



MY GENERATION RX

Brought to you by:



THE OHIO STATE UNIVERSITY
COLLEGE OF PHARMACY

Plot Twists

“My Generation Rx” encourages teens to incorporate the Generation Rx messages into their individual, everyday lives. These messages include talking with teens about how to turn down invitations to misuse prescription drugs, which is emphasized in this skit-based activity.

Instructions:

- Divide group participants into teams of 2-6 individuals.
- Distribute each group 1-2 copies of one of the four scenes (included on p. 4-7 or posted as a separate resource on GenerationRx.org). If you have more than four groups, ask two groups to perform the same scene.
- Instruct each group to read their scene as well as the questions posed at the end. Their task is to think about the best approach for handling the situation depicted in their scene. They must perform the written scene (by reading the lines), and then perform how their group has decided to best handle the situation. This should include their approach for turning down the invitation to misuse the prescription medication, as well as offer a positive alternative. We recommend keeping skits to 2-3 minutes.

Before the performances:

- Ensure participants understand the activity instructions.
- Define prescription drug misuse. Ask participants, “What are examples of prescription drug misuse?” We define misuse as primarily engaging in three behaviors: taking more of a prescription medication than prescribed, taking a prescription medication for a different reason than prescribed, sharing or taking someone else’s prescription medication.
- Following the discussion defining prescription drug misuse, encourage participants to begin the activity.

After each performance:

- Encourage participants to identify how the group decided to handle the situation, as well as identify the proposed positive alternatives. If needed, suggestions are included below.
- Encourage participants to stay connected by following us @MyGenerationRx (Twitter) and MyGenerationRx on Instagram.

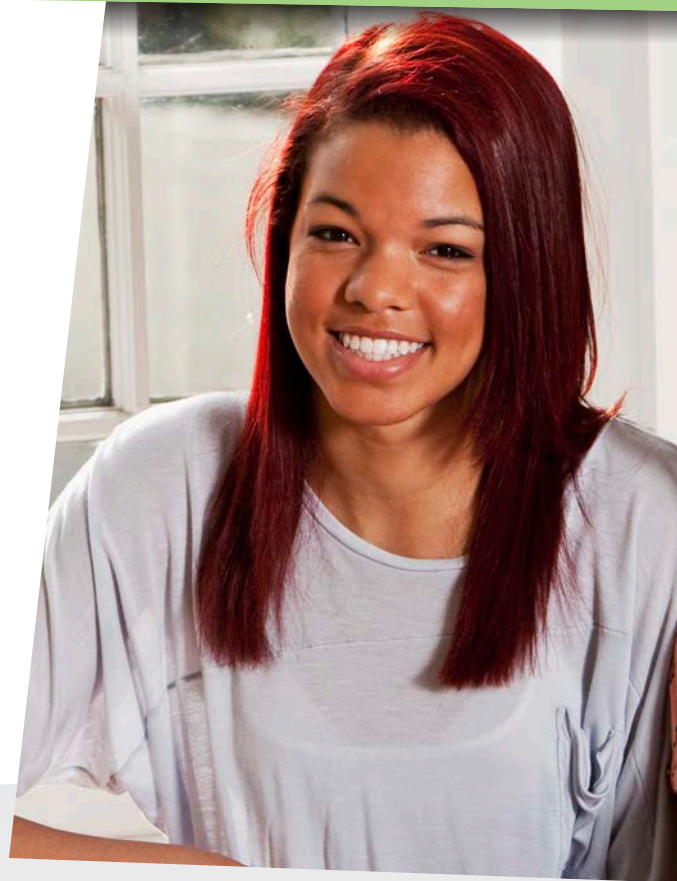
General approaches for turning down the invitation to misuse:

1. Give a reason.
2. Use humor or make a joke.
3. Mention positive alternatives.
4. Leave the situation.
5. Simply say “no”—by doing so, you are a part of the majority of teens that use medications safely.

TALKING POINTS

Scene 1

- Jeff clearly misperceives the legality of using prescription medications. Sharing or taking someone else's prescription medication is illegal—it's considered a felony offense and punishable by jail time.
- Example of how to handle this situation:
 - Make a joke/leave the situation. Nira: "Actually, Jeff, taking those Oxys is illegal and can result in Jasmine or I getting arrested. I don't know about you, but I don't do police stations. I think I'll pick my sis' bed over the disgusting cot they're going to offer me."
- Example of positive alternatives:
 - Leaving this scene would be the best alternative—perhaps the girls could go to the movies, go shopping, or hang out with friends in a safe environment.



Scene 2

- Devon speaks to a common misperception about prescription drug misuse—many people believe that because prescription medications are prescribed by a doctor, their misuse is not considered drug abuse. Prescription drug misuse is drug abuse—while it may “look” different than the abuse of illicit street drugs, its effect on the body is often identical. Like illicit street drugs, with some prescription medications [prescription opioid pain medications, sedatives, and stimulants (like Adderall®)], continued use can lead to physical dependency and often addiction.
- Example of how to handle this situation:
 - Give a reason. In this situation, Adrian could simply throw away the pills. However, if Devon would have stayed, Adrian could simply give a reason to refuse taking the medication: “Nah, I'd rather deal with the consequences from receiving a bad grade than from taking that medication...you know it's illegal to share or take someone else's prescription medication, right? That would definitely get me kicked off the team.”
- Example of positive alternatives:
 - Make a plan to perform well in classes before crunch time. Work with a tutor, meet with your teacher, study with friends, make flashcards, or search for video tutorials online.

Scene 3

- Many teens may believe that Harper isn't doing anything wrong by taking Percocet® for her knee pain, since Percocet® is her prescription medication. However, ensure participants understand the reason for Harper's Percocet® prescription—it was written to treat pain following removal of her wisdom teeth, not to treat her knee pain. Harper is misusing Percocet®, because she is using it for a different reason than prescribed. Engaging in behaviors of self-diagnosis and self-prescribing is dangerous—always report any health concerns to a trusted adult and a healthcare professional.
- Example of how to handle this situation:
 - Mention positive alternatives. Peyton: “Harper, I don't think that's a good idea. If you are in that much pain, you should really talk with a doctor or with an athletic trainer. Think about it—if you just play through the pain, you could make the injury worse, and end up missing the rest of the season. Why don't you tell your parents about your knee pain, and see what they think.”
- Example of positive alternatives:
 - Talk with a trusted adult, healthcare professional or athletic trainer, participate in physical therapy, or simply rest and allow the injury to deal.



Scene 4

- Again, sharing or taking someone else's prescription medication is illegal (as well as stealing prescription medications).
- Many teens (and adults) misuse prescription medications as a “quick fix” to deal with the demands and pressures of our lives. However, remind participants that this is only a “quick fix”—life will always present demands, stress, and pressure. Learning healthy, positive ways to deal with stress are essential. Continued use of any substance is dangerous, and may result in becoming physically dependent or addicted to the drug.
- Example of how to handle the situation:
 - Simply say “no”/mention positive alternatives. Madison: “I don't know...I feel like I could get in serious trouble for taking that, and I have way too much at stake right now. Why don't we just indulge in a pint of ice cream instead? It's my treat for having to deal with my craziness!”
- Example of positive alternatives:
 - Relax by taking a nap, eating your favorite food, prioritizing tasks, asking for help, exercising, or watching your favorite movie.

SCENE 1

Set the Scene

Nira and Jasmine are best friends and seniors in high school. Nira and Jasmine are visiting Nira's older sister, Priya, who attends a local university. It's Saturday night, and Priya is having a house party. Nira and Jasmine are ecstatic to attend their first college party.

Jasmine: Hey, do you know the cute boy talking to Priya's boyfriend, Chris?

Nira: Nope, I definitely would have remembered him. Let's go talk to them!

Jasmine: Are you crazy??? I'm like the shyest person here! *Nira drags Jasmine over to the boys.*

Nira: Hi Chris, good to see you! This is my best friend, Jasmine.

Chris: Nira! Good to see you! Nice to meet you, Jasmine...this is my buddy, Jeff.

Jeff: Sup.

Chris: Hey, I'm about to go grab another beer...you girls want anything?

Nira: *Nira and Jasmine look at each other with wide eyes.* Uhhhh...that's okay, we're not exactly 21, so we should probably pass.

Chris: Are you sure? I want you girls to have a good time.

Nira: Nah, it's really okay. We're fine.

Chris: Okay, I'll be right back.

Jeff: *Nira, Jasmine, and Jeff stare awkwardly at each other.* So...I know you don't want to drink, but do you want something else that can result in a pretty good time?

Jasmine: Like what?

Jeff: I have a few Oxys, and I'm happy to share them if you want some. They make you feel like you're buzzin', but they're pills, so you don't have to worry about getting arrested. Want a few?

Jasmine: Hmm...sure, why not?!

Nira: Uhhh...excuse us, we'll be back in just a sec. *Nira drags Jasmine away from Jeff.* What are you doing???

Jasmine: What am I doing? What are you doing? That guy is really cute and I want him to like me. It's just a few pills, pleeeaaassee...it'll be fine!



Plot Twist:

If you were Nira, how would you handle this situation? How would you turn down the invitation to misuse, as well as convince Jasmine to not misuse? And what would you say to Jeff?

Think through these questions. Be prepared to perform the written portion of the skit (you can read the lines), as well as perform how you would handle this situation. Try to include a positive alternative for the girls to have fun and fit in without misusing prescription medication.

SCENE 2

Set the Scene

Adrian is a junior in high school. He is studying at a local coffee shop when one of his good friends, Devon, walks in.

Devon: Hey, I didn't expect to see you here!

Adrian: Hey, what's up? Yeah, I have that physics exam tomorrow and I was having a hard time focusing at home, so I thought I would see how a little java helped me.

Devon: Ooooo physics, that class was brutal!

Adrian: I know, right?! I mean, who cares about centripetal force???

Devon: Not me!

Adrian: Ugghhh...If I don't perform well on this test, I'll likely earn a D in this class...and you know that won't sit well with Coach Buck!

Devon: That is no good, my friend! And if you can't play basketball, we have no shot at winning sectionals!

Adrian: What am I going to do??? The exam is in like 12 hours!

Devon: Hey...you know I was diagnosed with ADHD a few years ago, right?

Adrian: Yeah, I think I remember you saying something about that. How does that have anything to do with my physics exam?

Devon: Well, I take Adderall® for it. But I don't take it like every day, so I always have a few left over. I could give you a few, if you want. They really help me focus, so I'm sure they'll help you.

Adrian: Hmm...I don't know. I've never really done drugs before.

Devon: Drugs??? What are you talking about? This isn't a drug, it's my prescription medication...you know, like medicine prescribed by a doctor. It's just the boost you need...it will help you focus and concentrate, I promise! Look, I gotta run...here, I'll leave you with a few now. *Devon sneaks a few pills out of his/her backpack and hands them to Adrian.* You can thank me later!

Adrian: Uhhhh...okay. See ya later, I guess. *Adrian stares at the Adderall®, and contemplates whether he should or should not take it.*



Plot Twist:

If you were Adrian, what would you do? How would you handle this situation? What could you do instead to help you focus and concentrate?

Think through these questions. Be prepared to perform the written portion of the skit (you can read the lines), as well as perform how you would handle this situation. Try to include a positive alternative to facilitate studying instead of misusing Adderall® or other prescription stimulants.

SCENE 3

Set the Scene

Peyton and Harper are good friends and freshmen in high school. Harper plays for the Varsity volleyball team. They bump into each other as Harper is leaving practice.

Peyton: Harper!! How are you??? It seems like I don't see you anymore since you made the Varsity team! Congrats, by the way!

Harper: Oh, thanks. Yeah, things are a bit crazy...practice is so intense. I feel so much pressure to prove myself, so I've been putting in extra hours...which is how I got this lovely injury. *Harper glances at her knee.*

Peyton: Well you are the only freshman that made Varsity! What injury? What did you do?

Harper: I'm not entirely sure...but my knee has been throbbing recently after practice.

Peyton: Did you tell Coach Corbin? She probably would give you a breather in practice if she knew you were hurt!

Harper: No way, I'm not telling Coach Corbin! If you don't practice, you don't play. And we play Hamilton this weekend...they're our biggest rivals! There's no way I'm sitting that game out.

Peyton: Well what are you going to do? You're clearly in a lot of pain.

Harper: Uggghhhh...I don't know! I keep taking Ibuprofen, but it isn't working!!

Peyton: Hmm...could you just take more of it?

Harper: No, I've taken the maximum that the instructions state, but it still isn't helping. I think I might resort to Plan B and take some of my old Percocets®.

Peyton: Percocets®...what are those?

Harper: It's a pain medication my dentist gave me after I got my wisdom teeth pulled. I didn't have much pain, so I had several pills leftover. I decided to keep them around in case I needed them in the future. I think I'll just take one or two before the match Saturday...that should help me play through the pain. What do you think?



Plot Twist:

What do you think? If you were Peyton, how would you respond to Harper's last comment? If you were Harper, how would you handle this situation? How could you safely deal with your injury?

Think through these questions. Be prepared to perform the written portion of the skit (you can read the lines), as well as perform how you would handle this situation. Try to include a positive alternative to safely deal with a physical injury.

SCENE 4

Set the Scene

Madison and James are dating each other; both are teens in high school. It's a Tuesday evening, and James has stopped by Madison's home to visit her.

James: Hey Maddie, how was your day? Better than yesterday, I hope...

Madison: Uhhh no, it was awful.

James: Tell me all about it, what happened?

Madison: Hmm...where to start??? Well, Mr. Hale decided to make our lab report due this Friday instead of next Monday. At theatre practice, I completely spaced and forgot several of my lines, so Mrs. Baker basically told me that I would lose my lead role if I didn't get it together. Then, Kourtney texted me about getting together tonight for dinner, but I told her I couldn't because you were coming over, so now she's all upset with me about that! Oh, and then Dr. Chen wants me to pick up an extra shift at work...like I have time to add anything else to my schedule!

James: I'm sorry...you sound so stressed, what can I do to help?

Madison: I don't know! I'm just so overwhelmed, and I don't know how to manage it all!

James: Hmm...well, you know how my mom is kinda crazy and super high-strung?

Madison: I'm familiar with the description...

James: Well, whenever she has one of her super crazy/high anxiety episodes, she takes some Xanax® to relax. I think it would really help you...

Madison: So now I sound like your mom??? Great!!

James: No, I'm not trying to say that...I'm just saying that you seem stressed, and maybe Xanax® would help you relax and deal with the different pressures you are experiencing.

Madison: Well where am I supposed to find Xanax®? It's not like I can just go buy it at the grocery store!

James: I know, I know...don't tell anyone, but I kinda went ahead and took a few pills from my mom's prescription bottle. *James shows Madison the pills.* Want one?



Plot Twist:

If you were Madison, how would you handle this situation? What would you say to James? How could you deal with your stress in a safe manner?

Think through these questions. Be prepared to perform the written portion of the skit (you can read the lines), as well as perform how you would handle this situation. Try to include a positive alternative to safely deal with stress and help one relax.