

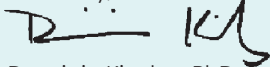
Dear Educator,

While many middle school students start to experience new independence, they're still impressionable and need guidance to make smart, informed decisions on many life skills, such as medicine use. With this in mind, Kenvue, with support from the education specialists at Young Minds Inspired, has created **Over-the-Counter Medicine Safety**, a free health education program with lesson plan units, student activities, and engaging digital learning tools to help students in grades 5–8 understand how to use medicine safely and responsibly.

This teacher's guide walks you through a new bonus video teaching unit that will engage students in a discussion about the role over-the-counter (OTC) medicine plays in their everyday lives. The unit centers on two animated videos that spotlight real-world scenarios about how easy it can be to make medicine mistakes and give students examples of how to protect their health by making safe, responsible decisions. Along with the videos, accompanying activity sheets will reinforce students' learning and enhance their critical-thinking, analytical, and writing skills. There is also a family letter to extend the messaging to the home.

Please share this program with other teachers in grades 5–8. And let us know your thoughts by visiting www.ymiclassroom.com/feedback-otcmedsafety. We look forward to your feedback.

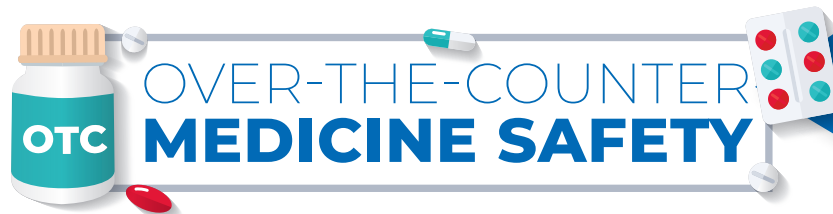
Sincerely,



Dominic Kinsley, PhD
Editor in Chief
Young Minds Inspired



Questions? Contact YMI toll-free at 1-800-859-8005 or by email at feedback@ymiclassroom.com.



TEACHER'S GUIDE
GRADES 5-8
VIDEO ACTIVITY GUIDE

Real-World OTC Medicine Safety

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 begin self-administering medication. Throughout the program, an emphasis is placed on reminding young people that they should only take or use medication under adult supervision.

TARGET AUDIENCE

Students in grades 5–8 with activities for two grade bands (5–6 and 7–8)

TIME: 20 to 30 minutes per video

EDUCATIONAL OBJECTIVES

This program supports health, science, and English language arts skills. Students will:

- Analyze depictions of real-life situations that involve misuse of OTC medicines and discuss responsible ways to manage these situations

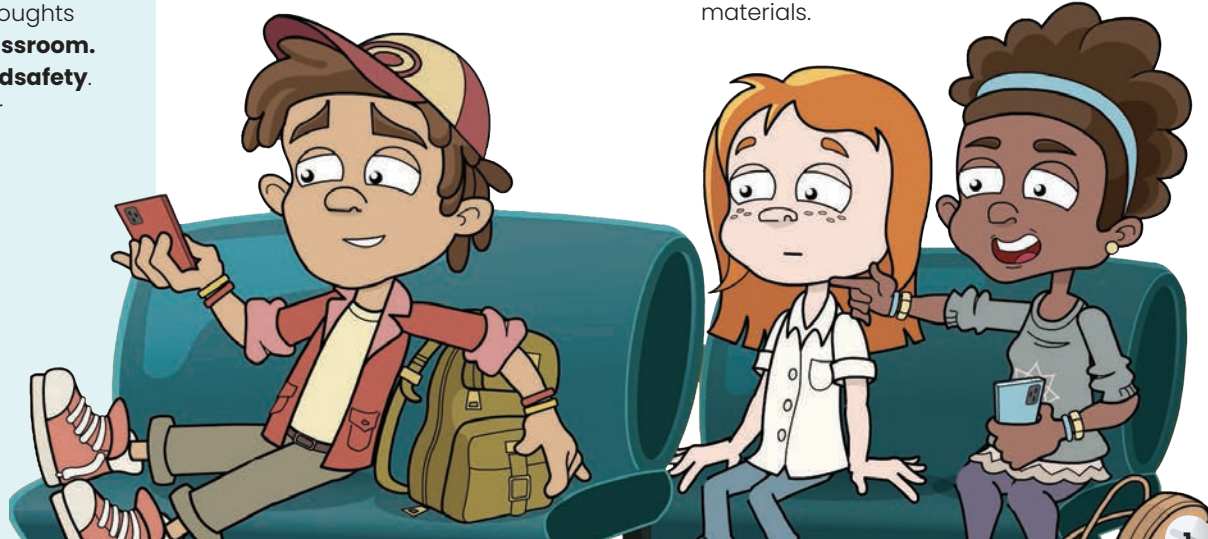
- Build their critical-thinking skills as they recognize unsafe behaviors and apply their knowledge to make informed decisions about safe OTC medicine use
- Engage in meaningful discussions about OTC medicine safety to build their own and their families' knowledge about the topic

MATERIALS NEEDED

Available at ymiclassroom.com/otcmedsafety:

- This teacher's guide
- Two animated videos: **A Social Media Challenge** and **Sideline at Practice**
- Copies of the **Watch & Think** reproducible video viewing activity sheet for each student
- For grades 5–6: Copies of the **Correct the Medicine Mistake** and **Stay (Safely) on Script** reproducible activity sheets for each student
- For grades 7–8: Copies of the **Is This OTC Medicine Choice Safe?** and **Stay (Safely) on Script** reproducible activity sheets for each student
- Copies of the reproducible family letter in English and Spanish

See the list of all **OTC Medicine Safety** program resources for additional materials.



ABOUT THE VIDEOS

This unit kicks off with two animated videos (about 3 minutes each) that depict everyday situations where young people are exposed to unsafe behaviors involving OTC medicine use. The videos are formatted so that each scenario plays out twice. Take 1 shows the characters about to respond to the situation in an unsafe way. At this point, the video “freezes,” then “rewinds” to show Take 2, repeating a portion of the scenario in which the characters then make responsible, safe choices.

- **Video 1: A Social Media Challenge** – Friends on a school bus watch a social media challenge involving OTC medicine that is trending online. The kids consider whether they should try the challenge themselves.
- **Video 2: Sidelined at Practice** – Teammates at soccer practice are getting ready to play. One of the players has taken medicine to help with a sore leg. He considers taking another dose before the recommended time, or accepting a stronger medicine from his friend.

WHEN TO USE THE VIDEO UNIT

- As an introduction to the full **OTC Medicine Safety** program teaching units
- After using the **introductory classroom kit**
- After Unit 1 of the complete teaching kit (See **Grades 5–6 Unit 1** and **Grades 7–8 Unit 1**)
- As a stand-alone unit on OTC medicine safety

HOW TO USE THE VIDEO UNIT

1. OPENING

Begin the unit by asking students what “responsible decision making” means. Explain that when we make decisions, we generally have choices. Sometimes decisions can be simple, like what flavor of ice cream to order, while others are more substantive and could have serious consequences. Responsible decision making reflects an understanding of potential consequences and making a choice that is the right thing to do in the situation.

Provide the following examples to students. Ask them to identify choices the person has and then determine the responsible and safe decision:

- *You’re waiting for your older brother to pick you up from the basketball game. He’s late. You’re annoyed, cold, and just want to get home.*
- *Your afterschool robotics class was canceled. Your friends are going to the mall instead. Your parents told you to come straight home after your class. They are not expecting you home for two more hours.*

Explain to students that we should always think about potential harmful consequences before making decisions so that we can make informed, responsible choices.



2. TYPES OF MEDICATION

If necessary, review the difference between OTC medicine and prescription medication before viewing the videos.

- Prescription (Rx) medicines are specially ordered (prescribed) for you by a doctor or other qualified healthcare practitioner. You can only get them from a pharmacist.
- Over-the-counter (OTC) medicines can be bought in a pharmacy, drugstore, grocery store, or convenience store. You do not need a doctor’s prescription to obtain them.

Both types of medication might be tablets, liquids, or ointments.

Ask the students to think of the last time they used (or witnessed someone using) an OTC medicine. Ask: *What was the reason why you or the other person needed the medicine? Who helped to make sure that you or (if it was a young person) they were using the medicine correctly?*

3. VIDEO VIEWING ACTIVITY

- Distribute the **Watch & Think** activity sheet. Ask students to imagine that they are in each situation as they watch and to think about these questions: *How would you react? What choices would you make and why?*
- Play **Video 1: A Social Media Challenge**. Pause the video when the action “freezes” and the narrator says, “Hold it! Does this sound smart to you?”
- Give students time to quickly jot down notes in the Pause and Think section on the activity sheet. Then use the discussion prompts below to elicit student feedback before you play Video 1 through to its conclusion.
- After students discuss their first impressions, continue to play the video through to the end.
- At the conclusion of the video, give students time to complete the Consider section of the activity sheet, then use the Take 2 prompts below to guide a class discussion and encourage students to share their thoughts.
- Repeat the above steps with **Video 2: Sidelined at Practice**. At the conclusion of the second video, use students’ questions and comments for both videos to guide them in a group discussion.

DISCUSSION PROMPTS FOR VIDEO 1: A SOCIAL MEDIA CHALLENGE

After Take 1, use these prompts to elicit student feedback:

- *Do you think the challenge in the video sounds harmless? Why or why not?*
- *One character mentions that it should be okay to do the challenge because it involves OTC medicine, not prescription medicine. Do you agree?*
- *What potential downsides do you see with the friends’ plan to take the challenge? (Answer: They are disregarding the dosing directions on the Drug Facts label. They are taking medicine for a reason other than what it is meant for (they are not sick). They are not asking an adult for supervision.)*

After Take 2, use these question for a group discussion:

- What actions did the friends take in this version that showed responsible behavior?
- Why do the friends find the challenge appealing? What factors affect their decision making? (Answer: Social pressure to participate; possibility of danger makes it exciting; curiosity; perceived influence — looking cool, social media likes/followers. Reinforce to students that the friends might be interested in likes and curious about the challenge, but remind them about the importance of responsible decision-making. The potential consequences could be life-threatening and are not worth the risk. It is not safe or responsible.)
- What messages about OTC medicine safety would you offer to young people considering a social media challenge like this? (Answer: Taking more than the directed amount of medicine can be dangerous and includes unknown risks.)
- Reinforce these key messages with your students:
 - Always read and follow dosing instructions on the *Drug Facts* label.
 - Only take medicine with the approval and supervision of a parent, caregiver, or other trusted adult.
 - Don't let anyone pressure you to do something that makes you uncomfortable, or that you know is unsafe.

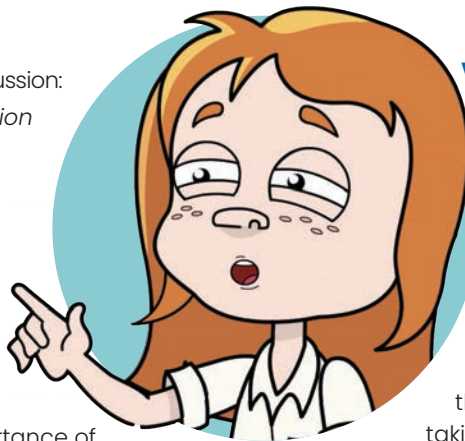
DISCUSSION PROMPTS FOR VIDEO 2: SIDELINED AT PRACTICE

After Take 1, use these prompts to elicit student feedback:

- What are some medications that people take for aches and pains? (Answer: OTC medicines for headache, fever, muscle aches, allergy symptoms, etc.)
- How do people figure out which medicine to take and how much to take for different symptoms/issues? (Answer: Read and follow the instructions on the *Drug Facts* label for OTC medicines.)
- Do you think the soccer player's plan to take another dose of medication or to try a different medication is a good idea? Explain. (Answer: No. Not waiting the required time to take another dose could make him sick. Mixing medicines could be harmful.)

After Take 2, use these questions for a group discussion:

- What actions did the teammates take that showed responsible and safe behavior?
- The injured soccer player's friend offers him pain-relief medicine that he has in his locker. Why do you think he turned down the friend's offer? (Answer: He would be mixing medicines, which could cause harmful side effects. He knows one should never share medicines with friends without adult supervision. He had not asked a parent or trusted adult for permission.)
- Why did the coach ask the soccer player to put the medicine in his locker? (Answer: To keep it up, away, and out of children's reach and sight; to make sure no one picks it up and takes it.)



WRAP UP

Review these “Be OTC-Medicine Safe!” reminders at the end of the videos to reinforce key messages.

- More than 85,000 children, ages 19 and under, require medical attention each year due to medicine mistakes or misuse.*
- Always read the *Drug Facts* label with an adult to be sure you're taking the medicine correctly. Check that you're taking the proper dose and not mixing medicines you shouldn't.

- Never take medicine without the approval and supervision of a parent, caregiver, or other trusted adult.
- Never share medicines with friends without adult supervision.
- Put all medicines up, away, and out of children's reach and sight.

Also share with students: If there is a medicine mistake or if you or your family have questions, contact the Poison Help Line: 1-800-222-1222.

* American Association of Poison Control Centers' National Poison Data System. Data covers 2011-2021 annual average, ages 0-19.

4. ACTIVITY ONE

After presenting the videos, reinforce the students' learning with the two activities. Select the activity sheet for your grade level and distribute it to students.

> Grades 5-6: Correct the Medicine Mistake

- Start by explaining that medicine mistakes sometimes occur based on faulty thinking or lack of understanding. Emphasize that medicine mistakes can lead to decisions that can be harmful to a person's health.
- Have the students work independently or with a partner and use their knowledge about OTC medicine safety to rewrite the statements to make them medicine safe.
- Review the correct answers below and then use the reflect questions to end with a group discussion on how students' thinking about safe, responsible medicine use may have changed.

Answers: Wording may vary.

1. Check that you're taking the proper dose and not mixing medicines you shouldn't. (Explain that one should never take medicines with the same active ingredient at the same time to avoid an overdose of that ingredient.)
2. Never share medicines with friends without adult approval. (Explain that sharing medicines can be unsafe since you don't know what a friend may have taken or how they might react to a new medicine.)
3. Always read the *Drug Facts* label with an adult to be sure you're taking the medicine correctly.
4. All medicines (OTC or prescription) can cause harm if they are not used correctly.
5. Always follow the dosing instructions on the *Drug Facts* label. (Explain that for medicine to work properly, you must follow the dosing instructions on the *Drug Facts* label exactly.)

6. *Never* take medicine without the approval and supervision of a parent, caregiver, or other trusted adult.
7. *Always* put all medicines up, away, and out of children's reach and sight.

> Grades 7-8: Is This OTC-Medicine Safe?

- Ask students to think about the last time they used an over-the-counter medicine. Ask: *Where were you? Who helped you decide which medicine to take and how to use it?*
- Have students work independently or with a partner to read the scenarios and complete the activity sheet.
- Review the answers below once students are done.
- Have students share with a partner the scenario that best reflects a situation in which they might have been likely to make a medicine mistake. Then discuss as a group.

Answers: Wording may vary.

1. *Unsafe:* Use the medicine without reading the *Drug Facts* label and asking an adult for permission. *Safe:* Ask a parent, guardian, or other trusted adult if it's okay to take the medicine; wait for an adult to supervise.
2. *Unsafe:* Use the medicine the same way your friend does. *Safe:* Wait for an adult to ensure you are taking the right medicine and read the *Drug Facts* label on the original packaging together.
3. *Unsafe:* Take a dose without checking with an adult. *Safe:* Check with an adult to make sure the OTC medicine will not interact in a harmful way with the prescription medicine you already took.

5. ACTIVITY TWO

Select the activity sheet for your grade level and distribute it to students. **Note:** The activity sheets differ, although the instructions are the same.

> Grades 5-6 and 7-8: Stay (Safely!) on Script

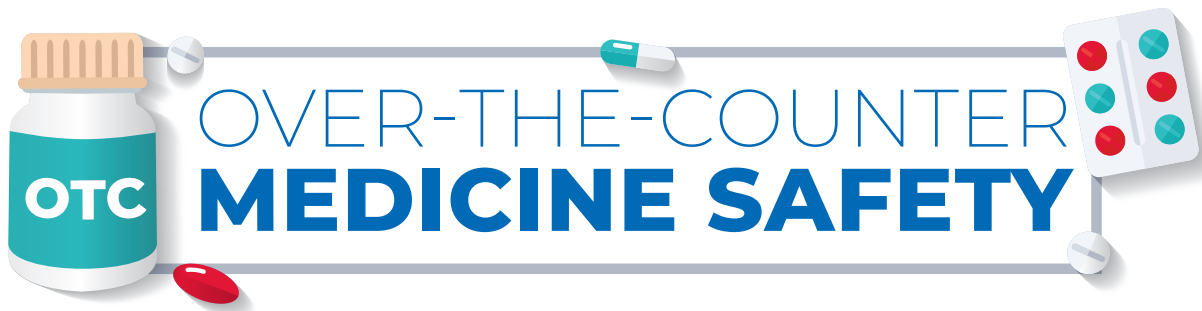
- Remind students that they watched two OTC medicine safety videos featuring scenarios that could pop up in their everyday lives. Explain that they will now use what they have learned to write their own scenario focused on correcting common medicine mistakes.
- Review the "Be OTC-Medicine Safe!" reminders as a group and encourage students to brainstorm ideas before getting started.
- Have students use the prompts to complete all elements of their scene. For grades 5-6, it may help if students use the sheet as an outline, then draft their scene on a separate sheet of paper.
- Once the scenes are completed, divide students into small groups to share their scripts and role-play their scenario for the class. As an alternative, students might illustrate their scripts.

6. FAMILY LETTER

Distribute photocopies of the family letter for students to take home, or email the PDF to parents and caregivers, as well as other school personnel, such as nurses, guidance counselors, and members of your school's parent-teacher association/organization. Encourage students to share what they have learned about medicine safety with their families and continue the discussion at home.



Go to ymiclassroom.com/otcmedsafety for the complete **OTC Medicine Safety** program, which includes lessons, activity sheets, digital tools, family materials, and resources for school nurses.



Online Resources

The **Over-the-Counter (OTC) Medicine Safety** program features resources and tools for teachers, parents, and school nurses to use with young people. The following materials can be found at ymiclassroom.com/otcmedsafety.

Teaching Units

The complete **OTC Medicine Safety** program includes five detailed teaching units that explore the *Drug Facts* label and the importance of using and storing OTC medicines safely, plus a bonus unit. 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.

Topics include:

- Unit 1 – Over-the-Counter vs. Prescription Medicine
- Unit 2 – The *Drug Facts* Label
- Unit 3 – Medicine Measuring Tools, Storage, and Safe Disposal
- Unit 4 – Harms of Medicine Misuse
- Unit 5 – OTC Medicine Safety Review
- Bonus – Spreading the Word about OTC Medicine Safety!

There's also an abbreviated Introductory Kit option.

Mini Poster

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

Family Letters and Activities

Downloadable/emailable PDFs of the program's family letter (in English and Spanish), which informs parents and caregivers about **OTC Medicine Safety** and provides an easy-to-use checklist to ensure their home is "OTC Medicine Safe." There are also activities for families to do together at home.

Check Out These Digital Tools!

Supplement the lesson plans with interactive games and videos to boost student engagement and reinforce key **OTC Medicine Safety** concepts and messages.

- **NEW! OTC Medicine in Real Life Videos** – Two short, animated videos illustrate different everyday situations where young people are vulnerable to making a medicine mistake. A creative, engaging format offers students a peek at two ways each situation can play out – the unsafe way, where medicine is misused, and the safe way, where decisions involving medicine are made responsibly. Accompanying activity sheets reinforce the messages and engage students in creating their own scenarios to dispel OTC medicine mistakes. **Teacher tip:** Use the videos before starting the program, after using the **Introductory Kit**, after **Unit 1**, or as a stand-alone unit.
- **Interactive Trivia Game: What is OTC Medicine Safety?** – Test students' knowledge with an interactive trivia quiz that can be played by individuals or teams. It can be played with or without access to a digital whiteboard. [Play time: approximately 15–20 minutes] **Teacher tip:** Creates a fun culminating assessment after completing all teaching units.
- **Medicine Safety Video & Quiz** – This animated digital tool with an interactive quiz features four young friends who ask trusted adults questions about the dos and don'ts of medicine safety. [Play time: approximately 10–15 minutes] **Teacher tip:** Use as a formative assessment after Units 1–2 and again after Units 3–4.
- **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] **Teacher tip:** Use as a pre-assessment or as a formative assessment after Units 1–3.
- **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] **Teacher tip:** Use as a cross-curricular extension activity.
- **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. [Play time: approximately 10–15 minutes] **Teacher tip:** Use either as an introduction to or as a supplement to Activity 5 in Unit 3.

Go to www.ymiclassroom.com/otcmedsafety for all program materials.



OVER-THE-COUNTER MEDICINE SAFETY

GRADES 5-8
VIDEO VIEWING ACTIVITY

SKILLS:

Listening, critical thinking,
communication

Watch & Think

VIDEO 1: A Social Media Challenge

On the bus ride home from school, a student tells two friends about a social media challenge involving an over-the-counter (OTC) medicine that is trending online.

Take 1 – Pause and Think: What stood out to you about how the three friends acted in this scene?

Take 2 – Consider: Now that you've seen the scenario play out two different ways, answer the following questions.

- How did the friends' actions in Take 2 differ from their actions in Take 1?
- What messages about OTC medicine safety do you think people should know?
- What questions/concerns did this video raise for you?

Reflect: Summarize your thinking from the class discussion on the back of this sheet.

VIDEO 2: Sidelined at Practice

Teammates at soccer practice are discussing how to treat a sports injury.

Take 1 – Pause and Think: What stood out to you about how the soccer players acted in this scene?

Take 2 – Consider: Now that you've seen the scenario play out two different ways, answer the following questions.

- How did the soccer players' actions in Take 2 differ from their actions in Take 1?
- What messages about OTC medicine safety do you think people should know?
- What questions/concerns did this video raise for you?

Reflect: Summarize your thinking from the class discussion on the back of this sheet.

If there's a medicine mistake or if you come into contact with a poison,
call the **Poison Help Line: 1-800-222-1222**. Calls are free and private.



OVER-THE-COUNTER MEDICINE SAFETY



GRADES 5-6
VIDEO UNIT, ACTIVITY 1

SKILLS:
Analytical thinking

Correct the Medicine Mistake

Directions: Read the following medicine mistakes. Use what you have learned about over-the-counter (OTC) medicine safety to rewrite the statements to make them medicine safe. The first one has been done for you.

MEDICINE MISTAKE	MEDICINE SAFE
1. It's safe to take more than one dose of OTC medicine at a time and to mix medicines.	1. Check that you're taking the proper dose and not mixing medicines you shouldn't.
2. Sharing medication with a friend is okay.	
3. Reading the <i>Drug Facts</i> label for how to use the medicine is optional.	
4. Medicine that does not require a prescription cannot cause harm.	
5. It's okay to take an additional dose of OTC medicine sooner than it says on the <i>Drug Facts</i> label if the medicine does not seem to be working.	
6. Young people can take OTC medicines without adult approval.	
7. Always keep medicines on counters so that they are in reach and sight.	

Reflect: What OTC medicine-safe message surprised you the most and why? Write your answer on the back of this sheet.

If there's a medicine mistake or if you come into contact with a poison, call the **Poison Help Line: 1-800-222-1222**. Calls are free and private.



OVER-THE-COUNTER MEDICINE SAFETY

GRADES 5-6
VIDEO UNIT, ACTIVITY 2

SKILLS:
Analytical thinking, writing

Stay (Safely) on Script

Directions: Use what you have learned from the videos to write a scene featuring one common medicine mistake about OTC medicine safety and how to correct it. You can create a scene based on your own real-life experience or make up an imagined scenario. Use the “Be OTC-Medicine Safe!” reminders below as a reference guide as you work.

“Be OTC-Medicine Safe!” Reminders

- Young people should only take medicine with adult approval and supervision.
- *Always* read and follow the *Drug Facts* label when using medicine — even if you’ve taken the medicine before.
- Misusing medicine by not reading and following the *Drug Facts* label can cause harm.
- For medicine to work properly, you must follow the dosing instructions on the *Drug Facts* label exactly.
- Sharing medication with a friend without adult permission and supervision is unsafe.
- Mixing medicines can be harmful.
- Put all medicines up, away, and out of children’s reach and sight.

How to Plan Your Script

Set the scene

Where does the scene take place? (Describe time of day, location, surroundings.)

Who is there? (How many people are involved? Are there any adults around?)

Set up the problem

Describe the situation. Make sure the situation illustrates an unsafe choice or action based on a mistake about OTC medicine use. Describe the type of thinking that could lead your characters to medicine misuse.

Show safe decision making

Knowing what you know now about medicine safety, describe how one of the characters in your situation might tell the others why a decision or action is unsafe. How would that character steer the situation toward a safe conclusion?



OVER-THE-COUNTER MEDICINE SAFETY



GRADES 7-8
VIDEO UNIT, ACTIVITY 1
SKILLS:
Critical thinking, writing

Is This OTC Medicine Choice Safe?

Directions: Each scenario below describes a situation that you or your peers may encounter. Read each scenario and describe a possible unsafe action that you or one of your peers could take. Then use what you know about OTC medicine safety to describe a safe way to respond to the situation.

Scenario 1: You are home alone working on a school project that is due the next day. You develop a headache that makes it hard for you to focus. You remember that your mom keeps an OTC medicine for her headaches in the cupboard.

An unsafe decision:

A safe decision:

Scenario 2: You are at a park watching a baseball game with friends when your allergies start acting up. You start sneezing a lot and your eyes become itchy and watery. Your friend offers you her allergy medicine, which is not in its original packaging. She says she got it at the store, and it works well.

An unsafe decision:

A safe decision:

Scenario 3: You are at a friend's house, waiting to go to choir practice. You are recovering from an illness and took the last dose of prescription medicine earlier that day. You feel much better, but your throat is still scratchy. Your friend tells you that there's a bottle of cough syrup in their medicine cabinet that you are pretty sure will soothe your throat.

An unsafe decision:

A safe decision:

If there's a medicine mistake or if you come into contact with a poison, call the **Poison Help Line: 1-800-222-1222**. Calls are free and private.



OVER-THE-COUNTER MEDICINE SAFETY



GRADES 7-8
VIDEO UNIT, ACTIVITY 2

SKILLS:
Critical thinking, writing

Stay (Safely) on Script

Directions: Use what you have learned from the videos to write a scene featuring two common mistakes about OTC medicine safety and how to correct them. You can create a scene based on your own real-life experience or make up an imagined scenario. Use the “Be OTC-Medicine Safe!” reminders below as a reference guide as you work.

“Be OTC-Medicine Safe!” Reminders

- Young people should only take medicine with adult approval and supervision.
- Always read and follow the *Drug Facts* label when using medicine — even if you’ve taken the medicine before.
- Misusing medicine by not reading and following the *Drug Facts* label can cause harm.
- For medicine to work properly, you must follow the dosing instructions on the *Drug Facts* label exactly.
- Sharing medication with a friend without adult permission and supervision is unsafe.
- Mixing medicines can be harmful.
- Put all medicines up, away, and out of children’s reach and sight.

Writing Guidelines

- Begin by describing where the scene takes place.
- Describe the people who are involved and their relationship to each other.
- Create a situation that involves two mistakes about OTC medicine safety.
- Develop your situation through dialogue. Have your characters talk about their OTC medicine choices and debate what they should do.
- Conclude by having at least one of your characters explain safe medicine use in this situation and help the others make a smart decision.





OVER-THE-COUNTER MEDICINE SAFETY

REPRODUCIBLE LETTER
FOR FAMILIES

Dear Parents and Caregivers,

As kids grow older and become more independent, they start to take on a more active role in managing their lives, including their health. For this reason, it's important for families to set clear rules and expectations about how medicine should be stored, handled, and used safely.

Although over-the-counter (OTC) medicines do not require a doctor's prescription and can be purchased at the store, they can be harmful if they are not used correctly. It's important for young people to ask a trusted adult before using medicine, and to always read and follow the *Drug Facts* label when they use an OTC medicine — even if they've taken it before.

Your child has already started to learn about the importance of medicine safety in school with **OTC Medicine Safety**, a free program from Kenvue and the curriculum specialists at Young Minds Inspired. Now is a great time to build on that knowledge to make sure everyone in your home feels ready to handle medicines responsibly and avoid medicine mistakes.

The **OTC Medicine Safety** program also features resources for families to help you with this conversation, including two new animated videos: **A Social Media Challenge** (video 1) and **Sidelined at Practice** (video 2). All resources are available at ymiclassroom.com/otcmedsafety-families, including a Spanish version of this letter.

OTC Medicine Safety Videos to Watch Together

Each animated video shows an everyday situation that could lead a young person to accidentally misuse medicine. The videos are formatted so that each scenario plays out twice. Take 1 shows how the characters could respond to the situation in an unsafe way. Take 2 repeats a portion of the scenario to show the characters making safe choices. Watch the videos together and discuss the following questions as a family to reinforce responsible decision making.

> After Take 1, discuss the following questions:

- Do you think that OTC medicines can cause harm if they are not used correctly?
- In what ways does peer pressure influence the decision making of the friends in the video?
- Would you have responded in a similar way to the friends in the video? Why or why not?

> After Take 2, discuss the following questions:

- What actions did the friends take in the “do-over” that showed safe behavior?
- **Video 1:** Have you seen social media challenges that involve taking a potentially harmful substance? How might you view these challenges differently after seeing this video?
- **Video 2:** Have you ever been offered a medicine from a friend? What might be a consequence of accepting their offer? What might you do differently after viewing the video?

Keep the conversation going! Visit ymiclassroom.com/otcmedsafety-families for additional resources, including family activity pages (available in English and Spanish) and an interactive trivia game challenge. Play the game as a family for a fun way to test your OTC medicine safety knowledge!





CARTA REPRODUCIBLE
PARA LAS FAMILIAS

Estimados padres y personas a cargo del cuidado:

A medida que los niños crecen y se vuelven más independientes, comienzan a tener un rol más activo en el manejo de sus vidas, incluida su salud. Debido a esto, es importante que las familias establezcan reglas y expectativas claras sobre cómo se deben almacenar, manejar y usar los medicamentos de manera segura.

A pesar de que no se requiere la receta de un médico para obtener medicamentos de venta libre (OTC) y se pueden comprar en la tienda, pueden ser perjudiciales si no se utilizan de la manera adecuada. Es importante que los jóvenes consulten a un adulto de confianza antes de utilizar un medicamento y que siempre lean y sigan la etiqueta de *Drug Facts* (información sobre el medicamento) cuando utilizan un medicamento OTC, incluso si lo han tomado antes.

Su hijo ya ha empezado a aprender sobre la importancia de la seguridad de los medicamentos en la escuela con **OTC Medicine Safety (Seguridad de los medicamentos OTC)**, un programa gratuito de Kenvue y de los especialistas en planes de estudio en Young Minds Inspired. Este es un gran momento para construir sobre ese conocimiento y asegurar que todas las personas en su hogar se sientan listas para manejar medicamentos de manera responsable y evitar errores al utilizarlos.

El programa **OTC Medicine Safety** también incluye recursos para ayudar a las familias con esta conversación, incluidos dos videos animados nuevos: **A Social Media Challenge (Un desafío de las redes sociales)** (video 1) y **Sidelined at Practice (A un costado durante la práctica)** (video 2). Todos los recursos se encuentran disponibles en ymiclassroom.com/otcmedsafety-families, incluida una versión en inglés de esta carta.

Videos sobre la seguridad de los medicamentos OTC para mirar juntos

Cada video animado muestra una situación cotidiana que podría llevar a un joven a hacer un mal uso de un medicamento de manera accidental. Los videos están preparados de manera que cada situación se muestre dos veces. La toma 1 muestra cómo los personajes podrían responder a la situación de una manera no segura. La toma 2 repite una parte de la situación donde se muestra que los personajes hacen elecciones seguras. Miren los videos juntos y analicen las siguientes preguntas en familia para reforzar la toma de decisiones responsable.

> Luego de la toma 1, analicen las siguientes preguntas:

- ¿Creen que los medicamentos OTC pueden causar daño si no se utilizan de manera adecuada?
- ¿De qué manera la presión entre pares afecta la toma de decisiones de los amigos en el video?
- ¿Habrían respondido ustedes de una manera similar a la de los amigos en el video? ¿Por qué sí o por qué no?

> Luego de la toma 2, analicen las siguientes preguntas:

- ¿Qué medidas tomaron los amigos en la "segunda oportunidad" que mostró un comportamiento seguro?
- **Video 1:** ¿Han visto desafíos de las redes sociales que impliquen tomar una sustancia potencialmente perjudicial? ¿Cómo podrían tener una mirada distinta sobre esos desafíos luego de ver este video?
- **Video 2:** ¿Alguna vez un amigo les ha ofrecido un medicamento? ¿Cuál podría ser una consecuencia de aceptar su oferta? ¿De qué manera diferente podrían actuar luego de ver el video?

¡Continúen la conversación! Visite ymiclassroom.com/otcmedsafety-families para obtener recursos adicionales, incluyendo páginas de actividades en familia (disponibles en inglés y español) y un desafío de juego de preguntas y respuestas interactivo. ¡Juéguelo en familia como una manera divertida de evaluar su conocimiento sobre la seguridad de los medicamentos OTC!

