

Divulging drug differences

SPECIFIC OUTCOMES

Expand practices that provide safety for self and others by

- identifying a variety of drugs
- recognizing three different categories of drugs (legally available drugs, medicines and illegal drugs)
- distinguishing between prescription and non-prescription drugs

CONTENT AND TIME (45-MINUTE LESSON)

- 2.1 Opening activity: Diverse drugs (5 minutes)
- 2.2 Distinguishing drugs (15 minutes)
- 2.3 Drug dodge (10 minutes)
- 2.4 Prescription or non-prescription drugs?
That is the question (10 minutes)
- 2.5 Review: What we have learned (5 minutes)

REQUIRED MATERIALS

Handout 1.2: Drugs depend on:
Emphasizing effects

Handout 2.2: Distinguishing drugs

Handout 2.4: Prescription or non-prescription drugs?
That is the question

Chart paper

Sentence strips (for the class bulletin board)

Felt markers (each student needs three different colours)

2.1 Opening activity: Diverse drugs

(5 minutes)

Help the class brainstorm the names of known drugs and make a list using chart paper. Provide suggestions to encourage the students to think of a wide variety of examples (referring to HANDOUT 2.2).

2.2 Distinguishing drugs

(15 minutes)

Divide the students into pairs or small groups. Distribute HANDOUT 2.2: Distinguishing drugs. Challenge the students to categorize the drugs, or the substances that contain a drug, into groups by cutting out the words and creating separate piles on their desks. They may make two, three or four groups, depending on their methods of sorting.

You will notice that six boxes will have the same example: Illegal drugs (drugs that are against the law). Examples of illegal drugs, such as heroin, crack, cocaine and ecstasy have not been provided in this resource. Introducing a drug of this kind is not appropriate for students at this level. If a student offers this kind of example, simply acknowledge that it is an illegal drug and then turn the conversation back to the concept that an illegal drug is one that is against the law.





Discuss briefly a few examples that can be confusing for the students.

1. Coffee, tea and chocolate are not drugs themselves; however, the caffeine present in these substances is a drug. Caffeine is also found in a variety of drug products, such as pain relievers, weight control pills and cold remedies.
2. This does not imply that eating a chocolate bar is dangerous; it simply means that the caffeine may affect mood or behaviour. The amounts of caffeine put in foods and beverages are monitored so that they do not exceed harmful levels, where consumption would be dangerous.
3. Although sugar may change the way our bodies feel, as chocolate does, it is a food and not a drug.
4. Bits of information have been provided on HANDOUT 2.2. You may want to review some of these points to clarify the purpose of specific drugs. (For example, explain that insulin is a drug prescribed for people with diabetes and therefore is a medicine, but not a medicine that is meant for everybody.)

Once they have finished, invite volunteers to explain their ideas to the class. You may record these on the board:

For example:

- Good drugs/not so good drugs
- Medicines/drugs that harm you/drugs that don't harm you
- Drugs you get from a doctor/drugs you buy from a store/drugs that are against the law

Following this, demonstrate the proper method of grouping drugs using HANDOUT 2.2.

Have students circle the drugs that go together using a felt marker with the same colour (they will need three colors). The categories of drugs follow: (call them out as you go down the list)

- **Legally available drugs** (alcohol such as wine, beer, liquor; tobacco and tobacco-like products such as cigarettes, chewing tobacco, pipe tobacco, cigars, electronic smoking products or “vaping”); cannabis (also called marijuana) products; or foods/beverages containing legal drugs (coffee, tea, cola drinks, chocolate). Here, you should mention two important points: (1) alcohol, tobacco and cannabis are legal only for adults over the age of 18 and (2) just because a drug is legal does not make it “good for you”.
- **Medicines** (antibiotics, sleeping pills, pain relievers, insulin, inhalers, anesthetics, immunizations, medicated epi-pens, eardrops, eye drops, allergy medicines, cold and cough remedies, medicated creams) – here, you should comment briefly on the difference between prescription and non-prescription drugs, along with the importance of having a doctor’s permission for prescription drugs and the consent of a parent for non-prescription drugs. The next activity will explore this concept more thoroughly.
- **Illegal drugs** drugs that are against the law.

2.3 Drug dodge

(10 minutes)

Using another copy of HANDOUT 2.2, cut out the 30 word cards and distribute one card to each member of the class. If you have more than 30 students, make extra word cards. If your class is smaller than 30, discard the appropriate number of cards, but make sure you remove examples from each drug group. At the same time, write all of the examples from the word cards on the board (or post an enlarged copy of the handout) for the class to see.

Tell the class that you will be playing a game called Drug Dodge, which is similar to the game Upset the Fruit Basket. Ask the students to bring their slips of paper, without telling anyone the example they have been given. They are to sit on chairs, mats or pieces of newsprint in a large circle.

There should be enough space for everyone to sit, except one student. For the first turn, you may want to ask a volunteer to stand in the middle before you invite the class into the circle, so that nobody feels left out.

The student in the middle will call out the name of a drug other than the example he or she has been given (this is why it is necessary to have the drug examples posted for the students to see). Everyone with a drug that belongs to the same category must get up and run safely to an open space in the circle, where a classmate has been sitting. The person in the middle will also try to find an empty space and sit down. Somebody new will be standing in the middle. He or she will call out a different drug example. Again, everyone with a drug from the same category will stand up, try to find an open space in the circle and sit down. The student standing in the middle also has the option of calling out “Drug Dodge!” When this happens, everybody in the circle must get up and find a new spot.

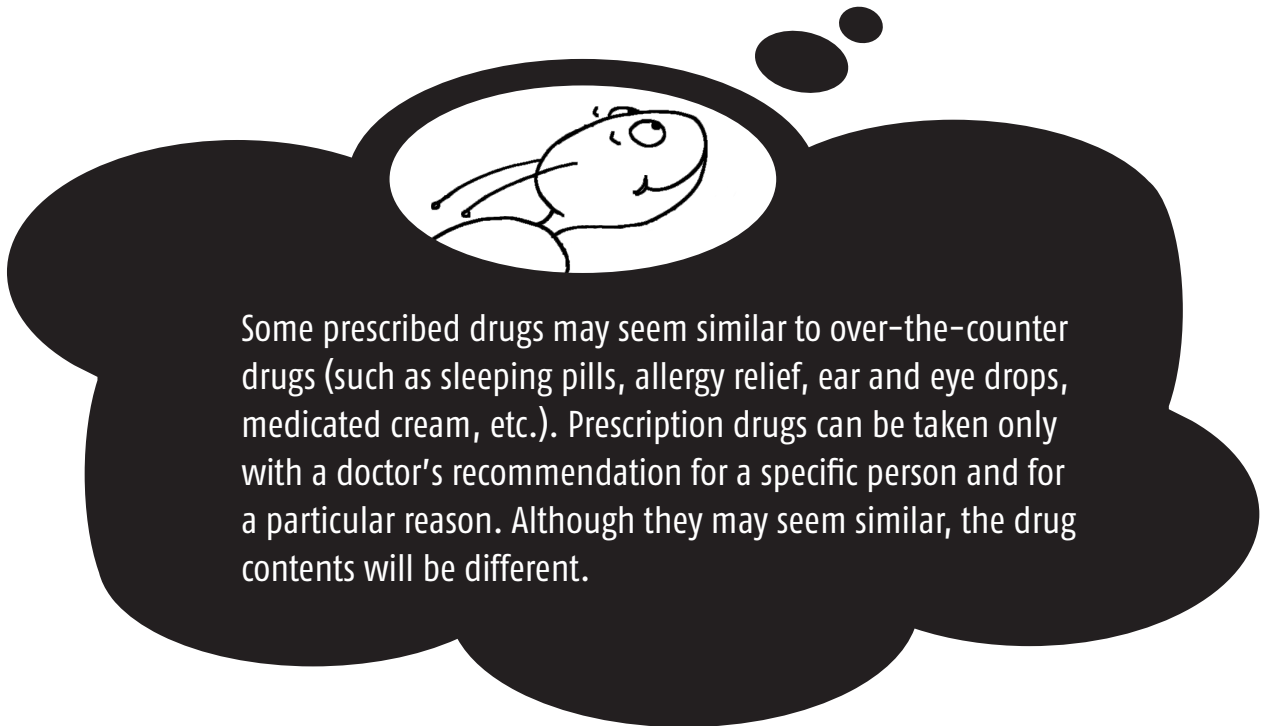
After each turn, review the drug category. For example, if the student in the middle calls out “caffeine,” remind the class that caffeine is a legal drug and ask all students who have legal drugs to read them aloud.

The students are not permitted to make new spaces, nor are they allowed to sit back in their own spots. There will always be one person left standing. It is important that the student in the middle calls out a drug from a different category each time, which gives everyone a chance to participate. Emphasize the need for the students to have an awareness of the space around them and to run safely, in order to avoid accidents.

2.4 Prescription or non-prescription drugs? That is the question (10 minutes)

Ask the students to identify their thoughts about the difference between prescription and non-prescription drugs. You may want to record some ideas on the board. Distribute HANDOUT 2.4. Discuss the difference between the two kinds of medicines. Ask the students to identify examples of drugs found in each group and to record this information in the space provided. The following are some examples of prescription and non-prescription drugs.

- Prescription drugs: medicine such as insulin, inhalers, medicated epipens, antibiotics, antidepressants and other kinds of medicine for a **specific person** and for a **particular reason**
- Non-prescription drugs: medicine to help a person fall asleep, stay awake, improve nutrition and relieve headaches, fevers, upset stomachs, colds, nausea, toothaches and itchiness



2.5 Review: **What we have learned** (5 minutes)

Ask the students to identify what they have learned in this lesson. You may ask them questions about the content of the lesson in quiz form. For example:

1. Name a drug and the category to which it belongs.
2. True or false, legal drugs are always safe to take.
3. Non-prescription drugs are also known as what?

Assign a student volunteer to add new information from today's lesson to the class bulletin board (for example, the chart listing known drugs or a sentence strip identifying the three categories of drugs).

Distinguishing drugs



<p>ILLEGAL DRUGS (drugs that are against the law)</p>	<p>COFFEE</p>	<p>WINE</p>
<p>COLA DRINKS</p>	<p>ILLEGAL DRUGS (drugs that are against the law)</p>	<p>CIGARETTES</p>
<p>IMMUNIZATIONS (to prevent illnesses like the measles)</p>	<p>CHEWING TOBACCO</p>	<p>ILLEGAL DRUGS (drugs that are against the law)</p>
<p>PIPE TOBACCO</p>	<p>TOBACCO</p>	<p>HARD LIQUOR</p>
<p>CIGARS</p>	<p>ILLEGAL DRUGS (drugs that are against the law)</p>	<p>ELECTRONIC SMOKING PRODUCTS (sometimes called "vaping")</p>
<p>ILLEGAL DRUGS (drugs that are against the law)</p>	<p>TEA</p>	<p>BEER</p>
<p>CANNABIS (MARIJUANA) PRODUCTS</p>	<p>COLD AND COUGH REMEDIES</p>	<p>INHALERS (to help people with asthma)</p>
<p>EARDROPS</p>	<p>SLEEPING PILLS</p>	<p>MEDICATED EPI-PENS (for severe allergic reactions)</p>
<p>ANESTHETICS (so people won't feel pain while at the dentist or the doctor)</p>	<p>EYE DROPS</p>	<p>PAIN RELIEVERS</p>
<p>ANTIBIOTICS (to treat infections)</p>	<p>ALLERGY MEDICINES</p>	<p>INSULIN (to help people with diabetes)</p>
<p>CHOCOLATE</p>	<p>MEDICATED CREAMS (for extremely dry skin)</p>	<p>CHEWING TOBACCO</p>

Prescription or non-prescription drugs? That is the question

Prescription drugs are medicines that are taken only:

- When recommended and ordered by a doctor or dentist
- For a specific **reason**
- For a particular **person**
- Prepared by a specially-trained **pharmacist**

Non-prescription drugs are drug products that are **displayed on the shelves** at supermarkets, department stores or drug stores. Because you take them off the shelf and pay for them at the check-out counter, they are often called '**over-the-counter**' drugs. You do not need to see a doctor to buy non-prescription drugs, as they are **available for anyone**.

BUT REMEMBER...

Whether a drug is prescription or non-prescription, there are guidelines of proper use for HEALTH reasons and SAFETY purposes. It is important to ALWAYS read the instructions fully before taking any medicines.



Examples of prescription drugs

Examples of non-prescription drugs
