

DEAR OTC MEDICINE SAFETY LEADER,

Thank you for your commitment to educating young people and their families about medicine safety and for supporting our mission to build young people's knowledge about OTC medicine safety and encourage responsible behavior *before* they start self-medicating. Your classroom visits and group presentations are a critical part of our efforts to ensure that kids are equipped with the knowledge to recognize unsafe behaviors and make informed decisions about safe medicine use.

In addition to providing young people with a valuable educational experience, you are also helping them gain real-world skills that will impact their everyday lives. We hope this guide serves as a useful tool for developing engaging and successful presentations.

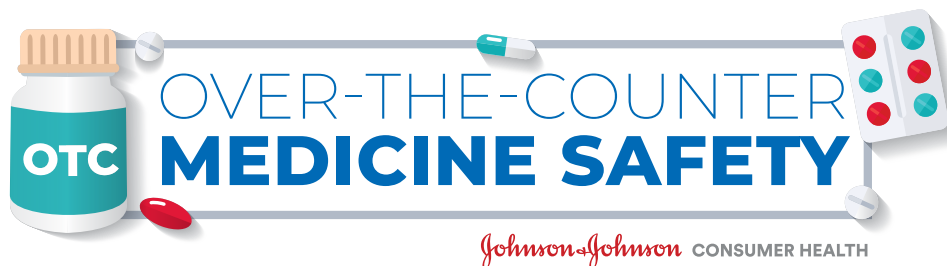
Thank you for joining us in working to support safe and healthy communities.

Your Partners at



ABOUT OVER-THE-COUNTER (OTC) MEDICINE SAFETY

This free, multimedia educational program is designed to inform young people in grades 5–8 and their families about how to use, store, and dispose of OTC medicines safely, as well as how to avoid medicine mistakes and misuse. The program's goal is to build youth's knowledge about OTC medicine safety and encourage responsible behavior *before* they start self-medicating. Throughout the program, an emphasis is placed on reminding young people that they should only take or use medication under adult supervision.



Johnson & Johnson CONSUMER HEALTH

TARGET AUDIENCE

Kids in grades 5–6 and grades 7–8

PROGRAM COMPONENTS

OTC Medicine Safety is a robust program with lesson plans, multimedia resources, and family materials. The complete program consists of five units plus a bonus activity. There is also a **poster teaching kit** that provides a concise introduction to the topic and can be used on its own. Each unit includes instructions for implementing the activities and reproducible activity sheets for the kids — one version for grades 5–6, one for grades 7–8. See the next few pages for a full list of resources available on the **OTC Medicine Safety** website.

OTC Medicine Safety Online
www.ymiclassroom.com/otcmedsafety



PREPARING FOR YOUR PRESENTATION

1. Review the steps outlined in the teacher's guide for the unit/activities you are presenting, and familiarize yourself with other **OTC Medicine Safety** resources available online at www.ymiclassroom.com/otcmedsafety.
2. Review and confirm with the teacher or group leader you are working with:
 - The grade level of the young people and if they have had any prior OTC medicine safety instruction
 - The amount of time you will have for your presentation or visit
 - Whether you are presenting in person or virtually
 - What you will present to ensure appropriate parties are informed about what the young people will be learning
 - Technology resources available (whiteboard or digital display screen)
3. Plan your time:
 - If you have one 40- to 60-minute session, use the poster teaching kit [www.ymiclassroom.com/lesson-plans/otcmedsafety/] for your presentation. This kit includes a poster, teacher's guide, one reproducible activity sheet for grades 5–6, one reproducible activity sheet for grades 7–8, and a reproducible family letter.
 - If you will be meeting with the group over several sessions, consider presenting the complete program. Coordinate with the teacher or group leader to determine whether they will present some of the materials or extension activities in between your visits.
 - If possible, use a whiteboard or digital display screen to share the poster, activity sheets, and multimedia resources with your group.
4. Ask the teacher/group leader if there are any sensitivities that you should be aware of when meeting with the young people. Ask the teacher/group leader to remain in the room throughout your visit. Also, suggest that the youth place name cards on their desks so that you can engage with them more easily.



5. Plan and practice your presentation keeping in mind the timeframe you have and the age of the children.
6. Prepare the materials you will need (listed in the teacher's guide). For all lessons:
 - Print out copies of the mini poster for the young people to reference.
 - Make enough copies of the activity sheets for the group and the teacher or group leader.
 - Print out any answer keys so that you have them ready.

GETTING STARTED

1. To kick-off your presentation, introduce yourself to the young people, tell them about your job, and give a brief overview of the topic of OTC medicine safety – remember to share the complete “Over-the-Counter” name and introduce the OTC abbreviation.
2. Break the ice by playing a quick game before starting the lesson/activity. Read a list of statements and ask the young people to give you a thumbs up if the activity is safe, and a thumbs down if it is not. Suggested statements:
 - *Safe or Unsafe?* Crossing the street without looking.
 - *Safe or Unsafe?* Eating piping hot pizza as soon as it comes out of the oven.
 - *Safe or Unsafe?* Stopping at a stop sign while riding your bike.
 - *Safe or Unsafe?* Keeping your phone, tablet, or computer away from a pool.
 - *Safe or Unsafe?* Taking medicine without reading the directions.
3. Introduce the **OTC Medicine Safety** activity that you're presenting. Follow the directions mapped out in the corresponding teacher's guide under “How to Use This Lesson.”



LEARN MORE

Check out our website at www.ymiclassroom.com/otcmedsafety-multimedia to learn about the wide range of free digital teaching resources.



4. Engage the young people by posing the questions provided in the teacher's guide, and pause to ask if they have questions.
5. Answer all questions that you're prepared to answer. If someone asks a question that you're not sure how to answer, let them know that you'll look into the question and circle back to them.

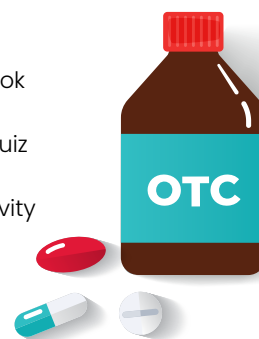
WRAPPING UP

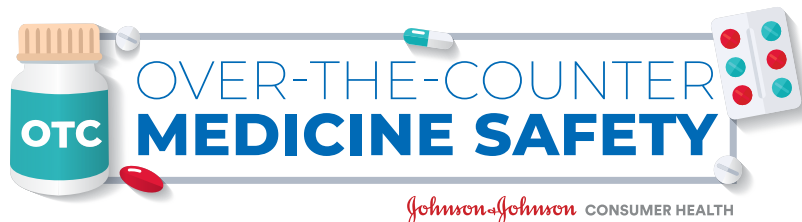
- Recap and reinforce key takeaway messages. Remind the young people that even though OTC medicines do not require a prescription, they can still cause harm if they are not used or taken correctly.
- Distribute copies of the family letter. Ask the group to share what they have learned with their families and continue the discussion about medicine safety at home.
- Leave a copy of the program overview (see pages 3-4) with teachers so they know what additional multimedia educational resources are available for a more in-depth learning experience.

REMEMBER THE DIGITAL RESOURCES!

If time allows and you have access to an internet-connected digital whiteboard or computer, you may want to play an online game or give your group a peek at the digital resources and interactive tools available online at www.ymiclassroom.com/otcmedsafety-multimedia, including:

- Interactive Trivia Game: What is OTC Medicine Safety? (approximately 15-20 minutes)
- Medicine Safety Kahoot! (approximately 15-20 minutes)
- *The Perfect Project* Digital Storybook (approximately 10-15 minutes)
- OTC Medicine Safety Video and Quiz (approximately 10-15 minutes)
- *Hidden Home Hazards* Digital Activity (approximately 10-15 minutes)





LEARN MORE

Check out our website at www.ymiclassroom.com/otcmedsafety to learn about the wide range of free digital teaching resources available to supplement the introductory medicine safety lessons in the **OTC Medicine Safety** poster teaching kit.

ONLINE RESOURCES

OTC MEDICINE SAFETY TEACHING UNITS

The complete **OTC Medicine Safety** program includes five detailed teaching units that explore all facets of the *Drug Facts* label and the importance of using and storing OTC medicine safely, and a bonus activity. Each unit is available in two versions, one for **grades 5-6** and one for **grades 7-8** to accommodate the developmental skill level and educational standards of each group.

GRADES 5-6		GRADES 7-8	
Unit 1	Comparing Over-the-Counter and Prescription Medicines Focus: the differences between over-the-counter (OTC) medicine and prescription (Rx) medicine, as well as the safety precautions for each.	Unit 1	Compare Over-the-Counter and Prescription Medicines Focus: the differences between over-the-counter medicine and prescription medicine, and identifying the safety precautions for each.
Unit 2	Understanding the Drug Facts Label Focus: how to find and use the information on the <i>Drug Facts</i> label.	Unit 2	Using the Drug Facts Label Focus: how to identify and understand the information on a <i>Drug Facts</i> label.
Unit 3	Understanding Medicine Measuring Tools, Storage, and Safe Disposal Focus: the importance of following dosing instructions and how to store and dispose of medicine safely.	Unit 3	The Importance of Medicine Measuring Tools, Storage, and Safe Disposal Focus: accurate dosages, where to store medicine, and how to dispose of it safely.
Unit 4	Exploring the Harms of Medicine Misuse Focus: how to use medicine safely and that misusing medicine can be harmful.	Unit 4	Understanding the Dangers of Medicine Misuse Focus: responsible medicine use and the harm that could result from misuses of medicine.
Unit 5	OTC Medicine Safety Review: Informational Text Analysis Focus: analyzing a range of informational texts about medicine safety.	Unit 5	OTC Medicine Safety Review: Informational Text Analysis Focus: applying textual analysis skills to a nonfiction passage about medicine safety.
BONUS ACTIVITY	Spread the Word About OTC Medicine Safety! Focus: creating a public service announcement (PSA) designed to promote OTC medicine safety practices to their peers and community members.	BONUS ACTIVITY	Spread the Word About OTC Medicine Safety! Focus: creating a public service announcement (PSA) designed to promote OTC medicine safety practices to their peers and community members.



MINI POSTER

A downloadable letter-size PDF of the program's wall poster to distribute as a reference tool for activities that focus on the *Drug Facts* label.

FAMILY LETTER AND ACTIVITIES

A downloadable/emailable PDF of the program's one-page family letter (in English and Spanish), which informs parents and caregivers about **OTC Medicine Safety** and provides an easy-to-use checklist to make sure their home is "OTC Med-Safe." There are also activities for families to do together.

INTERACTIVE TRIVIA GAME: WHAT IS OTC MEDICINE SAFETY?

Test young people's knowledge with an interactive trivia quiz. You or a student can play the role of emcee. Game can be played with individuals or teams and with or without access to an internet-connected digital whiteboard. [Play time approximately 15-20 minutes.]

OTC MEDICINE SAFETY VIDEO AND QUIZ

This animated digital tool features four young friends who ask trusted adults questions about the dos and don'ts of medicine safety. Short, interactive quiz questions encourage young people to review what they've learned as they follow the story! [Play time approximately 10-15 minutes.]

MEDICINE SAFETY KAHOOT!

This popular digital quiz platform enables educators to reinforce lessons with fun and engaging quiz questions. Students can play together or on their own. [Play time approximately 15-20 minutes.]

THE PERFECT PROJECT DIGITAL STORYBOOK

This illustrated digital storybook supports narrative reading as students follow a group of classmates as they make decisions about medicine safety in different everyday situations. [Play time approximately 10-15 minutes.]

HIDDEN HOME HAZARDS DIGITAL ACTIVITY

This interactive digital tool helps drive home the message that a key part of safe medicine use includes storing medicine safely. Young people zoom in on different rooms in a house and click on hidden home medicine safety hazards. [Play time approximately 10-15 minutes.]

What teachers are saying about OTC Medicine Safety

"I like that the program provides factual information about a very important topic. The information is student-friendly while still being very relevant and fact-based."

—Grade 7 Teacher, OH

"I love that the topic is something that is so very relevant and valuable for students that even they will not have to question its importance."

—Middle School Teacher

STANDARDS ALIGNMENT

OTC Medicine Safety aligns with health education standards, such as the ability to practice health-enhancing behaviors and avoid or reduce health risks, as well as science and English language arts standards.

