

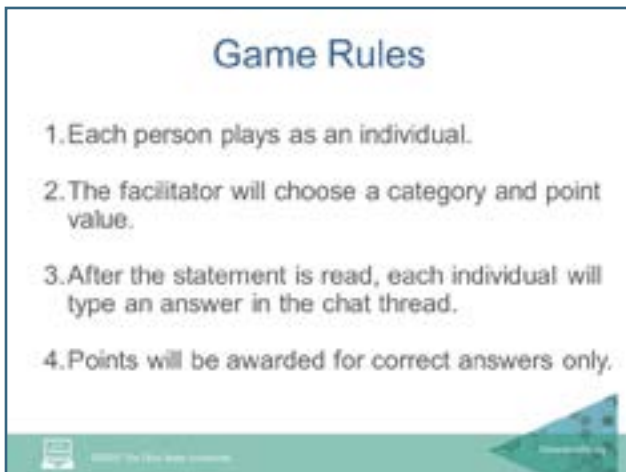
Slide 1



Welcome to today's program: "Generation Rx University Trivia: Safe Medication Practices for Life". You may be thinking, "What is Generation Rx University?" "Generation Rx University" encourages college students and young adults to incorporate the Generation Rx key messages into their individual, everyday lives. These messages focus on how to safely use medications in an effort to prevent their misuse. Today's program will focus on these safe medication practices.

Note to facilitator: before the program begins, access the video, "Safe Medication Practices for Life" on GenerationRx.org. This video is listed with the other Generation Rx University resources. The game will prompt you to play the video (see Slide 3).

Slide 2



Note to facilitator: Before starting the game, complete these tasks:

Ensure you have a co-facilitator to assist you in delivering this activity. Assign roles among your facilitators. One person should serve as the "host", who will ask the questions, advance the slides, and engage individuals in discussion. A second person should monitor the chat thread to check answers, as well as be willing to engage in discussion.

Ask individuals to "grade and score" their own answers. For some questions, answers will vary widely.

Because all answers will be publicly visible via the chat thread, work with your co-facilitator to reinforce accurate answers that connect with the key messages, even if they do not exactly match the answers indicated in the slide.

Likewise, if an answer is inaccurate or does not align with the key messages, consider engaging students in a thoughtful conversation to address any misperceptions. For example, if several students suggest storing medication in their backpack, after you discuss the suggested answers, you could state: "Several students indicated storing medicine in their backpack – if this is your only option, consider purchasing a safe portable bag or safe that can fit in your backpack and be locked using a combination or key".

Once you answer the "Final Question", simply continue advancing the slides by using the space bar to complete the activity.

Slide 3



Transition: We can prevent prescription drug misuse by following safe medication practices. Let's watch a video that introduces these practices, and then we'll play a game to discuss these practices in more detail.

Note to facilitator: When you are ready to play the video, minimize this presentation. Once the video is complete, resume this presentation.

Trivia game

Safe Medication Practices for Life



Slide 4

Just Say "Know"	#keepforyourself	Myth Busters	Life Management 101
100	100	100	100
200	200	200	200
300	300	300	300
400	400	400	400

Final Question

Note to facilitator: when the slides are in “presentation mode”, clicking on a point value will trigger that specific question to appear. After asking the question, reveal the answer by simply clicking the space bar. When you are ready to return to this game board, click the link in the upper right corner of each answer slide.

Slide 5



Category: Just say “Know”, 100pts

Slide 6



Answer: Just Say “Know”, 100pts

Transition: As noted in the video, we can secure medications through safe storage practices, which includes storing them in lockable spaces.

When prescribed any medication, store it in secure locations such as lock-boxes, medication safes, or other lockable spaces.

Avoid storage places which children and others can easily access, such as purses, backpacks, un-locked drawers, nightstands, or counters. If backpacks or purses are the only option for some students, encourage the use of a portable bag or safe that can fit inside the purse/backpack and that can be locked with a key or combination.

Trivia game

Safe Medication Practices for Life



Slide 7



Category: Just say "Know", 200pts

Slide 8



Answer: Just Say "Know", 200pts

Transition: Once you are finished with a prescription, it is important to safely dispose of the medication. The majority of individuals that misuse prescription medications access them from their family members or friends.

Once finished with a prescription medication, the best options for safe disposal include:

Option #1: place the medication in a drug drop box. To find a drop box in your area, visit: rxdrugdropbox.org

Option #2: take advantage of community drug take-back programs that allow the public to bring unused drugs to a central location for proper disposal. Call your local law enforcement agency or ask your pharmacist to see if a take-back program is available in your community.

Slide 9



Answer: Just Say "Know", 200pts

Transition: If a drug drop box or a drug take-back event is not available, you can dispose of the medication at home.

Option #3: dispose of the medication at home (steps illustrated on this slide). Before completing these steps, we encourage you to follow any disposal instructions on the prescription label or patient information sheet.

If disposal instructions are not given, complete these three steps:

Step 1: Remove the pills from the original container and mix them with an undesirable substance such as used coffee grounds or kitty litter.

Step 2: Throw away the sealed mixture into the trash.

Step 3: Remove the prescription label and dispose of the empty bottle.

[Note: In general, you should not flush medications down a toilet or drain; however, the FDA still recommends that certain drugs should be disposed by flushing (for a list, visit: www.fda.gov).]

Trivia game

Safe Medication Practices for Life



Slide 10



Category: Just say "Know", 300pts

Slide 11

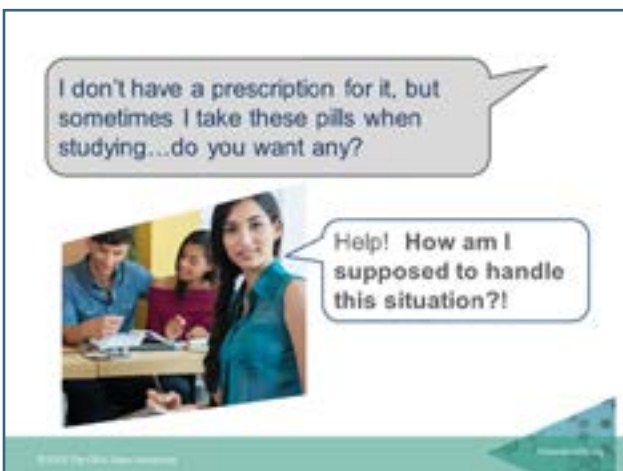


Answer: Just Say "Know", 300pts

Transition: As noted in the video—medications that require a prescription are safe and effective only when used as instructed and under the supervision of a healthcare provider.

1. Instructions are provided to keep us safe. When we don't follow instructions, we increase the likelihood that negative side effects, including developing a dependency on and addiction to some medications, can occur.
2. We should always avoid tendencies to self-diagnose and self-prescribe. This includes making decisions related to how much and how often (dose and frequency) you take the medication, as well as the reason for taking the medication.

Slide 12



Category: Just say "Know", 400pts

Trivia game

Safe Medication Practices for Life



Slide 13

Need help saying "no"?

Leave the situation: Sorry, my friend just texted—I've gotta go!

Give a Reason: No way...that's illegal I don't want a drug-related offense on my record.

Suggest an alternative: No...these pills can cause some serious side effects. Instead, how about we visit the professor's office hours?

[Return to Game Board](#)

Answer: Just Say "Know", 400pts

Transition: If you're invited to misuse any prescription medication, how do you turn down this invitation? General approaches including giving a reason, leaving the situation, and suggesting an alternative. Examples are identified on this slide.

Slide 14

Create a hashtag that completes this statement:

When you ask for my prescription medication, you become #_____.

[Return to Game Board](#)

Category: #keepforyourself; 100pts

Slide 15

#awkward

#disrespectful

#myexfriend

#rude

#troubleforme

[Return to Game Board](#)

Answer: Keep for Yourself, 100pts

Transition: If you ask someone to sell or share their medication, have you ever considered how that friend may perceive your request?

1. By asking a friend (or even a stranger) for some of their medication, we put them in an incredibly vulnerable and uncomfortable position. For example, they often perceive that request as you:
 - a. Using your friendship to obtain drugs. Your friend may begin questioning whether your friendship is solely based on you gaining access to their medication.
 - b. Disrespecting their health needs. Your friend has a legitimate need for their medication—if they cannot take their medication as instructed, their health is jeopardized.
 - c. Putting them at risk for getting in trouble. Even if your friend simply gives (versus sells) you the medication, sharing medication is always illegal. Think about it—would a real friend ask someone to risk their future so that they could misuse a medication?
2. Be a good friend—if you feel that you need medication for a legitimate reason, talk with your healthcare provider.

Trivia game

Safe Medication Practices for Life



Talking Points

Slide 16

Create a hashtag that completes this statement:

A biological factor that makes each of us unique is #_____.

A set of small navigation icons (back, forward, search, etc.) located in the bottom right corner of the slide.

Category: #keepforyourself; 200pts

Slide 17

[Return to Game Board](#)

#DNA

Medication affects friends differently

A photograph of three people (two women and one man) looking towards the right side of the frame.A set of small navigation icons (back, forward, search, etc.) located in the bottom right corner of the slide.

Answer: Keep for Yourself, 200pts

Transition: DNA makes each of us unique. While it determines our hair color and helps shape our personality, it also helps determine how we each respond to medications.

1. In addition to DNA, our existing medical conditions, current medications we may be taking, even our age and weight, can all determine how we respond to a given medication. And that includes not only how we respond to the beneficial (therapeutic) effects, but also to the potentially harmful adverse effects.
2. Genetic risk factors that increase risk for drug dependency or addiction do exist—how your friend's body handles a medication is not necessarily predictive of how your body will handle the same medication.
3. This is one reason that explains why we shouldn't share or take someone else's medication.

Slide 18

Create a hashtag that completes this statement:

Share your relationship status, not your #_____.

A set of small navigation icons (back, forward, search, etc.) located in the bottom right corner of the slide.

Category: #keepforyourself; 300pts

Trivia game

Safe Medication Practices for Life



Slide 19



Answer: Keep for Yourself, 300pts

Transition: While we may be conditioned to share our personal lives through social media, some things just weren't meant to be shared.

1. For example, would you share your toothbrush or underwear with someone? Of course not!
2. Prescription medications aren't any different. As noted in the video, prescription medications are intended to be used by the individual whose name is on the prescription—just like your toothbrush or underwear, some things just belong to you.

Slide 20



Category: #keepforyourself; 400pts

Slide 21



Answer: Keep for Yourself, 400pts

Transition: Several negative outcomes may result from sharing or taking someone else's medication...

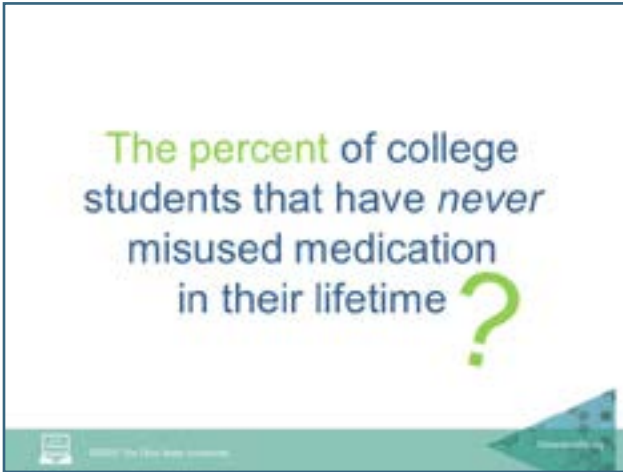
1. As noted in the video, sharing or taking someone else's medication is actually illegal. Most prescription drugs that are misused are "controlled substances" (e.g., Vicodin®, OxyContin®, Valium®, Xanax®, Adderall®, Ritalin®), meaning they may be used for legitimate medical purposes but have a high potential for misuse and/or the development of dependence. These substances are controlled by the U.S. Drug Enforcement Administration, and it is prohibited under federal law to manufacture, distribute, dispense, or possess them without a legitimate prescription.
2. Depending on individual state laws, possession of a controlled substance without a prescription may result in a felony charge, with penalties which could include fines and/or imprisonment. Similarly, if someone is hurt when you give them your prescription drugs, you could be liable for any harm experienced by the person to whom you provided the medication.
3. If you were charged with a drug-related offense in college, how would that impact your future? It will likely impact your friendships, personal relationships, and potential for current and future educational opportunities or employment.

Trivia game

Safe Medication Practices for Life



Slide 22



Category: Myth Busters; 100pts

Slide 23



Answer: Myth Busters; 100pts

Transition: It's actually 77%¹--indicating that the majority of college students do not misuse prescription medications. This also suggests that roughly 3 out of 4 college students use medications safely.

This also suggests that roughly 23% of college students have misused prescription medications in their lifetime. Even fewer do so regularly. This certainly isn't the majority!¹

It is true that the average age to initiate prescription drug misuse is during the high school and college years—so while college students remain vulnerable to misuse, it is not the norm on campus to misuse prescription medications for studying, partying, or self-medicating.

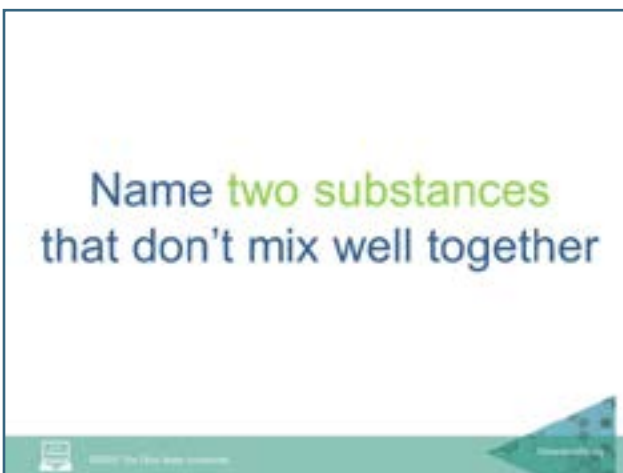
For college students that have ever misused the following medications in their lifetime, the percentage that initiated in high school or college is as follows¹:

- Prescription stimulants: 27% in high school and 65% in college
- Prescription sedatives: 35% in high school and 52% in college
- Prescription opioids: 48% in high school and 39% in college¹

References:

¹Phillips and McDaniel (2018). College Prescription Drug Study Key Findings. Center for the Study of Student Life, The Ohio State University.

Slide 24



Category: Myth Busters; 200pts

Trivia game

Safe Medication Practices for Life



Slide 25



Answer: Myth Busters; 200pts

Transition: Some things mix well together (like PBJ), and some things don't—like alcohol and prescription medications. All medications have side effects—and mixing alcohol (or other drugs) with these products often enhances these side effects, or the intoxicating effects of alcohol itself. Many overdoses result from mixing prescription medications with alcohol or with other drugs.

For example, the adverse effects for prescription opioid pain medications include drowsiness, confusion, sedation, and slowed breathing. Mixing alcohol with prescription opioids can actually worsen these adverse effects.

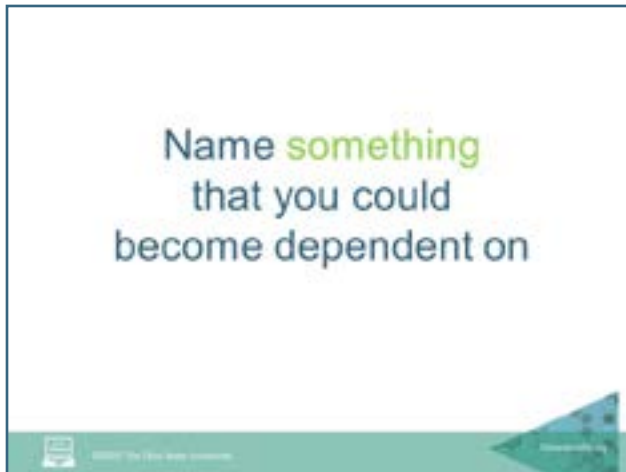
The adverse effects for prescription sedatives includes decreased heart rate and blood pressure, impaired coordination and judgement, confusion, sedation, slowed breathing. Again, adding alcohol can worsen these adverse effects.

The adverse effects for prescription stimulants includes increased heart rate and blood pressure, irregular heart beat, nervousness, and insomnia. When mixed with alcohol, prescription stimulants can mask the body's natural warning signals of over-sedation, which can lead to alcohol intoxication or dangerously slow breathing.

In addition, only 1-3% of college students report that they “very often” or “often” misuse prescription drugs while drinking alcohol. In fact, over half of college students (56-61%) never misuse prescription drugs while drinking alcohol.¹

References: ¹Phillips and McDaniel (2018). College Prescription Drug Study Key Findings. Center for the Study of Student Life, The Ohio State University.

Slide 26



Category: Myth Busters; 300pts

Slide 27



Answer: Myth Busters; 300pts

Transition: Some things we could become dependent upon may make us better as individuals—like family and friends. But others, substances like alcohol and medication, can actually damage those relationships and derail our lives.

1. Some medications, like prescription opioid pain relievers, sedatives, and stimulants have the potential to cause dependency and addiction. This is why it is critical to only take medications that are prescribed for you and to take them only as instructed by a healthcare provider.

Trivia game

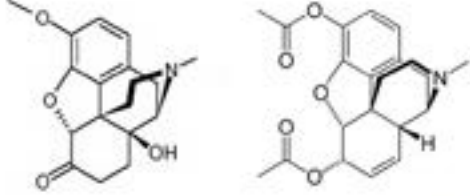
Safe Medication Practices for Life



Talking Points

Slide 28

These **two chemicals** produce similar effects in the body – what are they?



The slide displays two chemical structures side-by-side. The structure on the left is Oxycodone, and the structure on the right is Heroin. Both are pentacyclic morphine derivatives with a partially reduced ring system.

Category: Myth Busters; 400pts

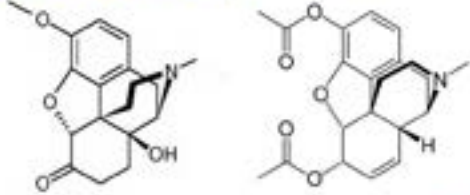
Slide 29

[Return to Game Board](#)

Some prescription drugs aren't as safe as you think!

Oxycodone
(Opioid Pain Medication)

Heroin



The slide displays two chemical structures side-by-side, identical to those in Slide 28. The structure on the left is Oxycodone, and the structure on the right is Heroin.

Answer: Myth Busters; 400pts

Transition: The chemical on the left is the prescription opioid pain reliever oxycodone, while the chemical on the right is heroin.

1. Do these two chemical structures look similar? They certainly do! Because of their chemical similarity, both drugs produce similar effects in the body—including the risk of developing physical dependency and addiction.
2. A similar comparison can be made between the prescription stimulant Adderall®, and the illegal drug, methamphetamine.
3. Remember—there is a reason for the prescription. Some prescription drugs aren't as safe as you think, and they are never a safe alternative to illegal drugs.

Slide 30

The pressure to succeed feels unbearable. **How should I deal with this stress?**



A photograph of three students in a classroom setting. A speech bubble is overlaid on the image, containing the text: 'The pressure to succeed feels unbearable. How should I deal with this stress?' The students are looking towards the camera.

Category: Life Management 101, 100pts

Trivia game

Safe Medication Practices for Life



Slide 31

[Return to Game Board](#)

How to safely manage stress:

talk to friends yoga
recognize accomplishments
get enough sleep prioritize tasks
eat a healthy diet exercise
make a plan to meet project deadlines

A green arrow pointing right and a green arrow pointing left, used for navigating between slides.

Answer: Life Management 101, 100pts

Transition: Encourage participants to safely manage stress by engaging in the practices identified in the word cloud.

Slide 32

A photograph of a young Black man in a red sweater holding a book, with a speech bubble next to him. In the background, a woman is also holding a book.

A new semester...hmm...
Maybe I should make a plan for studying?!
This semester I'll:

A green arrow pointing right and a green arrow pointing left, used for navigating between slides.

Category: Life Management 101, 200pts

Slide 33

[Return to Game Board](#)

Sustainable approaches for studying:

prioritize tasks establish a study group
make flashcards try to teach it
don't skip class create a study schedule
stay current with class material
take advantage of office hours access online tutorials
use a tutor

A green arrow pointing right and a green arrow pointing left, used for navigating between slides.

Answer: Life Management 101, 200pts

Transition: Encourage participants to engage in sustainable approaches for studying—some ideas are identified in this word cloud.

Trivia game

Safe Medication Practices for Life



Slide 34



Category: Life Management 101, 300pts

Slide 35



Answer: Life Management 101, 300pts

Transition: As noted in the video—medications which require a prescription are determined to be safe and effective only when used as instructed and under the supervision of a healthcare provider. Therefore, if you are taking any medication as instructed and your condition is not improving—talk with your healthcare provider.

1. We should always avoid tendencies to self-diagnose and self-prescribe. This includes making decisions related to how much and how often (dose and frequency) you take the medication, as well as the reason for taking the medication.

Slide 36



Category: Life Management 101, 400pts



Trivia game

Safe Medication Practices for Life

Slide 37



Answer: Life Management 101, 400pts

Transition: Encourage participants to engage in safe and healthy activities to have fun and celebrate—some ideas are identified in this word cloud.

Slide 38



Transition: for the final trivia round, complete this statement.

Note to facilitator: read the statement and encourage participants to share their thoughts with the larger group. Advance the slide to summarize the safe medication practices as well as identify campus resources where students can find help.

Slide 39



Transition: Let's recap...you can use medications safely and prevent prescription drug misuse by following instructions, keeping medications for yourself, securing and safely disposing of medications, and lastly, by being a good role model. This includes modeling these practices at home, and encouraging your family and friends to do the same.

Trivia game

Safe Medication Practices for Life



Slide 40

Need help?
Use Campus Resources:

1. Student health or wellness center
2. Campus Recovery Programs
3. College or university counseling services
4. Academic advisors

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Transition: if you need help, we encourage you to use campus resources.

Note to facilitator: prior to the presentation, we encourage you to customize this slide for your university. Discuss each resource with participants, and consider providing this information to students through email or other digital platforms.

Slide 41

Help Others

1. Learn more
2. Share the information
3. Talk with a trusted adult

Visit: GenerationRx.org

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Transition: How can you help others?

1. First, you (and others) can learn more about this issue by visiting the ‘Learn’ section at GenerationRx.org.
2. Second, you can share these messages with others. This may consist of discussing these messages with family members and friends, or sharing these messages through peer-to-peer education. Visit our website, GenerationRx.org, to access free, ready-to-use resources designed to educate others. You could present this program or a different activity. You could also present similar educational programs to other audiences, like teens, using our age-appropriate resources.
3. Lastly, if you are concerned about someone you care about, we encourage you to talk to a trusted adult. In addition, we’ve identified additional resources for helping others at GenerationRx.org.

Slide 42

Follow us @TheGenRx

QUESTIONS?

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Transition: Does anyone have any questions or comments?

Before we end, we encourage you to stay connected by following us @TheGenRx on Twitter and Facebook.

Note to facilitator: Thank you for advocating safe medication practices in your community! We also encourage you to share your experience with us. Consider submitting your tips and personal experiences about how you advocate safe medication practices at home or in your community. To do this, visit the ‘Contact’ section of GenerationRx.org. In this same section, you can also submit any questions you may have regarding how to use these educational resources.