



MY GENERATION RX

Brought to you by:



THE OHIO STATE UNIVERSITY
COLLEGE OF PHARMACY

Facilitator Guide

We can prevent prescription drug misuse among youth by teaching teens how to safely use medication.

Prescription medications can help us live longer and healthier lives, but any medication has the potential to do harm—especially when misused. While the majority of teens do not misuse prescription medications, these products remain the third most prevalent substance used amongst teens, behind marijuana and alcohol. Young people often misuse prescription medications to manage their lives, with little understanding of the potential social, health, or legal consequences for doing so. Moreover, research indicates the average age of first initiation falls during the early twenties, suggesting that many teens choosing not to misuse during high school remain vulnerable to misuse later in life. As a result, now is the time to teach teens how to safely use medication.

The “**My Generation Rx**” theme of the Teen Education activities encourages teens to incorporate the Generation Rx messages into their individual, everyday lives. “**My Generation Rx**” emphasizes the positive choices the majority of teens are making, and invites them to share their own story of how they safely use medication and prevent misuse. The Teen Education activities talk with teens about:

1. Safe medication practices
2. Key skills to turn down invitations to misuse
3. Positive alternatives to cope with the demands of life

What follows is information for facilitators to present “My Generation Rx” in your community.

What information will I find in this facilitator guide?

This comprehensive facilitator guide contains information to successfully present “My Generation Rx”. In this guide you will find:

1. **Getting Started...**a guide to help you plan your program.
2. **Activity Snapshots...**a snapshot of the agenda and required materials for each activity.
3. **Introductory Letter...**a letter for facilitators to share with leaders of the organization you’ve selected for your program. This letter is designed to assist you in introducing the purpose of your educational program and the importance of presenting this information. An editable file can be found in the “Getting Started” section online.
4. **Q&A Session Guide...**a resource for facilitators that contains a list of frequently asked questions by program participants, with suggested answers.
5. **Staying Connected...**a list of pre-populated prevention messages for facilitators or other youth organization leaders to tweet, text, or post to teens through social media.

GETTING STARTED

Below is a brief discussion of guidelines containing featured questions to help plan your educational program.

Who is my audience?

“My Generation Rx” is appropriate for middle school- and high school-aged students (grades 7-12).

Where should I present?

There are a number of logical places to host your program. Below is a suggested list of locations and possible contacts:

- Schools (health teachers, school nurses, school administrators)
- Faith-based youth groups (organization leaders)
- After-school clubs such as 4H, Teen Institute or Youth-to-Youth (club advisors)
- Sports teams (local coaches)



How do I make the arrangements?

In a short email or phone call to potential sites, introduce yourself and indicate your interest in providing an educational program about preventing prescription drug misuse. Consider providing your contact the ‘Introductory Letter’ to assist you with this introduction. Be as flexible as possible with the timing of your event, and emphasize your willingness to adapt to their needs. Finally, be persistent, and don’t be discouraged if you don’t hear back immediately.

Do I need to be a healthcare professional to present “My Generation Rx”? Can teens present?

You do not need to be a healthcare professional—“My Generation Rx” is designed for everyone to present. However, pharmacists, nurses, physicians, and other healthcare professionals are wonderful resources and are eager to discuss these important messages with others—consider partnering with one of them to present your program.

In addition, partnering with teens to deliver this information is a very powerful way to connect with your audience, and the experience will have a great impact for all involved. Consider encouraging teens to present the entire program, with your role serving as program coordinator.

What is the program itinerary?

Several activities exist for educating teens—as a result, you can customize your own program itinerary from a menu of activities (see table below). Regardless of the program, we encourage you to always follow this outline:

1. Introduce facilitators
2. Ask participants to introduce themselves (consider an icebreaker “Minute Activity”)
3. Conduct the selected activity or activities
4. Wrap-up with a Q&A session (consult the “Q&A Session Guide” for help)
5. If desired, disseminate the teen handout (posted as a separate resource on www.GenerationRx.org), or simply encourage teens to stay connected by following us @MyGenerationRx (Twitter) and MyGenerationRx on Instagram

Activity	Group Size ¹	Length	Technology Requirements
1 “Medication Safety for Teens” Presentation	Large or Small	30 Minutes	PowerPoint
2 “Champions of Rx” Game	Large or Small	45 Minutes	PowerPoint
3 “Lead the Scene” Skit-based activity	Small ²	45 Minutes	PowerPoint + Internet Access
4 “Plot Twist” Skit-based activity	Small ²	30 Minutes	None
5 “Minute Activities”	Large or Small	5-10 Minutes/activity	None

¹Large group defined as 25 or more participants

²For maximal participation, we suggest a small group

Each activity was designed to serve as a stand-alone resource. If you only have one hour for a program, consider delivering the presentation or “Plot Twist” activity along with a few “Minute Activities”. Alternatively, you could present either the game or “Lead the Scene” activity.

If more time allows, conduct two or more activities. “Plot Twist” would nicely complement either the presentation or “Champions of Rx” game. Lastly, the “Minute Activities” can be used in additional ways, including as an icebreaker prior to starting a program or as a hands-on activity at an informational booth.



Is there anything that I shouldn't do?

- Do not simply “lecture” to teens—engage participants in your program by asking them questions and encouraging audience participation. To maximize discussion, try implementing these tactics:
 - » Think/Pair/Share—encourage participants to first think about the posed question by themselves. Then, pair-up and discuss the question with a peer or small group. Lastly, ask a participant to share their group’s consensus with the entire class.
 - » Notecard Swapping—purchase a set of small index cards. Distribute several index cards to each participant. After you ask a question, encourage each participant to write their answer on one notecard. Each participant should then exchange their notecard with another individual—this “swapping” should occur 3-4 times in a row. After the exchange is complete, encourage participants to form small groups and discuss the answers on their notecard. Do they agree or disagree with these written thoughts? Encourage groups to share their thoughts with the larger group. This approach works best with questions that generate different opinions or answers.
 - » Minute Activities—the average attention span for a young adult is 15-20 minutes. Consider delivering a “Minute Activity” to reset a teen’s attention span during a longer presentation.
- Do not “glamorize” prescription drug misuse, which includes talking about drug misuse “benefits” such as weight loss or increased energy.
- Do not suggest that the majority of teens misuse prescription drugs. Recent research suggests that only 1 out of 7 teens (roughly 15%) have misused prescription drugs in the last year (Monitoring the Future Study, 2014; Partnership Attitude Tracking Study, 2014).

ACTIVITY SNAPSHOTS



“Medication Safety for Teens” Presentation

Before the program:

- Download and print the facilitator talking points (1 copy/facilitator).

During the program:

- Access the PPT presentation, “Medication Safety for Teens”.
- Deliver the presentation using the talking points as a guide.



“Champions of Rx” Game

Before the program:

- Download and print the facilitator talking points (1 copy/facilitator).

During the program:

- Access the PPT presentation, “Champions of Rx”.
- Play the game according to the instructions identified on slides 2-3. Use the talking points as a guide.
- Technology limitations: if you do not have access to a computer/projector, you can still play this game. The facilitator talking points allow you to have a copy of the rules, questions, and answers. Continue to play the game according to the rules on slides 2-3—you’ll simply read each question and all answers since the participants will not have a “visual aid”.



3

“Lead the Scene” Skit-Based Activity

Before the program:

- Download and print the facilitator talking points (1 copy/facilitator).

During the program:

- Ensure the computer you are presenting from is connected to the internet.
- Access the video, “Lead the Scene” online at GenerationRx.org.
- Access the PPT presentation, “Lead the Scene”.
- Deliver the activity using the talking points as a guide.



4

“Plot Twist” Skit-Based Activity

Before the program:

- Download and print the facilitator talking points (1 copy/facilitator).
- Download and print the “Plot Twist Scenes”.
 - » This document contains four scenes—each group (2-6 participants) will perform one scene. We suggest providing each group with 2-3 copies of their scene. If you have more than four groups, ask two groups to perform the same scene. Make duplicate copies as needed.

During the program:

- Deliver the activity according to the instructions in the facilitator talking points.

5

“Minute Activities”

Before the program:

- Download and print the facilitator talking points (1 copy/facilitator).
- Select the activity or activities you wish to conduct, and prepare or purchase the necessary supplies.

During the program:

- Deliver each activity according to the instructions in the facilitator talking points.



INTRODUCTORY LETTER

Dear (insert leader's name),

Greetings! My name is (insert name) and I am a citizen of (insert community), as well as an advocate for Generation Rx—a nation-wide educational initiative to promote safe medication practices in an effort to prevent the misuse of prescription drugs. Generation Rx is offered through a partnership between the Cardinal Health Foundation and The Ohio State University College of Pharmacy. As an ambassador for this initiative, I am writing to open the lines of communication and request permission to present an educational program to the teens in your organization on how to use medications safely.

Why is it important to teach teens how to safely use medication? It's true that prescription medications can help us live longer and healthier lives, but any medication has the potential to do harm—especially when misused. While the majority of teens do not misuse prescription medications, these products remain the third most prevalent substance used amongst teens, behind marijuana and alcohol. Young people often misuse prescription medications to manage their lives, with little understanding of the potential social, health, or legal consequences for doing so. Moreover, research indicates the average age of first initiation falls during the early twenties, suggesting that many teens choosing not to misuse during high school remain vulnerable to misuse later in life. As a result, now is the time to teach teens how to safely use medication.

The educational program includes engaging, hands-on activities that focus on teaching teens safe medication practices, as well as techniques for turning down the invitation to misuse and engaging in positive alternatives. I also plan to disseminate a handout that summarizes these important messages, as well as provide an opportunity for the audience to engage in a Q&A session.

Will you help me teach teens how to safely use medication? I've included my contact information below. Please contact me at your earliest convenience to discuss this opportunity in additional detail. For more information on Generation Rx, please visit GenerationRx.org.

Contact Information:

(insert contact information)

I look forward to hearing from you! Thank you in advance for your time and support.

Best,

(insert signature)

Brought to you by:



Q&A SESSION GUIDE

Following the completion of your program, we encourage you to give participants the opportunity to ask questions. Below is a list of frequently asked questions by program participants, with suggested answers. Consider printing this document and bringing it with you to the program to consult as a reference during the Q&A session.

Where can I find more information on...?

GenerationRx.org is an excellent resource for more information related to prescription drug misuse. Below is a sample of information you can find in the 'Learn' section at GenerationRx.org, including links to additional websites related to these issues:

- Drug storage and disposal guidelines
- Online courses or games
- List of signs and symptoms to facilitate recognizing misuse
- Resources to locate treatment centers for substance use disorders
- Steps for how to take action in a drug overdose situation
- Instructions for how to use and access Naloxone as a rescue agent in an opioid overdose



Where can I find resources for educating others?

The 'Take Action' section at GenerationRx.org contains free, ready-to-use, age-appropriate resources to educate individuals of all ages in your community (including children, teens, college students, working professionals, patients, and senior citizens).

If I suspect a friend or family member is misusing prescription drugs, how should I intervene? What should I do?

Generation Rx focuses on educational strategies to prevent prescription drug misuse. To find intervention resources, we encourage you to consult one of the following resources:

- **Partnership for Drug Free Kids:** www.drugfree.org/resources/
- **Mayo Clinic:** <http://www.mayoclinic.org/diseases-conditions/mental-illness/in-depth/intervention/art-20047451>

How do I find help?

If you think you or someone you know might have a problem, talk with a trusted adult or with a healthcare professional. They may be able to guide you to medical specialists, treatment facilities, counselors, or medication-assisted treatment providers for help.

The U.S. Substance Abuse and Mental Health Services Administration also provides a Behavioral Health Treatment Services Locator for persons searching for facilities treating substance misuse and addiction problems. Visit www.findtreatment.samhsa.gov, or call the hotline at 1-800-662-HELP to find help near you.

STAYING CONNECTED

Interested in sharing prevention messages with teens through social media? This resource provides a list of pre-populated prevention messages for facilitators or other youth organization leaders to tweet, text, or post to teens. In addition, we encourage you and the teens you support to stay connected by following us @MyGenerationRx (Twitter) and MyGenerationRx on Instagram.

SPECIFIC EVENTS

Valentine's Day

Show your friends and fam real love...if they need medication, encourage them to visit a doctor, not your medicine cabinet.

Summer Break

If boredom settles in over summer, avoid misusing Rx drugs as a quick fix. Go swimming, hiking, or having a bonfire with friends!

Spring Break

The beach is much more fun than the ER...avoid misusing Rx drugs so you can enjoy your break to the fullest.

Halloween

Candy and medication may look similar, but they certainly act differently in the body. Secure medication to keep out of reach by curious siblings.

Prom

Prom is here! Enjoy it safely—misusing Rx drugs can leave you missing out on one of your last high school memories.

Christmas Break

If cabin fever settles in over break, avoid misusing Rx drugs as a quick fix. Go sledding, ice skating, or having a game night with friends!

Exams/Finals

Rx drugs aren't quick fixes for study aids—consider working with a tutor, studying in a group, or visiting your teacher's office hours. (Consider sending at the start of a semester)

Cramming for an exam? It may be tempting, but Rx drugs won't guarantee success—maintain healthy study habits during finals.

Feeling stressed? Stay calm and avoid the tendency to seek Rx drugs as a quick fix. Try yoga, go for a run, or take a nap!



GENERAL

Follow instructions:

- Avoid negative effects with your Rx meds...take them as instructed by a healthcare professional.

Storage:

- Received a new Rx? Encourage your parent/guardian to store meds in secure places like locked cabinets or high shelves.

Disposal:

- Got unused meds? Encourage a parent/guardian to mix them with coffee grounds in a sealed bag, then dispose in the trash.
- Encourage friends and family to dispose unused or expired medications at this disposal event: XXX

Techniques for saying “no” to requests to share Rx medications:

- Has someone asked you to share your Rx med? Consistently say “no” and if needed, give a reason: “It’s illegal to share Rx meds...I don’t want to get in trouble”.
- Has someone asked you to share your Rx med? Consistently say “no” and if needed, suggest a positive alternative: “Instead of doing that, why don’t you try...”
- Has someone asked you to share your Rx med? Confide in a trusted adult if you feel a friend has a problem or needs help.

Encourage positive alternatives to misusing Rx drugs:

- Need a safe way to help you relax? Try exercising, taking a nap, or enjoying your favorite dessert!
- Need a safe way to have fun with friends? Try something new, like zip lining, kayaking, or rock climbing!
- Need a safe way to have fun with friends? Try helping others by volunteering for a local charity or serving your community.
- Need a safe way to relieve stress? Try yoga, counting to 10, exercising, or doing something fun with friends.
- Need a safe way to deal with an injury? Work with a physical therapist, an athletic trainer, or simply rest and let the injury heal.

Techniques for turning down invitations to misuse:

- If invited to misuse a Rx drug, don’t be afraid to simply say “no”...doing it will make you join the majority of teens (85%!) that use medications safely.
- If invited to misuse a Rx drug, it’s okay to simply leave the situation. Just say, “Hey, my parents just texted and I need to leave...see you later!”
- Need a strategy for saying “no” to misusing Rx drugs? Try giving a reason: “Nah, coach will kick me off the team if I take those pills”.
- Consider sending this message with other examples:
 - » “Nah, I’ll get in trouble at home for taking those pills”.
 - » “Nah, meds tend to give me a headache and make me feel queasy”.
 - » Need a strategy for saying “no” to misusing Rx drugs? Try using humor: “Nah, I’d rather sleep in my warm bed than the cot in the police station”.
- Consider sending this message with other examples:
 - » “Nah, orange really isn’t my color”.
 - » “Hmm...I don’t really do jail, so no thanks”.

