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Welcome to today’s program, “My Generation Rx: Champions of Rx”. You may be asking yourself, “What is My Generation Rx?”

“My Generation Rx” encourages teens to incorporate the Generation Rx messages into their individual, everyday lives. These messages focus on preventing prescription drug misuse by talking with teens about how to safely use medications and how to turn down invitations to misuse, as well as identifying positive alternatives for coping with the demands of life.

Today, we’ll play a competitive game that discusses these messages.

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

1. Split the participants into teams of 3-5 people. Ask each team to create a team name.
2. Collect the team names and create a space to keep score.
3. Distribute 1 sheet of paper (or ask participants to use their own) to each group to serve as an “answer sheet”.
4. Assign roles among the facilitators. One person should serve as the “host”, who will ask the questions, advance the slides, and keep score. A second person should stand among the teams to check answers. If you are playing by yourself, consider implementing one of these approaches:
 1. Ask a participant to help check answers.
 2. When all teams have recorded their answers, ask them to exchange their paper with another team. As you announce the answers, ask each team to “grade” the other team’s paper.

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Note to facilitator: For some questions, answers will vary widely. We want to ensure we are reinforcing accurate answers that connect with our message, even if they do not exactly match the answers indicated in the slide. Use your judgement to decide if an answer not indicated in the slide is accurate, and thus deemed acceptable to earn points.

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Round 1: Opener Question

In the United States, what **percentage** of teens do NOT misuse a prescription medication?

6 out of 7 teens, or 85%!

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Note to facilitator: consider accepting the closest answer to 85%.

1. This statistic suggests that only 1 in 7 teens, or roughly 15%, misuse prescription medications in the past year. Even fewer do so regularly. This certainly isn't the majority!
2. Never feel like you are "not normal" or you won't "fit in" with your peers if you don't misuse...this simply isn't true.

Note to facilitator: Across the leading national surveys, discrepancies exist amongst prevalence estimates. The statistic reported in this slide represents past year misuse from 2014 surveys (data collected in 2013), and is a conservative estimate based on the following data:

Past year misuse:

3. National Survey on Drug Use and Health: 6.2%
4. Monitoring the Future Study: 13.9%
5. The Partnership Attitude Tracking Study: 16%

The Partnership Attitude Tracking Study (2014) reports lifetime misuse amongst teens at 24%.

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Round 1: Survey Question

What are **3 examples** of prescription drug misuse?

- 1 Taking a prescription drug for a different reason than prescribed.
- 2 Taking more of a prescription drug than prescribed.
- 3 Sharing or taking someone else's prescription drug.

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Regardless of our intentions, engaging in any of these behaviors is misuse.

Note for facilitator: If asked, the National Institute of Health drafted and currently supports these definitions of prescription drug misuse.

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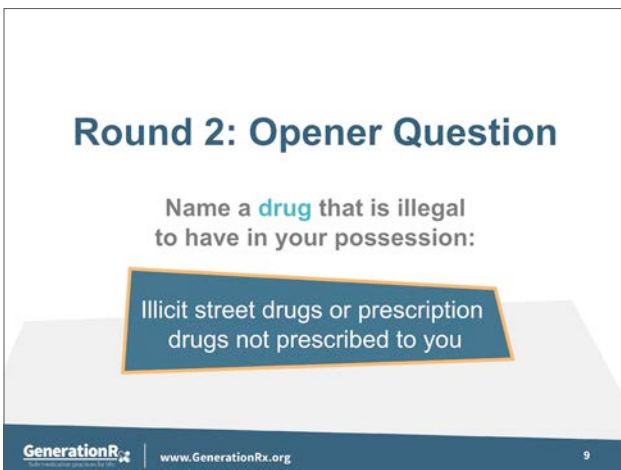
Transition: Even though the majority of teens do not misuse, prescription drug misuse remains a problem nationwide.

1. Drug overdose deaths, primarily from prescription medications, is the leading cause of accidental death in the U.S. Clearly misusing prescription medications can be harmful to your health.
2. The most commonly misused prescription drugs include opioid pain medications (e.g. Vicodin, OxyContin), sedatives (e.g., Xanax, Valium) and stimulants (e.g., Adderall, Ritalin)

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Similar to illicit street drugs, selling or taking someone else's prescription medication is illegal. It is considered a felony offense and punishable by jail time.

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Round 2: Survey Question

Identify **4 consequences** that could happen if a person misuses prescription drugs.

- 1 Conflict with friends/family
- 2 Decline in grades
- 3 Addiction
- 4 Illness or Death

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The misuse of prescription drugs has serious consequences, with only a few examples identified on this slide.

Note to facilitator: If desired, we've listed additional talking points covering the legal, social, and health consequences below.

1. In the previous slide, we discussed how federal law prohibits the possession of a prescription drug without a prescription. Many of the prescription drugs which are most misused are called "controlled substances" (for example, Vicodin, OxyContin, Valium, Xanax, Adderall, Ritalin), indicating there are even stricter prescribing and dispensing regulations for their use.
2. The misuse of medications can affect our family and friends, our job, our education, our finances, and much more.
3. The most tragic consequence of prescription drug misuse affect our health, including drug overdose deaths, which is the leading cause of accidental death in the U.S.
4. Death isn't the only health-related consequence. Due to the high misuse and addiction potential of certain prescription drugs (e.g., opioid pain medications), emergency department visits and drug addiction treatment admissions relating to medication misuse have both escalated.
5. Not taking your prescription as directed by a healthcare professional can result in immediate negative effects, including:
 1. For prescription opioid pain medications: drowsiness, confusion, sedation, slowed breathing
 2. For prescription sedatives: decreased heart rate and blood pressure, impaired coordination and judgement, confusion, sedation, slowed breathing
 3. For prescription stimulants: increased heart rate and blood pressure, irregular heart beat, nervousness, insomnia

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Round 3: Opener Question

Name **something** that you shouldn't share with others...

Prescription medications, toothbrushes, or underwear!

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Note to facilitator: there are obviously multiple correct answers for this opener question. Regardless of the participant's answer, we want to emphasize that we should treat prescription medications similarly to toothbrushes and underwear—these personal items should not be shared!

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Round 3: Survey Question

Identify **3 ways** to safely use medication:

- 1 Take medications as instructed by a healthcare professional
- 2 Do not share or take someone else's medication
- 3 Be a good role model

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Note to facilitator: these are the three primary safe medication practices to emphasize. If desired, we've listed additional talking points for each practice below.

1. It's critical to take medication as instructed by a healthcare professional. This provides the best chance to reduce negative side effects, including developing a physical dependency or becoming addicted to some prescription medications (like prescription opioids, stimulants, or sedatives).
2. As we just discussed, we do not want to share or take someone else's medication. Prescription medications are intended to be used by the individual whose name is on the prescription...why?
 1. For several reasons...our genetics, existing medical conditions, current medications we may be taking, even our age and weight, can all determine how we respond to medication. And that includes not only how we respond to the intended effects, but also to the negative side effects that can be harmful.
 2. Genetic risk factors that increase the propensity to develop a physical dependency or addiction to a drug do exist—how your friend's body handles a medication is not telling of how your body will handle the same medication.
 3. As a result, we encourage you to talk with your parents/guardians about securing medications in your home. If someone has unneeded or expired medication, dispose of it safely (Note to facilitator: you may wish to review directions below). If someone has an active prescription, store the medication in a secure place, like a lockable space. This helps prevent easy access to curious siblings.
3. Lastly, we encourage you to be a good role model to family and friends by adopting these safe medication practices.

Directions for disposing of medications safely:

1. Follow any disposal instructions on the drug's label or patient information sheet.
2. If disposal instructions are not given, remove the pills from the original container, mix them with an undesirable substance such as used coffee grounds or kitty litter in a sealable bag, and then throw away the sealed mixture in the trash.
3. In general, you should not flush medications down the toilet; however, the FDA still recommends that certain drugs should be disposed by flushing (for a list, visit: www.fda.gov).
4. Lastly, you can encourage your parent/guardian to dispose of medications in a drug dropbox (visit rxdrugdropbox.org for locations) or 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.

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Round 4: Opener Question

What is the top **reason** teens report for misusing prescription drugs?

"To help me relax...."

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Note to facilitator: According to the 2014 Partnership Attitude Tracking Study, when asked the main reason for misusing a prescription drug, the most common answers by teens included "to help me relax" (15%), "to experiment" (15%), "to have fun" (14%), "because being high feels good" (12%), and "to help me forget my troubles" (12%).

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Think About It:

What are other reasons reported for misusing prescription medications?

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Transition: Let's brainstorm a few other reasons.

1. In your team, brainstorm a few additional reasons teens report for misusing prescription medications. I'll give you a few minutes to do this.
2. *Note to facilitator:* encourage each team to share one reason with the entire group. You may wish to list these reasons on a whiteboard or a large sheet of paper for all participants to see.
3. Possible reasons include:
 1. To manage stress
 2. To improve academic performance or help in school
 3. To cope with feelings of depression
 4. To deal with a physical injury in order to perform in an athletic event ("play through the pain")
 5. To have fun
 6. To have something to do (i.e. boredom) or try something new (i.e. curiosity)

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Round 4: Survey Question

Identify **3 things** you could do instead of misusing prescription medications:

- 1 Exercise
- 2 Study with friends
- 3 Enjoy your hobbies

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Transition: Now that we've identified common reasons for misusing, let's consider some positive alternatives.

Note to facilitator: Teams will likely identify positive alternatives beyond these three. Encourage teams to share the three positive alternatives they identified. Consider listing these alternatives next to your list of "reasons" on the same whiteboard.

Below are talking points for some alternatives that teens might suggest.

1. **To help with school:** it may be tempting to misuse prescription drugs as a "quick fix" to help you cram for an upcoming exam. However, this isn't a sustainable approach for earning good grades. Try studying with friends, work with a tutor, or meet with your teacher before or after school.
2. **To cope with depression:** if your mood feels depressed, confide in a trusted adult. Resorting to misusing prescription medications or using other substances will only prolong your feelings of depression.
3. **To deal with an injury:** if you are an athlete experiencing an injury, you may feel pressure to "play through the pain". However, the possible consequences from misusing a prescription opioid pain medication are far more devastating than not performing in an athletic event. If you are dealing with an injury, work with an athletic trainer or a healthcare professional to safely plan your recovery.
4. **To handle boredom:** boredom can affect all of us...try curing your boredom by engaging in something you enjoy (like art, sports, helping others, etc).
5. **To handle stress:** stress will always be present in life. Try adopting healthy habits for dealing with stress like exercising, watching TV or a movie, or taking a nap.

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Round 5: Opener Question

Identify one **approach** you can take to turn down the invitation to misuse prescription drugs:

Just say no.

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Transition: Now that we've brainstormed positive alternatives to misusing prescription drugs, let's consider approaches for turning down the invitation to misuse.

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Round 5: Survey Question

Identify **3 additional approaches** you can take to turn down the invitation to misuse prescription drugs:

- 1** Give a reason why you don't want to misuse
- 2** Mention positive alternatives you believe would work better than misusing
- 3** Leave situations that put you in danger of making negative choices

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Transition: What are other approaches for turning down the invitation to misuse?

Note to facilitator: participants could identify multiple approaches. The approaches listed are just examples. The following slide provides specific examples for some of these approaches.

Additional points:

1. Be assertive and consistent, if necessary.
2. Do not be afraid to stand up for yourself and remember that by not misusing prescription drugs, you are part of the majority of teens who use medications safely.

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The graphic illustrates several strategies for declining drug offers:

- Make a Joke:** "Nah, I'd rather sleep in my bed tonight instead of the cots in the police station..."
- Leave the Situation:** "Nah...hey, I need to run. I'll see you later..."
- Simply Say "No":** "No thanks, I know that I could get in serious trouble for taking those pills, and I have too much at stake right now."
- Give a Reason:** "No thanks...coach will kick me off the team if I take those pills."
- Suggest an Alternative:** "Do you really think that's a good idea? I've got a better idea! Lets _____ (insert alternative)..."
- Examples of Alternatives:**
 - Have fun by...enjoying your hobbies
 - Handle stress by...exercising, eating ice cream
 - Relax by...taking a nap, watching TV or a movie
 - Study smart by...meeting with your teacher
 - Deal with pain by...working with a trainer, resting

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Transition: this graphic identifies examples of specific approaches, as well as identifies positive alternatives we can engage in instead of misusing prescription drugs.

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Round 6: Opener Question

Identify one **action** you can take to prevent prescription drug misuse:

Follow the safe medication practices!

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Transition: before we end the game, let's brainstorm how we can prevent prescription drug misuse at home or in our communities.

Note to facilitator: multiple answers exist for this opener question.

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Round 6: Survey Question

Identify **3 things** you can do to prevent misusing prescription medications:

- 1 Store prescription medications properly
- 2 Dispose of unused medications
- 3 Share these messages with friends and family

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Transition: what are additional actions you can take to prevent misusing prescription medications?

Note to facilitator: participants could identify multiple actions. The actions listed are just examples...below is more information for some of the ideas.

1. If not discussed previously, you may wish to encourage teens to talk with your parents/guardians about securing medications in their home (consult previous talking points in slide 13).
2. Share these messages with others. Encourage family and friends to adopt the safe medication practices we identified. We encourage you to also consider opportunities for peer-to-peer education. Visit our website, GenerationRx.org, to access free, ready-to-use resources designed to educate teens. You could present this program, or a different activity. You could also present similar educational programs to other audiences, like young children, using our age-appropriate resources.

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Note to facilitator: tally the scores for all teams and announce a winner.

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Transition: Does anyone have any questions or comments?

1. Before we end, we encourage you to stay connected by following us @MyGenerationRx (Twitter) and MyGenerationRx on Instagram.
2. Also, we encourage you to take a survey evaluating today's program on GenerationRx.org. You can find a link to this survey at the bottom of the home page. We value your feedback to help us assess the impact of this work and continually improve Generation Rx materials.

Note to facilitator: we encourage you, as the presenter, to also complete this survey. 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.