



Drug Prevention
Resources

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.¹ Reversing this trend will require a focused, population-wide approach. With one in five high school seniors reporting that they have misused prescription drugs,² reaching students early is now more important than ever.

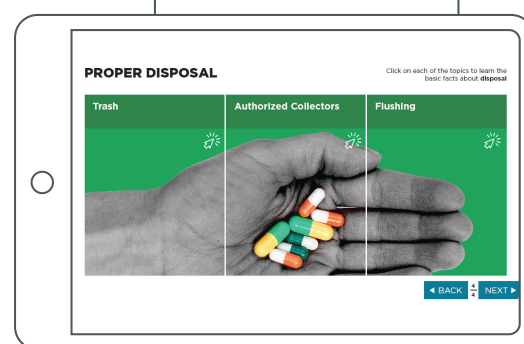
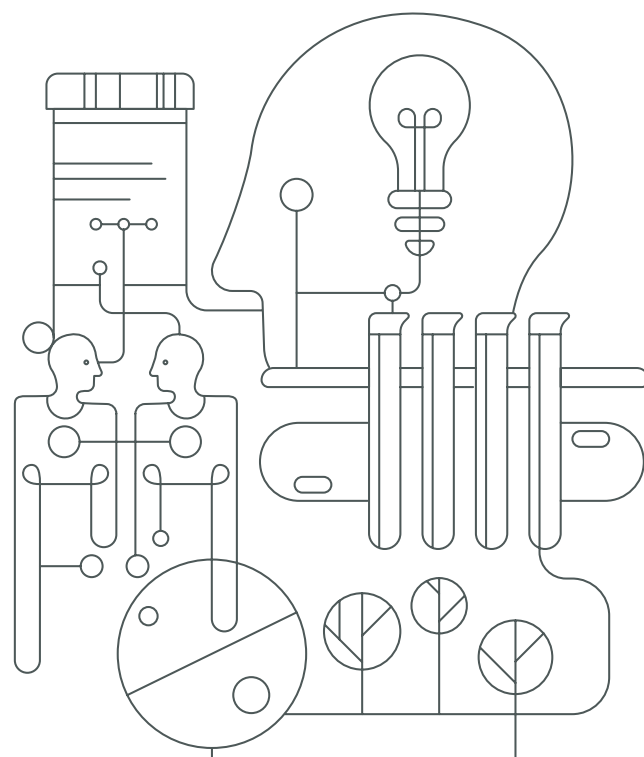
Prescription Drug Safety is an innovative digital course that arms high school students with the knowledge and tools to make healthy, informed decisions when it comes to prescription medications. Through interactive scenarios and self-guided activities, students learn the facts about drugs, how to properly 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



The Basics



Science of Addiction



Understanding Prescriptions



Safe Use



Refusal Skills



Supporting a Friend

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

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.

AN IMPORTANT LIFE SKILL

Prescription medications prescribed by doctors are an important part of health care. Taking a prescription the right way is critical to your health and safety.

WHAT'S THE RIGHT WAY?

Above all, be sure you understand and follow your doctor's instructions precisely. Prescription labels provide you with important information about your medication, including the amount to take, how to take it, when to take it, how long to take it, and also when not to take it.

If you have any questions about your medication, don't hesitate to contact your doctor or pharmacist. Always keep medication in its original packaging so that the instructions are readily available.

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TO LEARN MORE CONTACT:

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1. National Safety Council, 2016

2. National Youth Risk Behavior Survey (YRBS). 2009

3. Office of National Drug Control Policy. 2008