



## Grade 3 Sample Lesson Plan: Unit 3 – Proper/Improper Use of Medications

### **Description**

Please see attached handout for a lesson submitted by a Virginia teacher

### **Handout**

The next page includes a handout for the lesson. The handout is designed for print use only.



<b>GRADE: 3</b> Lesson 1	<b>Department of Teaching and Learning</b> <b>ATOD Health Education</b>	<b>TIME:</b> 30 minutes
 <b>LESSON FOCUS:</b> Students will recognize the differences between proper and improper use of prescription and nonprescription medications thus enabling them to make safe decisions when taking them.		
<b>STATE STANDARD:</b> SOL 3.1.h Describe proper and improper use of prescription and nonprescription medications.  <b>DESCRIPTIVE STATEMENT:</b> Prescription and over-the-counter drugs can be easier to get than street drugs because family members and friends may have them. Prescription drugs are only safe for the people who have prescriptions for them because a doctor has examined and prescribed the right dose of medicine for their medical condition. The doctor has also told them exactly how they should take the medicine, what to avoid while taking the drug and the side effects to watch for. Taking prescription drugs in a way that hasn't been recommended by a doctor is dangerous and in fact, it's drug abuse.		
 <b>LEARNING TARGET:</b> I can describe proper and improper use of prescription and nonprescription medications.	 <b>KEY TERMS:</b> <ul style="list-style-type: none"><li>• Prescription medications</li><li>• Over-the-Counter medications</li></ul>	
 <b>MATERIALS NEEDED:</b> <ul style="list-style-type: none"><li>• Documents appear at the bottom of the lesson plan. Copies for Chromebooks can be found in Schoology. Documents needed include:<ul style="list-style-type: none"><li>- OTC Medicine Safety Pre Assessment <a href="http://www.scholastic.com/otcmedsafety/pdfs/teachers/Lesson1/MedicineSafety_PREQUIZ.pdf">http://www.scholastic.com/otcmedsafety/pdfs/teachers/Lesson1/MedicineSafety_PREQUIZ.pdf</a></li><li>- Over-the-Counter vs. Prescription Medicines Venn Diagram</li></ul></li><li>• 3<sup>rd</sup> Grade Lesson 1 PowerPoint on “Proper and Improper Use of Prescription and Nonprescription Medications”</li><li>• Strategies for lesson listed in <b>red</b> within the lesson. All strategy procedures listed at the bottom of the lesson plan.</li></ul>		



## LINK (activate prior knowledge/lesson intro)

Students will be given the OTC Medicine Safety Pre-Assessment. (Teachers have the option to use this data to determine student understanding, to drive future lessons, to be given again as a post-assessment, or to activate student thinking with the answers covered in class to enhance learning.) **Handout is listed at the bottom of the learning plan.**

**(Slide 1)** Review vocabulary words from the previous year by having students define prescription medicine and over-the-counter medicine (OTC) to a partner.

Give the correct definition of each word:

- Prescription medicine: Medicine that you only get when a doctor decides that you need it. The doctor writes a prescription for an adult to pick up at a pharmacy.
- Over-the-counter medicine (OTC): Medicine adults can get without a prescription from a doctor.

Teacher introduces the lesson for the day and gives the learning target: I can describe proper and improper use of prescription and nonprescription medications.



## ENGAGE AND EXPLAIN (direct instruction/guided practice):

**(Slide 2)** Medicine is a drug. Medicine and drug mean the same thing.

Taking medicine or drugs changes how your body works or treats or prevents a disease or symptom.

Medicine can do things as simple as make you feel better when you have a cold or as complicated as treat cancer (like chemotherapy).

- Prescription drugs: Medicine that only an adult can buy and only with a doctor's order. After seeing the doctor, medicine is picked up at a pharmacy or sometimes delivered in the mail.
- Nonprescription (OTC, over-the-counter) drugs are drugs that can be purchased at a local store without a physician's note. Examples include Advil, Tylenol, Motrin and Benadryl. Common reasons for using over-the-counter medicine include minor aches and pains, fever, cold, upset stomach and allergy symptoms.

Any medicine can cause harm if you use too much of the medicine or use it incorrectly. This is true for prescription and over-the-counter medicines. For all medicine, you must read and follow the directions. Children should use medicine only with permission from a parent or guardian.

**(Slide 3)** Teacher goes through the compare and contrast Venn diagram.

**(Slide 4)** Important medicine rules: Teacher reads slide. Talks about dosage as an amount and strength of medicine.

**(Slide 5)** Examples of proper use of prescription and nonprescription medications:

- Take under supervision of trusted adult
- Follow directions on label
- Never share your medicine
- Call doctor if you have any questions or side effects

**(Slide 6)** Examples of improper use of over-the-counter and prescription medicines:

- Taking too much medicine
- Taking someone else's medicine
- Letting someone else take your medicine
- Taking medicine from someone other than your parent/guardian or another responsible adult

- Taking medicine without your parents' permission

**(Slide 7)** Consequences of improper use of medicine:

- Get sick
- Have to go to the hospital
- Develop a drug dependence or addiction
- Damage your brain or other body systems or death



## ACTIVE LEARNING (collaborative learning/work

### Venn diagram

Hand out the compare/contrast information sheet. Students are given a partner and told to read each statement: **Handout is listed at the bottom of the learning plan.**

1. Children should use only with the permission of a parent or trusted adult.
2. Should only be used by the person for whom the medicine was ordered.
3. Prescribed by a doctor for one person.
4. The medicine label, including the directions, must be read and followed carefully before use.
5. Can buy without a doctor's prescription.
6. Dangerous to misuse or abuse.
7. A healthcare professional or your local poison control center can answer questions about this medicine.

Students are to sort the statements by number in the correct place in the Venn diagram. The statements either fall within:

- over-the-counter medicine
- prescription medicine
- or both (Over-the-counter and prescription medicine)

Students work with a shoulder partner to complete the assignment. Teacher then covers the answers for students to check their work.



## REFLECTION (individual work):

Teacher reads each story, has students discuss with a partner whether the story shows a proper or improper use of prescription or nonprescription medication. Then discusses student's answers with the whole class.

Stories:

1. Kyle shows Sam a bottle with some medicine in it. Kyle tells Sam he got it from a friend that said it was for coughs, but it makes you feel good. Is this a proper or improper use of a medication? Explain why.
2. Gayle is with her friend Katie when she opens her purse and pulls out a package of pills that she found at her house. Katie tells Gayle the package said they give you energy, and she really needs some energy. Then Katie asks Gayle if she wants one. Is this a proper or improper use of a medication? Explain why.
3. Julie tells her mom she has a headache, and her mother gets a bottle of Ibuprofen. Her mother reads the correct dosage for Julie's age and gives her the amount the bottle suggests for her pain relief. Is this a proper or improper use of a medication? Explain why.

**LESSON CLOSURE:**

What things did you learn that you would tell a younger sibling or friend to help keep them safe from prescription and nonprescription medications?

**Strategies:****Venn diagram**

A graphic organizer that helps classify items according to type. Circles show how prescription medicines and over-the-counter medicines (OTC) are alike and different.

## Handouts:

# OTC MEDICINE SAFETY PRE-ASSESSMENT

## TYPES OF MEDICINE

What type of medicine is best described by each statement below?

Q1. This is medicine a doctor orders for you, and is available only from a pharmacist. *Check only one.*

- Prescription medicine
- Over-the-counter (OTC) medicine
- Not sure

Q2. This is medicine bought in a drugstore, pharmacy, or supermarket without having to get a doctor's permission. *Check only one.*

- Prescription medicine
- Over-the-counter (OTC) medicine
- Not sure

## PLEASE LET US KNOW IF YOU THINK THE FOLLOWING STATEMENTS ARE TRUE OR FALSE.

Q3. Please check one answer per row.	True	False	Not Sure
If you use a household or kitchen spoon to measure liquid medicines, you can be sure you will get the right dose.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You can't be harmed by over-the-counter medicines. After all, you can buy them without a doctor's prescription.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It's okay to take two medicines with the same active ingredient at the same time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It's okay to use someone else's prescription medicine if you have the same symptoms he or she had when he or she got it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It's okay to take your leftover prescription medicine later if you get sick again.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It's okay to take more medicine than what is directed on the label if you are very sick.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In a medicine, an active ingredient is what relieves a person's symptoms.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The <i>Drug Facts</i> label tells you what symptoms the medicine treats.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The <i>Drug Facts</i> label gives you the dosage information (how much medicine to take).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**PLEASE LET US KNOW IF YOU THINK THE FOLLOWING STATEMENTS ARE TRUE OR FALSE.**

<i>Q4. Please check one answer per row.</i>	True	False	Not Sure
A pharmacist can answer questions about over-the-counter medicines.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All medicines have an expiration date.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Children should not use prescription medicine without the permission of their parent or a trusted adult.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Medicine should be kept in a place where children can't reach it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Q4. Please check one answer per row.</i>	True	False	Not Sure
If you and your friend are the same age, it will be safe for you to take the same dose of an over-the-counter medicine.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prescription medicine cannot be bought without a doctor's permission.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**PLEASE LET US KNOW IF YOU THINK THE FOLLOWING STATEMENTS ARE TRUE OR FALSE.**

<i>Q5. Please check one answer per row.</i>	True	False	Not Sure
Children over 12 can take over-the-counter medicine without a parent's permission if they carefully read the label.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Medicine should be stored in the container it came in.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
One gulp from a bottle of liquid medicine is exactly one tablespoon of medicine.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Over-the-counter medicines can be dangerous when misused.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prescription medicine can be found on the shelves in some stores.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prescription medicine is meant to be used by one person.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**PLEASE LET US KNOW IF YOU THINK THE FOLLOWING STATEMENTS ARE TRUE OR FALSE.**

<i>Q6. Please check one answer per row.</i>	True	False	Not Sure
The local poison center is a good place to call if someone has taken too much medicine.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Medicine should be kept on the kitchen counter so you remember to take it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Taking more medicine than directed will help you feel better faster.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Taking more than one medicine with the same active ingredient will help you feel better faster.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If you have questions about an over-the-counter medicine you have not taken before, you should ask a friend who has taken it before.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You can call the poison center even if it isn't an emergency.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## OTC MEDICINE SAFETY

# ANSWER KEY

(Continued)

### PRE-ASSESSMENT QUIZ, POST-ASSESSMENT QUIZ

#### Q1. PRESCRIPTION MEDICINE

#### Q2. OVER-THE-COUNTER (OTC) MEDICINE

#### Q3.

If you use a household or kitchen spoon to measure liquid medicines, you can be sure you will get the right dose.

**FALSE**

You can't be harmed by over-the-counter medicines. After all, you can buy them without a doctor's prescription.

**FALSE**

It's okay to take two medicines with the same active ingredient at the same time.

**FALSE**

It's okay to use someone else's prescription medicine if you have the same symptoms he or she had when he or she got it.

**FALSE**

It's okay to take your leftover prescription medicine later if you get sick again.

**FALSE**

It's okay to take more medicine than what is directed on the label if you are very sick.

**FALSE**

In a medicine, an active ingredient is what relieves a person's symptoms.

**TRUE**

The *Drug Facts* label tells you what symptoms the medicine treats.

**TRUE**

The *Drug Facts* label gives you the dosage information (how much medicine to take).

**TRUE**

#### Q4.

A pharmacist can answer questions about over-the-counter medicines.

**TRUE**

All medicines have an expiration date.

**TRUE**

Children should not use prescription medicine without the permission of their parent or a trusted adult.

**TRUE**

Medicine should be kept in a place where children can't reach it.

**TRUE**

If you and your friend are the same age it will be safe for you to take the same dose of an over-the-counter medicine.

**FALSE**

Prescription medicine cannot be bought without a doctor's permission.

**TRUE**



## OTC MEDICINE SAFETY

# ANSWER KEY

(Continued)

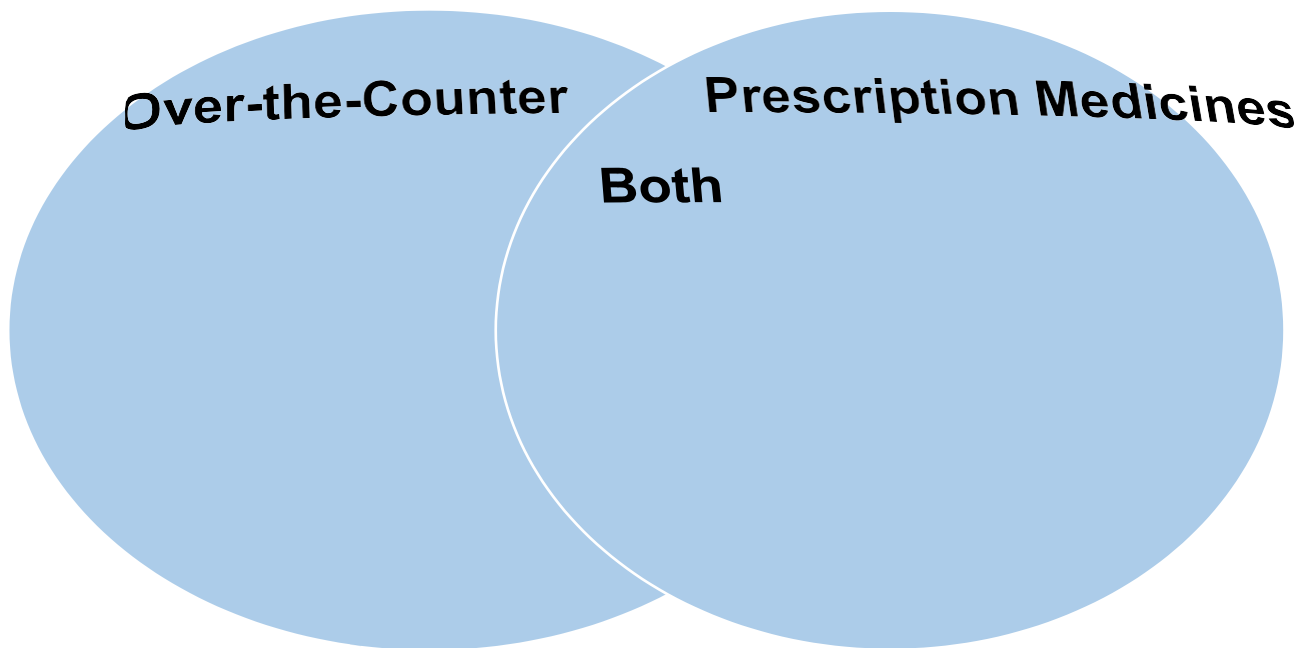
### PRE-ASSESSMENT QUIZ, POST-ASSESSMENT QUIZ

<b>Q5.</b>	
Children over 12 can take over-the-counter medicine without a parent's permission if they carefully read the label.	<b>FALSE</b>
Medicine should be stored in the container it came in.	<b>TRUE</b>
One gulp from a bottle of liquid medicine is exactly one tablespoon of medicine.	<b>FALSE</b>
Over-the-counter medicines can be dangerous when misused.	<b>TRUE</b>
Prescription medicine can be found on the shelves in some stores.	<b>FALSE</b>
Prescription medicine is meant to be used by one person.	<b>TRUE</b>
<b>Q6.</b>	
The local poison center is a good place to call if someone has taken too much medicine.	<b>TRUE</b>
Medicine should be kept on the kitchen counter so you remember to take it.	<b>FALSE</b>
Taking more medicine than directed will help you feel better faster.	<b>FALSE</b>
Taking more than one medicine with the same active ingredient will help you feel better faster.	<b>FALSE</b>
If you have questions about an over-the-counter medicine you have not taken before, you should ask a friend who has taken it before.	<b>FALSE</b>
You can call the poison center even if it isn't an emergency.	<b>TRUE</b>

Name \_\_\_\_\_

## Over-the-Counter vs. Prescription Medicines

Directions: Sort the statements by number in the correct place in the Venn diagram.



Read each statement and place the number of where it belongs in the diagram above.

1. Children should use only with the permission of a parent or trusted adult.
2. Should only be used by the person for whom the medicine was ordered.
3. Prescribed by a doctor for one person.
4. The medicine label, including the directions, must be read and followed carefully before use.
5. Can buy without a doctor's prescription.
6. Dangerous to misuse or abuse.
7. A healthcare professional or your local poison control center can answer questions about this medicine.