including opioids.

In this unit students will:

- Recognize that prescription drugs are medications intended to help people deal with medical problems.
- Recognize that prescription drugs—and, in some cases, over-the-counter drugs—can be abused.
- Identify why people do or do not abuse prescription drugs (including opioids).
- Learn and practice effective refusal techniques.

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Teacher's
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Interactive
teaching skill
icons and
suggested timing
available at-a-
glance.

What Are Prescription Drugs? (10 minutes)

1. Ask students if they or anyone they know has ever had an injury that caused them a lot of pain (e.g., a broken leg). Ask if they know what was done to help relieve the pain. (Answers might include got a cast put on, were given medication, had to use crutches.)
2. Point out that the pain medication or other prescription drugs may have been prescribed for the person by a doctor, using a prescription. Ask students what a prescription is. Synthesize their comments to create these definitions:

Definitions

A **prescription** is a doctor's order to a pharmacist that allows a patient to get a drug that is not available without such authorization. It includes instructions to the patient on the proper use of the drug (e.g., how much to take, when and how often to take it, and how long to take it).

A **prescription drug** is a drug (medicine) that requires a doctor's prescription and must be obtained from a pharmacy.

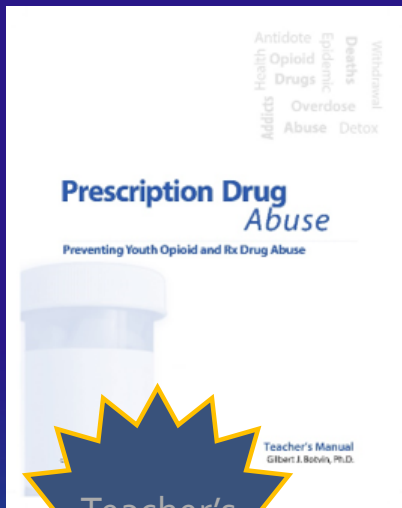
Key definitions and vocabulary are highlighted throughout the Teacher's Manual.

Helpful teacher reference
information on commonly
abused prescription drugs.

Type of Drug	How They Work	Consequences of Abuse
Stimulants Prescribed by doctors to treat conditions like attention deficit hyperactivity disorder, or ADHD.	Increase the levels of certain chemicals in the brain and body to increase alertness and concentration for people with ADHD.	Can increase anxiety, blood pressure, heart rate, and respiration rate, as well as constrict blood vessels—all of which can be bad for a person's health, both in the short and long terms. Can also make it hard to sleep, which can lead to a lack of focus and coordination, increasing the risk of injury.
Pain Relievers Prescribed by doctors to relieve severe pain and physical discomfort – like for the pain in a broken leg, not just an everyday headache.	Interrupt the pain signals so that people don't feel as much pain. Opioids are a commonly prescribed pain reliever.	Can cause drowsiness, constipation, and slower breathing. Note: Opioids are a category of pain reliever. They include not only opiates derived from opium but also synthetic narcotics that mimic opium.
Sedatives Prescribed by doctors to treat conditions like panic attacks, anxiety, and sleep disorders.	Slow down the mind and body to reduce anxiety and increase sleepiness.	Can cause people to slur their speech, stagger around, and become uncoordinated.

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Teacher's
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STATION 5

Why do most people not abuse prescription drugs?
Brainstorm and write at least 2 reasons why most people do not abuse prescription drugs.

Resources such as headings and scenario cards are provided in the Appendix to reduce preparation time.

Why do most people not abuse prescription drugs?

Brainstorm and write at least 2 reasons why most people do not abuse prescription drugs.

Answers might include:

- Most people want to stay out of trouble and avoid the risks.
- Most people don't like how a drug might make them feel.
- Most people don't want to risk their health or safety, or that of someone they care about, by taking a drug prescribed for someone else.
- Most people know their friends would disapprove and don't want to risk losing their friends.
- Most people want to be able to think clearly and stay alert.
- It is illegal to share your prescription drugs.

Sample student answers are provided as example responses for activities.

A. You are with a group of friends and you have a lot of homework. You tell them that you are worried you won't be able to finish it all in time. Your friend, Mike, pulls out the medication he's taking for ADHD and offers it to you. What do you do? How would you respond?

B. You are at a friend's house for a party. Your friend Sandy says she is starting to get a bad cough. She asks you if you have any cough syrup you can take. What do you do? How would you respond?

C. You are in gym class and get hurt while playing basketball. In the locker room, your friend offers you some of the medicine their doctor prescribed for the pain. What do you do? How would you respond?

D. You are with your friend and they ask if you are feeling okay. You tell her that you are having trouble sleeping and you feel tired all day long. Your friend offers to give you some of her father's sleeping pills. What do you do? How would you respond?

Prescription Drug Abuse

What Is Prescription Drug Abuse?

Prescription drug abuse includes the use of prescription medicines without a doctor's prescription or in a manner that is not intended, as well as the misuse of prescription drugs. Prescription drug abuse is a serious problem because it can lead to serious injuries, overdoses, and even death.

What Are Prescription Drugs?

A prescription drug is a drug (medication) that requires a doctor's prescription and must be obtained from a pharmacy. The prescription includes the name of the drug, the name of the person to whom the drug is prescribed, the proper use of the drug, and the date it was prescribed. Other drugs (medications) that are taken without a prescription are known as over-the-counter (OTC) drugs.

Prescription drugs can have side effects. A side effect is an undesirable result from taking a drug. Side effects can be mild and uncomfortable or serious.

Overdosing means that there is a medical emergency because the person has taken too much of the drug. If a person takes too much of a drug, it can be dangerous. If taken with another drug, a person may die.

Commonly Abused Prescription Drugs

Three commonly abused prescription drugs are stimulants, sedatives, and pain relievers. Stimulants are prescribed by doctors to treat a variety of conditions including attention deficit hyperactivity disorder (ADHD). Stimulants increase the levels of certain chemicals in the brain and body.

Sedatives are prescribed by doctors to treat conditions like anxiety, panic attacks, or sleep disorders. Sedatives slow down the mind and body.

Pain relievers are prescribed by doctors to relieve severe pain and physical discomfort. Pain relievers can be taken with or without a prescription. Some pain relievers are commonly prescribed pain relievers.

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Myths and Realities of Rx drug abuse

Getting a Grip on Reality

Myth	Reality
1 It's safer to use prescription medications than street drugs like heroin and cocaine.	Prescription drugs can be just as dangerous as street drugs.
2 Prescription drugs can make people feel good.	Prescription drugs can make people feel better, but they can also make people feel terrible.
3 Using someone else's prescription medications can help you get better grades in school.	Teens who use someone else's prescription drugs often have lower grades than those who do not.

Student Worksheets

Presentation of helpful information related to prescription drugs.

For example:
What is Rx drug abuse?
What are Rx drugs?
Commonly abused Rx drug classes

Tips for Resisting Peer Pressure

- 1 Eye contact:** Look directly into the person's eyes. Don't look away from the person you are talking to or down at the floor.
- 2 Facial expression:** Be certain that your facial expressions match what you are saying (for example, don't smile while saying "no").
- 3 Body position/posture:** Face the person to whom you are speaking, and stand up straight. Slouching will make the person think you don't believe what you're saying.
- 4 Distance:** Stand a comfortable distance from the person (generally about three feet).

Tips for resisting peer pressure to abuse Rx drugs and identifying reasons for not abusing Rx drugs.

My Reasons for Not Abusing Prescription Drugs

- 1
- 2
- 3
- 4
- 5

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