



# Alcohol & Other Drugs

3<sup>rd</sup> grade

Lesson 4 of 4

Over the Counter and Prescription Medicines

Central Bucks School District

# Objectives

- Students will explain why all medicines must be used correctly.
- Students will identify reliable sources of drug information.



Name someone from whom you can find correct information about medicines.

- Parent
- Teacher
- School Nurse
- Doctor
- Clinic staff
- Pharmacist



# Group Activity

- Students will be divided into small groups and given a Rite Aid, CVS, or Walgreens newsprint and a marker.
- Students are to imagine they are in a drug store and to generate a list of items that can be found on drug store shelves.
- Designate one person to be your group speaker.

# Group Activity

- Once finished, each group will read its list aloud.
- Each medicine (drug) will be written on the board under the heading "Over-the-counter Drugs"
- Discuss the condition or problem each of these medicines is used to treat.



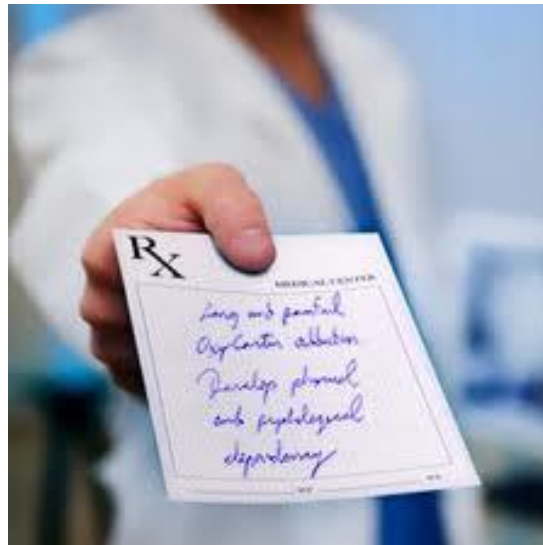
# Over the Counter Drugs

- Over-the-counter (OTC) medicines can be purchased right off the shelf.
- OTC medicines are drugs and they must be used according to directions.
- OTC medicines are only to be used occasionally.



# What is a Prescription?

- Can anyone name a prescription drug?





# Prescription Drugs

- Sometimes when we are very sick or have a health problem, the doctor decides that we need a very special kind of medicine.
- The doctor has to write out prescriptions for these special medicines.
- These medicines cannot be purchased off the shelves as can OTC medicines.
- Adults take a prescription to the pharmacist, who gives them the special medicine.
- The pharmacist keeps the medicine behind the counter and prepares it according to the doctor's prescription.





# Role Play

\*use script provided\*



- I will need one volunteer to do a role play.
- As we deliver this role play, I will be playing the role of the pharmacist and our volunteer will play the role of the customer



# Over the Counter vs. Prescription Medicines

- Both are medicines and should be taken only under the direction of a trusted adult.
- Both are medicines and only the recommended amount should be taken.
- Medicines are very powerful chemicals and even a small amount of medicine is enough to do its job.
- Both can cause health problems or even death if not taken correctly.



# Discussion



- **When do we need over-the-counter medicines?**
  - headaches, stomach aches, cough/cold
- **When can we take over-the-counter medicines?**
  - When a parent or other trusted adult tells us it's okay.
- **Why do we need prescription medicines?**
  - They are stronger than over-the-counter medicines and can treat our precise condition.
- **When do we need prescription medicines?**
  - When we are ill, and the doctor tells our parents we need them



# Discussion

- **Whom do we ask when we have questions about over-the-counter medicines?**
  - *Parent, Pharmacist*
- **Whom do we ask when we have a question about prescription medicines?**
  - *Doctor, nurse, pharmacist*
- **In what ways can over-the-counter medicines harm us?**
  - *All medicines have side effects, if taken incorrectly, OTC drugs can cause organ damage and even death.*

# Review: Over the Counter Medicines

- Can be bought by an adult from the store without a prescription.
- Directions for their use are the same for everyone.
- They should be taken for illnesses that usually go away on their own.
- OTC medications are chemicals (drugs) that have powerful effects on the body.
- They must be taken correctly.



# Review: Prescription Medicines

- You need a doctor's prescription to buy them.
- Directions for their use are for one person.
- They are used for illnesses or health problems that might not clear up on their own.
- The date and the name of the person they are for are on the label.
- Prescription medications are chemicals (drugs) that have powerful effects on the body.
- They must be taken correctly as described on the prescription.





# Activity



- In small groups, students will create an outline of the human body on a piece of paper.
- Group members are then to place a check on all the specific areas of the body for which people take over the counter medicines.
- Groups will share one area of the body which an over the counter medicine is used to treat.