



# LifeSmarts

*Learn it. Live it.*

## ***LifeSmarts U: MEDICINE 101 Lesson Plan***

### ***Overview***

The need to take both prescription and over-the-counter medications requires the consumer to understand basic medicine terms and the risks and benefits of commonly used medicines.

### ***Lesson Objectives***

- Compare and contrast over-the-counter medicine with prescription medicine.
- Describe the risks and benefits of over-the-counter medicine.
- Explain the appropriate use of over-the-counter pain relievers.

### ***Time***

2-3 class periods

### ***Background***

As young adults, teens begin the transition from parents providing medicine and advice, to managing many aspects of their own health. Part of this transition includes having a basic “medicine vocabulary” to use when making consumer decisions about how to use prescription and over-the-counter drugs safely and effectively.

### ***Materials***

PowerPoint Presentation—*Medicine 101*

PowerPoint Presentation Game—*Tell Me the Question*

*MEDGO* Vocabulary Game Handout

*MEDGO* Vocabulary Game—Directions

*Over-the-Counter Cross*—Crossword Puzzle and Key

*Tell Me the Question*—Question & Answer Sheet

### ***Procedures***

#### ***Day 1***

1. View the PowerPoint Presentation—*Medicine 101*.
3. Distribute *MEDGO*—Vocabulary Game Handouts.
4. Review Vocabulary using the *MEDGO* Game. (Note: Students will need to play several rounds of the game to become comfortable with the vocabulary and the game rules.)

#### ***Day 2***

1. Play additional games of *MEDGO* and inform students this activity will help them prepare for the *Tell Me the Question* Jeopardy-like PowerPoint Presentation.
2. When the students are ready to play *Tell Me the Question*, divide the class into teams.
3. Using the PowerPoint Presentation as the game board, allow teams to choose questions and accumulate points. Assign one student to keep score and another to track the answered questions. (Note: The *Tell Me the Question*—Question & Answer Sheet can be used to track the questions that have been answered and the cumulative scores of each team.)



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### **Day 3**

1. Distribute and ask students to complete the *Over-the-Counter Cross*—Crossword Puzzle.
2. Correct the puzzle.
3. Use the Discussion Questions to summarize learning and for an informal assessment.

### ***Discussion Questions***

1. What are the differences between NSAIDs and acetaminophen?
2. Explain why an acetaminophen overdose is not uncommon.
3. According to the Food and Drug Administration, what are the common characteristics of OTCs?
4. How are prescription and over-the-counter drugs alike? How are they different?
5. Create a drug safety visual using the Food and Drug Administration’s “SAFER” concept.

### ***Differentiation***

1. Provide students with a definition sheet when playing *MEDGO*.
2. Allow students to complete the *Over-the-Counter Cross* in small groups.
3. Review the vocabulary and concepts used in the *Tell Me the Question* game before playing.
4. Create posters for your school that focus on the safe use of pain relievers. Target the physical education areas.
5. Assign small groups to use the information in the *Medicine 101* Lesson to create a second round of *Tell Me the Question*.