

# Prescription Drug Safety

## For High School

Prescription drug abuse and misuse is a growing issue, with opioid abuse now the leading cause of accidental deaths in the U.S.<sup>1</sup> Reversing this trend will require a focused, population-wide approach. With one in five high school seniors reporting that they have misused prescription drugs,<sup>2</sup> reaching students early is now more important than ever.

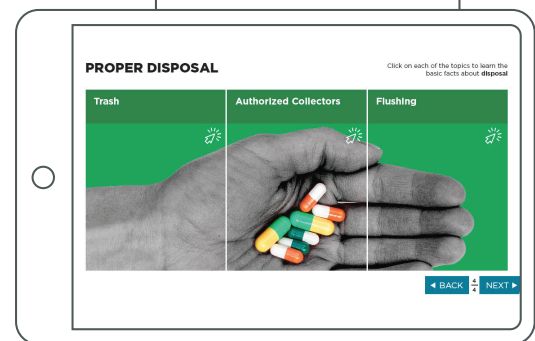
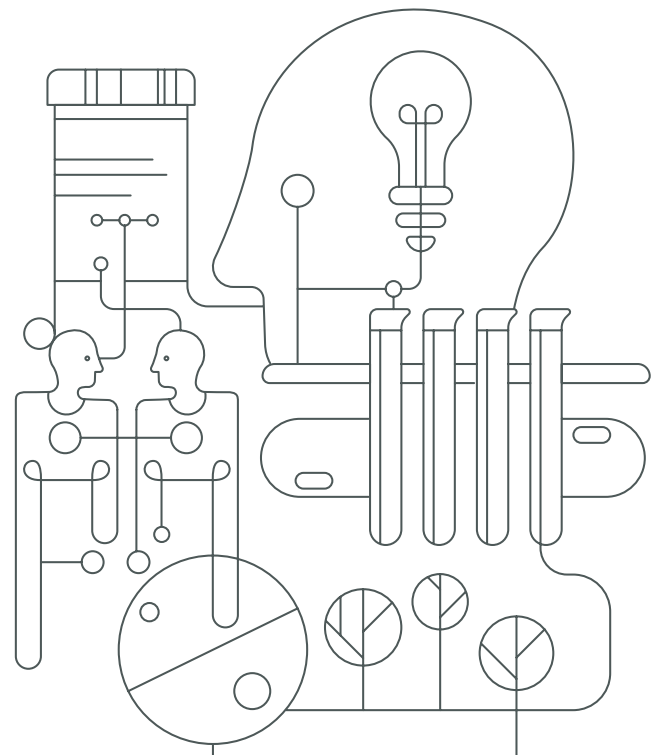
*Prescription Drug Safety* is an innovative digital course that arms high school students with the knowledge and tools to make healthy, informed decisions when it comes to prescription medications. Through interactive scenarios and self-guided activities, students learn the facts about drugs, how to properly use and dispose of them, and how to step in when faced with a situation involving misuse.

### Course Highlights

- Evidence-based, universal, public health approach to learning
- Interactive, true-to-life scenarios that reinforce key learning objectives
- Robust measurement and assessment of knowledge gains
- Supplemental materials, including curriculum guide and lesson plans

### Course Topics

- Opioids, stimulants, and depressants
- Proper prescription drug use, storage, and disposal
- Brain and body: the science of addiction
- Simulations: refusal and bystander skills
- Debunking common myths



**Recommended Grade Level:** 9-12

**Total Time:** 30-45 minutes

**Subject Fit:** Health

**Standards Alignment:** National Health Education Standards (NHES)

# Course Flow



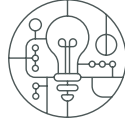
## Lesson 1

The Basics



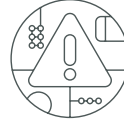
## Lesson 2

Science of  
Addiction



## Lesson 3

Understanding  
Prescriptions



## Lesson 4

Safe Use



## Lesson 5

Refusal Skills



## Lesson 6

Supporting  
a Friend

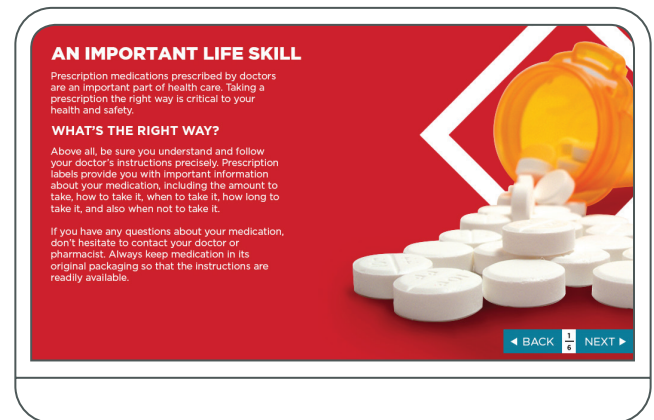
**1 in 3 teens** believe there is “nothing wrong” with using prescription medicines without a prescription once in a while.<sup>3</sup>

## Learning Activity Highlights

**Understanding Prescriptions** - The first step in understanding how to safely use prescription medications is interpreting the label. In this activity, students explore the ins and outs of a sample prescription label, answering questions about when and how the user should take their medications. Students must use the instructions to guide the user to make healthy choices in terms of dosage, mixing with other substances, sharing with others, and disposing of the pills safely.

**Refusal Skills** - High school students need to practice how they'd respond if they find themselves in a situation involving potential misuse of prescription drugs. In these interactive scenarios, students explore the thoughts of their peers and debunk common myths when a classmate offers drugs to help with studying. They also step into the shoes of a student who is asked for their leftover medications -- and see the real results of their choices.

**For more information about bringing this program to your school or district, visit [everfi.com/K-12](http://everfi.com/K-12)**



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Washington DC, 20007  
202-602-1295  
[www.everfi.com](http://www.everfi.com)

1 National Safety Council, 2016

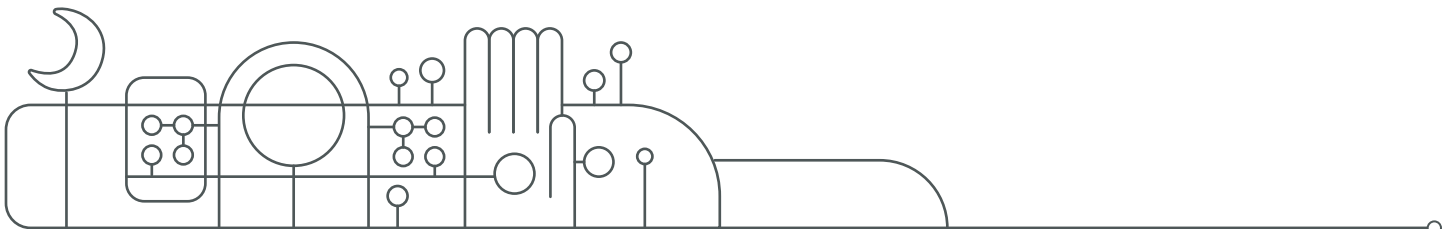
2 National Youth Risk Behavior Survey (YRBS), 2009

3 Office of National Drug Control Policy, 2008

# Prescription Drug Safety Network For High School

## Course Outline

Module	Module Description	Learning Objectives "Students will be able to..."
<b>The Basics</b>	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"> <li>○ Identify the common "street" and brand names of the 3 major prescription drug categories</li> <li>○ Describe the positive effects on those with valued need and prescription</li> <li>○ Describe the potential negative effects on brain and body if the drug is misused or abused</li> <li>○ Describe the possible legal consequences of misusing prescription drugs</li> </ul>
<b>Science of Addiction</b>	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"> <li>○ Explain that anyone can become addicted to prescription drugs</li> <li>○ Describe how drugs impact the brain and can lead to addiction problems</li> <li>○ Define terms such as "withdrawal" and "tolerance" and their relationship to addiction</li> <li>○ Describe how many addicts can manage their addictions and recover in a supportive environment</li> </ul>
<b>Understanding Prescriptions</b>	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"> <li>○ Explain the importance of following prescription instructions precisely</li> <li>○ Describe the factors that doctors consider when writing a prescription for an individual</li> <li>○ Read and understand prescription labels, including caution or risk statements</li> <li>○ Store and dispose of unused drugs safely and appropriately</li> </ul>
<b>Safe Use</b>	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"> <li>○ Explain why taking a depressant with another depressant, such as alcohol, is dangerous</li> <li>○ Explain why taking more pain medication, or taking it more frequently than directed, is not safe</li> <li>○ Understand that misusing prescription drugs even once is not safe</li> </ul>



Module	Module Description	Learning Objectives <i>"Students will be able to..."</i>
<b>Refusal Skills</b>	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"> <li>○ Articulate that most students do not misuse prescription drugs and would support a friend's decision not to misuse drugs</li> <li>○ Resist peer pressure and other influences to take prescription drugs outside a medical professional's advice</li> <li>○ Step in to support a friend who is being pressured misusing, selling, or giving prescription drugs to others</li> <li>○ Describe the potential side effects of taking prescription drugs outside of a prescription</li> </ul>
<b>Supporting a Friend</b>	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"> <li>○ Recognize the signs of prescription drug misuse and addiction</li> <li>○ Resist barriers to action</li> <li>○ Seek assistance if experiencing a problem with prescription drugs</li> <li>○ Identify signs of a prescription drug overdose</li> <li>○ Care for someone in a potential overdose situation</li> </ul>