

**Lesson Topic: Medicine 101**

**Supplies Needed:**

Laptop/Computer

Projector and Screen

Sticky Notes

Flyswatter for each team of 5 youth

**Concepts and/or Learning Objectives:**

Youth will learn the basics of medicine and specifically over-the-counter (OTC) and prescription medications. They will learn about proper use of medications and the dangers of the misuse of OTC and prescription medications.

**Introduction:**

At some point in all your lives, it will be necessary for you to use prescription or over-the-counter medications to help our bodies heal. How many of you have taken cough syrup for your cough? How about some ibuprofen for a headache? It is important for you to understand the basic description of what prescription and OTC medications are and their proper use. This lesson will help you understand medicine better and quip you with the proper usage knowledge as you enter adulthood.

**Activity:**

* Present the “Medicine 101” PowerPoint from Life Smarts (10 – 15 min)
  + Give the youth a handout of key vocabulary words and definitions
* Play “Medicine Tell Me the Question” game (PowerPoint provided) (10-15 min)
  + Split the group into 3 teams and play the game
* Optional game “Vocab Flyswatter” (10-15 min)
  + Write varying vocabulary words on sticky notes and put onto a wall
  + Divide youth into teams of five and give each team a flyswatter
  + You will give the definition of a vocabulary word and the first team to “swat” the correct sticky note vocab word wins a point. Each player on the team should have a chance to use the flyswatter. The team with the most amount of points after all vocab words have been used is the winning team.
  + This game can be played either prior to the lesson to assess what youth may already know, or after the lesson to see what they may have learned.

**Discussion Points/Reflection Questions:**

Why is it important to know the difference between OTC and prescription medications?

Can you give the group an example of improper use of prescription medications?

How will you apply this lesson to your life?

**Sources:**

PowerPoint and games were sourced from LifeSmarts at lifesmarts.org

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