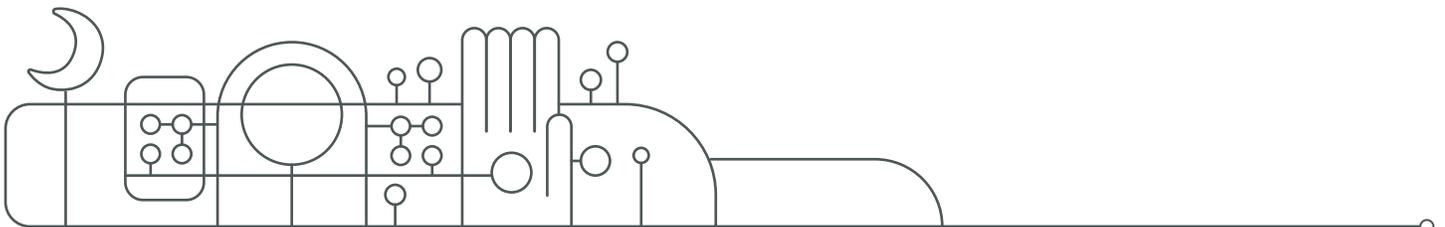


Prescription Drug Safety For High School

Course Outline

Module	Module Description	Learning Objectives "Students will be able to..."
The Basics	Before diving deep into topics like the science of addiction and effective refusal strategies, it's important to understand the basics. For instance, what are the different types of prescription drugs? How do they affect the body? What are some of their harmful side effects? Those are some of questions students find answers to in this lesson.	<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 valued need and prescription ○ Describe the potential negative effects on brain and body if the drug is misused or abused ○ Describe the possible legal consequences of misusing prescription drugs
Science of Addiction	Effective prevention education begins with the facts. Knowing how addiction affects the brain and body can be important for recovery, but more importantly, it can be information that helps students avoid addiction altogether. This lesson also contains personal stories from people who have recovered from addiction.	<ul style="list-style-type: none"> ○ Explain that anyone can become addicted to prescription drugs ○ 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 many addicts can manage their addictions and recover in a supportive environment
Understanding Prescriptions	Proper usage, storage, and disposal of prescription drugs are critically important to prevention of misuse and abuse. Whether it's reading a prescription label or properly disposing of unused drugs, this knowledge can help keep individuals and the people around them safe.	<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
Safe Use	Not all prescription drug use is harmful. There are cases where prescription drugs are necessary. However, even in those circumstances, it's possible to veer off path. This lesson involves interactive scenarios where students guide characters to the smart choices regarding prescription drug use	<ul style="list-style-type: none"> ○ Explain why taking a depressant with another depressant, such as alcohol, is dangerous ○ Explain why taking more pain medication, or taking it more frequently than directed, is not safe ○ Understand that misusing prescription drugs even once is not safe



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Refusal Skills	Prescription drugs can be most dangerous when they are unprescribed and just being used recreationally. Through the interactive scenarios in this lesson, students learn how to effectively refuse prescription drugs.	<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 ○ Resist peer pressure and other influences to take prescription drugs outside a medical professional's advice ○ Step in to support a friend who is being pressured misusing, selling, or giving prescription drugs to others ○ Describe the potential side effects of taking prescription drugs outside of a prescription
Supporting a Friend	Students recognize warning signs of a friend in trouble, and take concrete steps to help and support them. Students also respond to a situation involving an overdose and review the most important takeaways from the course.	<ul style="list-style-type: none"> ○ Recognize the signs of prescription drug misuse and addiction ○ Resist barriers to action ○ Seek assistance if experiencing a problem with prescription drugs ○ Identify signs of a prescription drug overdose ○ Care for someone in a potential overdose situation