




My Generation Rx
Teaching Safe Medication Practices to Teen Audiences

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IDHS

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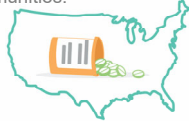
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Today's Objectives

1. Share compelling information relating to the scope, causes and consequences of America's prescription drug misuse epidemic.
2. Describe the utility of the Generation Rx resources and programs in promoting safe medication-taking practices and preventing prescription drug misuse.
3. Identify appropriate ways to adapt the activities for both school and community-based settings.
4. Integrate supporting student- and youth-led efforts at their institutions and within their home communities.



Scope, Causes and Consequences

Use Generation Rx resources to help change these statistics:



Audience Poll

Approximately how many prescriptions are purchased in the U.S. each year?

1. 3,900
2. 390,000
3. 3.9 million
4. **3.9 billion**
5. 3.9 trillion



(Kaiser Family Foundation, 2013)

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Scope, Causes and Consequences

- Prescribing habits
- Pharmaceutical populism
- DTC advertising
- Perceived safety

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The misuse of prescription drugs has **serious consequences**



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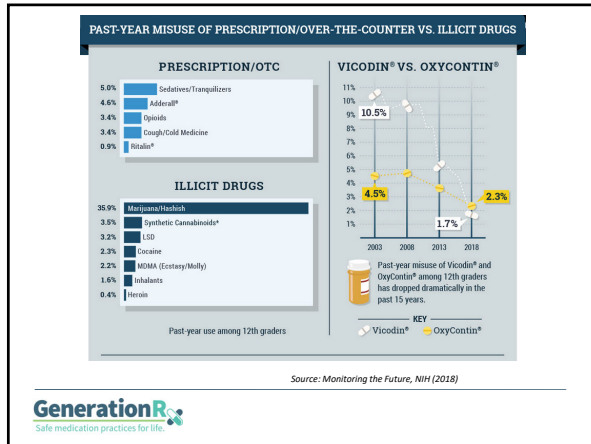
Misusing medications is:

- 1 Taking more than prescribed
- 2 Taking medication for a reason different than prescribed
- 3 Sharing or taking someone else's medication

Regardless of intentions...

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Teen Medication Misuse

Why do teens abuse prescription medications?

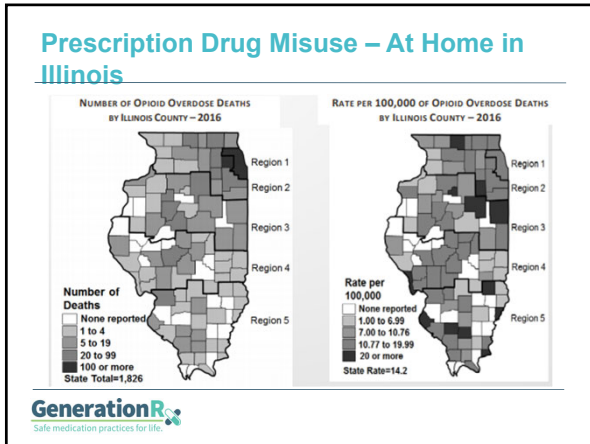
1. To get high
2. To relax
3. To improve grades
4. To "fit in"

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Teen Perceptions

- One-third of teens do not think that using medications once or twice without a prescription is of great or even moderate risk
- Teens do believe that the risks of abusing prescription drugs include overdosing, endangering your health, and addiction
- Teens believe prescription drugs are easy to obtain

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[Play [Mission Video](#)]

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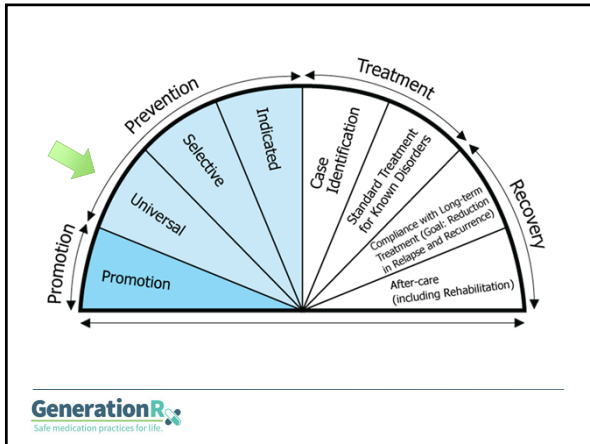
- THE OHIO STATE UNIVERSITY COLLEGE OF PHARMACY
- CardinalHealth FOUNDATION

About Generation Rx

- Started in 2007 at the Ohio State University College of Pharmacy
 - Now a national movement in partnership with the Cardinal Health Foundation
- Our mission: educate people of all ages about safe medication-taking practices and the potential dangers of misusing prescription medications

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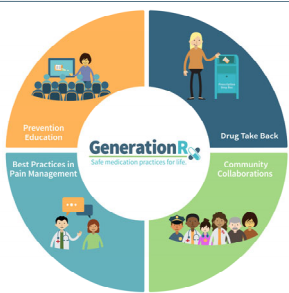


Our key educational messages

1. Only use prescription medications as directed by a healthcare professional.
2. Do not share or take someone else's medication.
3. Keep your medications safe.
4. Model safe medication practices.




Generation Rx: multi-pronged approach



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Youth-Focused Delivery




- Classroom settings
- After-school and community-based youth service programs

- Pharmacists and healthcare professionals
- Health educators and prevention specialists
- Extension professionals

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We've got a toolkit for that...



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So you need to talk to teens...

Who is my audience?

"My Generation Rx" is appropriate for middle school- and high school-aged students (grades 7-12).




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Audience Poll

Do you have plans to partner with any of the following groups to implement programming?

- Pharmacists
- Nurses
- Guidance Counselors
- Community health professionals
- None



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**“Medication Safety for Teens”
Interactive Presentation**

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**Overview: “My Generation Rx”
Teen education resources**



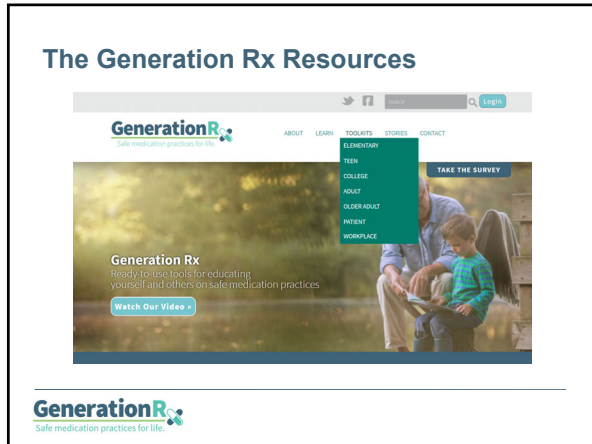
Some items aren't meant to be shared...

Round 3: Survey Question
Identify 3 ways to safely use medication:

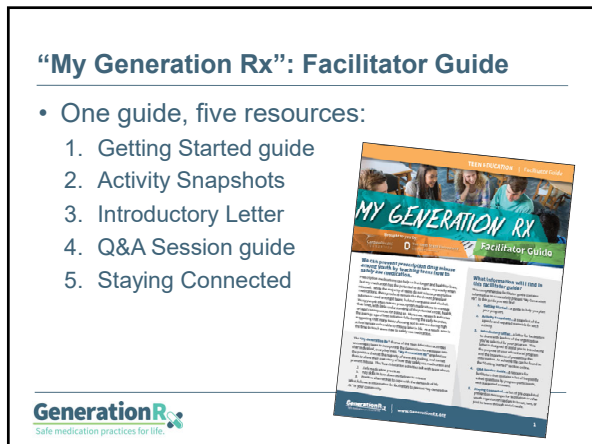
1. Take medications as instructed by a healthcare professional
2. Do not share or take someone else's medication
3. Be a good role model

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When integrating efforts, remember that...

Adolescents:

- Are still-developing analytical skills
- Seek new experiences / risk taking
- Overestimate the risky behaviors of their peers

Whereas, Adults:

- Consider long-term consequences
- Are more receptive to recovery stories
- Are wary of hard questions when discussing risky behaviors



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Activities

Each activity listed in this section is designed to serve as a stand-alone resource. Along with each activity, we've included specific talking points for facilitators. Before implementing any activity, we encourage you to review the "Getting Started" and "Activity Snapshot" from the facilitator guide (see above).

Activity	Group Size ¹	Length	Technology Requirements
"Medication Safety for Teens" Presentation	Large or Small	30 Minutes	PowerPoint
"Champions of Rx" Game	Large or Small	45 Minutes	PowerPoint
"Lead the Scene" Skit-based activity	Small ²	45 Minutes	PowerPoint + Internet Access
"Plot Twist" Skit-based activity	Small ²	30 Minutes	None
"Minute Activities"	Large or Small	5-10 Minutes/activity	None



Medication Safety for Teens – Talking Pts

The interactive presentation is a **CORE** component of the Teen Toolkit.

Each slide is paired with facilitator talking points.
See right: Medication Safety For Teen - Facilitator Talking Points

TEEN EDUCATION | Medication Safety for Teens

Slide 1

Welcome to today's program, "My Generation Rx: Medication Safety for Teens." You're here to make a difference. "What's My Generation Rx?"

"My Generation Rx" encourages teens to incorporate the Generation Rx message into their medication use. We encourage teens to use a checklist of questions to guide them through the talking points. Don't be afraid to ask for help. We're here to support you. We're here to help you understand the importance of medication safety and how to turn these conversations into action. We're here to help you understand the importance of medication safety.

Today, it's your turn to make a difference. We encourage you to use the interactive presentation that discusses these messages.

Slide 2

Let's begin by establishing the beneficial impact of prescription medications.

1. Prescription medications can help us feel better and healthier. Prescription drugs can help us feel better and healthier. Prescription drugs can help us feel better and healthier.

2. Our life expectancy is the longest in history, and people are now able to live with more chronic conditions and enjoying more quality of life.

3. We are surrounded by people who are sick and suffering. Medication can help us feel better and healthier.

4. Medication can help us feel better and healthier. Medication can help us feel better and healthier. Medication can help us feel better and healthier.


Disasters: Medication can help us, but only when used as directed by a healthcare professional. Medication can be harmful, especially when misused.




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**“Medication Safety for Teens”
Interactive Presentation**

- Focuses on safe medication practices
- Engages teens to:
 - Define misuse
 - Identify reasons for misuse
 - Identify positive alternatives
 - Negate any false teen perceptions about medication misuse
 - Take action




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Let's review how to deliver some key themes of the presentation:

- Negating false teen perceptions about prescription drug misuse
- Establishing safe medication use practices
- Taking action



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Do the majority of teens misuse prescription drugs?

NO!

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Fact: 6 out of 7 teens do NOT misuse prescription drugs



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Use Medications Safely



1. Keep for yourself
2. Follow instructions
3. Be a good role model

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Think About It:

What could teens do instead of misusing?
Identify a few positive alternatives.



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Help Others

1. Learn more
2. Share the information
3. Talk with a trusted adult


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“Medication Safety for Teens” Interactive Presentation - Summary

- Approx. 30 min
- Large or small group
- Provides the foundation for safe medication use principles
- Uses lecture and group discussion styles



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“Champions of Rx” Game

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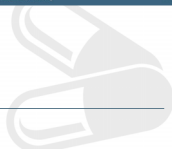

“Champions of Rx” Game

- Flexible delivery
 - PPT included but optional
- New rounds focus on:
 - Safe medication practices
 - Positive alternatives
 - Approaches for turning down invitations to misuse

Round 3: Survey Question

Identify 3 ways to safely use medication:


- 1 Take medications as instructed by a healthcare professional
- 2 Do not share or take someone else's medication
- 3 Be a good role model



Round 3: Opener Question

Name **something** that you shouldn't share with others...

Prescription medications, toothbrushes, or underwear!



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Round 4: Survey Question

Identify **3 things** you could do instead of misusing prescription medications:

- 1 Exercise
- 2 Study with friends
- 3 Enjoy your hobbies



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Activity Facilitation

- Works best in small to medium groups
 - Can divide into teams
- Wait for responses from the group
 - It may take a minute
 - Read the audience
- Encourage participation from all
- Second person can be helpful



Our Suggestions and User Insights

- ✓ Resonates well with late middle school audiences (i.e. 8th grade)
- ✓ High engagement when done in small groups
- ✓ Low tech option for large or assembly sized crowd





“Lead the Scene” Skit-based Activity

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“Lead the Scene” Skit-based activity

- **Part 1:** Group discussion centered around three scenes in a theatrical performance
- **Part 2:** Groups perform scenes with different choices and outcomes

Think About It:

If the characters could travel back in time, could different choices have led to more positive outcomes? Let's find out!



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Lead the Scene – Activity

- Scenarios are lengthy and students may find humor in the videos
- For a less active class, this gives them an opportunity to warm up
- Works well in small group discussions, report out



Activity Facilitation

- Videos provided
 - Technology required
 - Ensure they are able to play
- Low-tech script option
 - Students must be willing to play along
- Provide instructions and emphasize what students are expected to do



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Our Suggestions and User Insights

- Approx. 45 min
- If time is concern, prioritize Part 1 of the activity.
- On a broader level, create opportunities to discuss trusted adult relationships.*





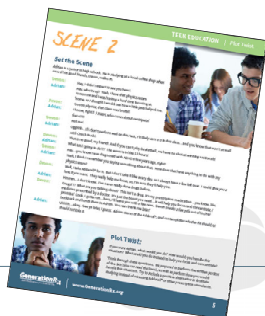
**“Plot Twists”
Analyzing Choices**

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“Plot Twists” Skit-based activity

- Four scenes, each inviting teens to misuse
- Task: for their scene, what is the best way to handle the situation?
- Shorter skit scripts
- Require student participation



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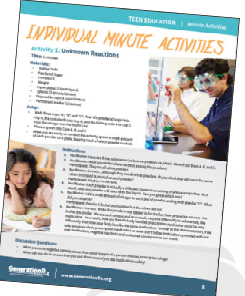
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“Minute Activities”

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“Minute Activities”



- Short, hands-on activities that exist in two forms:
 1. Group Activities
 - “Icebreaker”
 - Reset attention span
 - Stand-alone activity (conduct 2-3)
 2. Individual Activities
 - Informational booths



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[Play [Beat the Buzzer](#) Video until 3:10]

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Minute Activity—Use or Misuse?

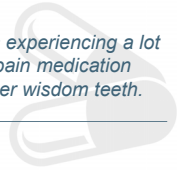
Time: 5 min

Materials: Paper and pens

Structure: Groups of 4-5 teens

Scenario:

Zach recently had a tooth pulled. He was experiencing a lot of pain, and decided to take the leftover pain medication prescribed to his sister after removal of her wisdom teeth.



Letting the Youth Lead

Champions of Rx, Plot Twists, and Minute Activities can be adapted and co-led by youth.

- **Prepare.** Host a practice round prior to classroom delivery.
- **Identify opportunities.** Ex: Youth retreats, lunch rotations, athletic team meetings.
- **Brainstorm new applications.** Ex: Roll the Dice

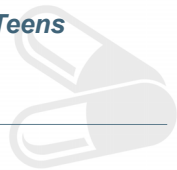


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Other Resources

"The Party" InterACT Video
Ohio State's INTERACT drama troupe invites high school students to direct actors who portray college kids contemplating the use of prescription drugs at a party. This innovative project was organized by The

**Online Classroom Resources to Engage Parents
Tips for Talking to Teens**



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When working with adolescents...

Effective strategies

- Educational messages with skill-building
- Resiliency building
- Engaging youth in leadership and service learning
- Services and mentors for high-risk groups

Strategies to avoid

- "Don't" commands
- Relying on "worst case" scenarios
- Stigmatizing language & triggering imagery



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Reminder: As adults we should...

- 1 Only using prescription medications as directed by a healthcare professional.
- 2 Never sharing prescription medications with others or taking someone else's medication.
- 3 Keeping medications safe by storing medications securely to prevent others from taking them, and properly disposing of medications that are no longer needed.
- 4 Being a good example by modeling these safe medication practices and discussing the dangers of misusing prescription drugs with others.





As facilitators, we should strive to...

- 1. Know our audience—keep teens engaged and adults informed!
- 2. Reinforce the messages with multiple touchpoints.
- 3. Encourage youth leadership on and off campus.
- 4. Make friends with our local pharmacist!

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THANK YOU!

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