

**Smart
Moves**
**Smart
Choices**

Get Smart

Take Action



**Teen Prescription (Rx)
Drug Abuse Awareness**

School Tool Kit

Table of Contents


Step 1: Discover What's Inside This Tool Kit	5-7
Step 2: Understand Teen Prescription Drug Abuse	8-13
Step 3: Take Action!	14-27
School Assemblies	
Hold a School Assembly	14-16
Hold a School Assembly Using Videos	17-19
Hold an Assembly Using Local Speakers	20
School Assembly Checklist	21-22
Make a Difference Year-Round	
Hang Posters	23
Distribute Fliers to Parents	24
Encourage School Newspaper Articles	24
Highlight Teen Prescription Drug Abuse on School Web site	25
Declare a Teen Prescription Drug Abuse Awareness Day	25
Dispose of Medications Properly	26
Participate in Drug Take-Back Programs	27
Step 4: Measure the Impact	28-29

Reproduction Permission

This Tool Kit is intended to help schools implement teen prescription drug abuse awareness programs and reach as many students as possible with important messages about this growing problem.

With this educational purpose goal in mind, schools have express permission by the National Association of School Nurses and Janssen Pharmaceuticals, Inc., to reproduce any and all materials found in this kit for their awareness efforts.

School Nurses
Principals
Teachers
Parents
Teens



Working together

to safeguard middle- and high-school teens
from **prescription (Rx) drug abuse**

**Smart
Moves**
**Smart
Choices**

**Smart
Moves
Smart
Choices**

Hello.

Thanks for your interest in the important topic of teen prescription (Rx) drug abuse.

The National Association of School Nurses, with our sponsoring partner, Janssen Pharmaceuticals, Inc., is pleased to bring you this Tool Kit as part of the *Smart Moves, Smart Choices* awareness program.

The abuse of prescription drugs can profoundly affect the lives of teens, resulting in serious health consequences—including addiction and even death. Abuse and addiction also can impact academic performance and relationships with friends and family.

This Tool Kit provides simple-to-use tools that can help educators like you begin a conversation about teen prescription drug abuse in schools—whether by holding assemblies or incorporating the topic into lesson plans.

We're proud to say that addiction expert Dr. Drew Pinsky has participated in this initiative, and he leads a discussion about teen prescription drug abuse in the school assembly videos provided in this kit.

Best of luck to you as you begin a dialogue in your school about teen prescription drug abuse. We look forward to keeping in touch and hearing about your successes.

Using our collective wisdom and resources, we can help keep teens healthy, safe, and ready to learn.

In partnership,

Janssen Pharmaceuticals, Inc.



Commitment to Credibility

All of the statistics cited in this Tool Kit are taken from accurate and credible sources including the US Centers for Disease Control and Prevention, the National Institute on Drug Abuse (NIDA), the National Survey on Drug Use and Health (SAMHSA) and the Partnership at Drugfree.org's Partnership Attitude Tracking Study (PATS).

Teen Prescription Drug Abuse: **A Problem of Our Time**

It's time to address a problem that's affecting millions of students in schools across America: **Teen Prescription Drug Abuse.**

Here's the reality: almost **1 in 4 teens** report that they have taken a prescription medication that was not prescribed for them by a doctor, for the purpose of getting high or for any other reason.¹

Help to reverse this disturbing trend **right now.**

School professionals are in an excellent position to inform, influence, and empower teens and their parents. We know you are busy, but the problem is **too important to ignore** and will not go away on its own.

We've designed this Tool Kit to be simple, clear, comprehensive, and easy to use.

Stay with us.

Read on.

**We are with you
every step of the way.**

¹ The Partnership at DrugFree.org and MetLife Foundation. (2011). 21. The Partnership at Drugfree.org and Metlife Foundation. (2013) Partnership Attitude Tracking Study, 14. Accessed on August 1, 2016, from <http://www.drugfree.org/wp-content/uploads/2014/07/PATS-2013-FULL-REPORT.pdf>



Step 1

Discover What's Inside This Tool Kit

Flexible Approach

Because every school has different needs and available resources, this Tool Kit is designed to be easy to use and to offer schools a great deal of flexibility.

Using this Tool Kit, each school can choose the tools and approach that works best for them.

This Tool Kit contains the following materials:

School Assembly Materials

Included are the necessary materials and guidance for schools to hold a *Smart Moves, Smart Choices* assembly on the topic of teen prescription drug abuse.

- Event planning guidance
- Event preparation checklist
- Sample speaker remarks
- The *Smart Moves, Smart Choices* school assembly video series, featuring Dr. Drew Pinsky available at SmartMovesSmartChoices.org
- School assembly flier (can be customized)

Year-Round Awareness Materials

Included are resources to help heighten student and parent awareness of teen prescription drug abuse.

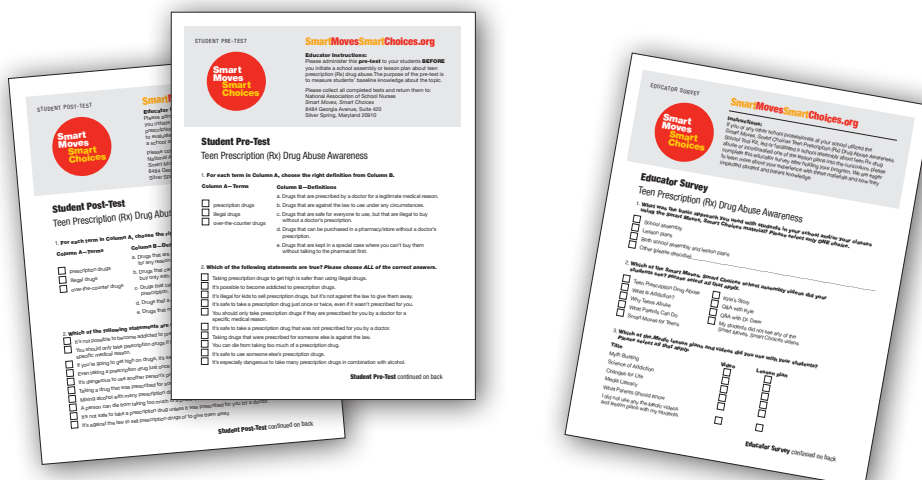
- **Posters** aimed at students and adults that can be hung in administration and nurses' offices, classrooms, and hallways
- **Parent Flier** that the school can send home

Evaluation Tools

Your feedback is important to us, and we'd like to know if the tools are useful and have an impact on student awareness. Included in this kit are survey tools designed to help us understand what knowledge students are taking away from assemblies and lesson plans.

The tools include:

- The **Student Pre-Test**, to gather information about students' baseline knowledge of teen prescription drug abuse before they participate in school assemblies and lesson plans
- The **Student Post-Test**, to gather student understanding of teen prescription drug abuse after they have participated in school assemblies and lesson plans
- An **Educator Survey**, to gather feedback from the school professionals who are utilizing this Tool Kit



Step 2

Understand Teen Prescription Drug Abuse

A Problem of Our Time

Many parents used to fear that their children would abuse or become addicted to illegal “street” drugs like marijuana or cocaine. But today, millions of teenagers are turning to a different option—prescription medications, like those found in medicine cabinets.

Teen prescription drug abuse is a serious and growing problem in the United States.

- Almost 1 in 4 teens has taken a prescription drug that was not prescribed for them by a doctor, for the purpose of getting high or for any other reason²
- Every day, 1,754 young people aged 18-25 years use a prescription pain reliever for a non-medical use for the first time³

**More
teens
abuse**

**prescription drugs
than they do illegal
drugs, except for
marijuana or alcohol²**

What Is Teen Prescription Drug Abuse?

Teen prescription drug abuse happens when a young person takes a prescription medication that was not prescribed for them, or when a person takes a medication either to get high or for reasons other than the medication’s intended purpose.

When used under the care of a doctor, at an appropriate dosage, for a legitimate medical reason, prescription medications can provide time-honored benefits and are effective for many people. However, **any abuse** of prescription drugs (or over-the-counter medications) is **highly unsafe and illegal**.

² The Partnership at Drugfree.org and Metlife Foundation. (2013) Partnership Attitude Tracking Study, 14. Accessed on August 1, 2016, from <http://www.drugfree.org/wp-content/uploads/2014/07/PATS-2013-FULL-REPORT.pdf>

³ Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality. June 10, 2014. The CBHSQ Report: A Day in the Life of Young Adults: Substance Use Facts, 1. Accessed on August 1, 2016, from <http://www.samhsa.gov/data/sites/default/files/CBHSQ-SR168-TypicalDay-2014/CBHSQ-SR168-Typical-Day-2014.htm>

Where Do Teens Get Prescription Medications?

Most teens say they get their hands on prescription drugs from the homes of friends and relatives. In fact, access to medications can be as easy as opening a medicine cabinet, drawer, or kitchen cupboard in a teen's own home or a relative's house.

Taking Other People's Prescription Medications to Get High Is Not Safe

Any abuse of drugs—be they illicit, prescription, or over-the-counter—is highly unsafe. Many teens, however, mistakenly believe that using prescription drugs to get high is safer than taking illegal drugs like cocaine or heroin.

Prescription Drugs	Over-the-Counter Drugs	Illegal Drugs
<ul style="list-style-type: none">■ Prescription drugs are the same as prescription medications■ When prescribed for a person by a doctor, for a legitimate medical reason, they can be safe and effective■ Prescription drugs should be taken only by the person for whom they were prescribed and at the recommended dosage■ It is illegal and dangerous to take a prescription drug that was not prescribed for you, even if you do it just one time	<ul style="list-style-type: none">■ Over-the-counter (OTC) drugs or medications are available in pharmacies and drugstores (examples include aspirin and cold and allergy medications)■ OTC drugs can be purchased without a prescription by individuals who are suffering from a medical condition■ OTC drugs usually come in lower dosages than prescription medications and should be taken only at the recommended dosage on the package■ When abused, OTC medications can be extremely dangerous	<ul style="list-style-type: none">■ Illegal drugs include substances like heroin, cocaine, ecstasy, and marijuana and can be dangerous, even fatal, if taken just one time■ Taking these drugs in any quantity is dangerous and illegal



Step 2

Serious Risk to Teens

Teen prescription drug abuse can result in addiction, overdose, serious health issues, and **even death.**

Mixing prescription drugs with alcohol and illegal drugs like cocaine and marijuana is **particularly dangerous** and can be fatal.

Teen prescription drug abuse can **impact young people's developing brains**, their relationships with family and friends, and their academic performance.

Abusing prescription medications is **not** necessarily **safer** than using illegal “street” drugs like **cocaine or heroin.**



Teens are less likely to use substances, if they have learned a lot about the risks of drug use from their parents or schools⁴

⁴ The Partnership at Drugfree.org and Metlife Foundation. (2013) Partnership Attitude Tracking Study, 27. Accessed on August 1, 2016, from <http://www.drugfree.org/wp-content/uploads/2014/07/PATS-2013-FULL-REPORT.pdf>

Which Prescription Medications Are Most Commonly Abused?

Opioids – Medication commonly known as prescription painkillers

- Repeated use may lead to addiction
- Taking a large single dose or combining with alcohol can cause severe respiratory depression that can lead to death

Stimulants – Such as medications that treat Attention-Deficit/Hyperactivity Disorder (ADHD)

- Repeated use of some stimulants over a short period can lead to feelings of hostility or paranoia
- High doses may result in a dangerously high temperature and an irregular heartbeat
- Potential for heart failure or seizures
- Combining stimulants and over-the-counter cold medicines with decongestants may cause dangerously high blood pressure and an irregular heart rhythm

Sedatives – Such as anti-anxiety and sleep-disorder medications

- Slowed brain activity can result in sleepiness and lack of coordination during first days of taking depressants
- Continued use can lead to dependence
- Use with alcohol can be fatal

 **For a comprehensive list of the signs and symptoms of prescription medication abuse visit**
 **www.SmartMovesSmartChoices.org/educators**



Step 2

Myths and Facts About Teen Prescription Drug Abuse:

Myth: Teen prescription drug abuse is uncommon.

Fact: After marijuana and alcohol, prescription medications are the most commonly abused drugs among young people.

Myth: Because prescription drugs are legal, they are a safer way to get high.

Fact: Prescription drugs should only be taken for legitimate medical reasons, by the person they were prescribed for, and at the proper dosage instructed by the doctor. When abused, prescription drugs can be as dangerous as taking illegal drugs like heroin or cocaine.

Myth: It's okay to misuse or abuse a prescription medication once in a while.

Fact: It is never safe to misuse or abuse a prescription medication. Any time a prescription drug is taken improperly, for the purpose of getting high or for any other reason, it is dangerous and illegal. Abusing a prescription drug even just one time can lead to serious health consequences—even death.

Myth: It is difficult to access prescription medications in order to get high.

Fact: Accessing prescription medications can be as easy as going into a parent's or family member's medicine cabinet, drawer, or cupboard. Some teens get them from friends. For many young people, accessing prescription drugs can be free or inexpensive.

Educators Can Make a Difference

Because students attend school every day, teachers, principals, and school nurses may be able to notice changes or problems in teens even before parents do. Educators are in a perfect position to educate students about the dangers of prescription drug abuse and address any problem situations that they notice.

Educators can:

1. Be Aware of Changes in Students

Look for the signs and symptoms of prescription drug abuse in your students, including physical, behavioral, and academic changes.

2. Implement Awareness Programs

Let students know that the school takes prescription drug abuse seriously and implement awareness programs aimed at students, teachers, and parents. Help students understand the risks and consequences of prescription drug abuse by holding school assemblies and implementing lesson plans.

3. Get Parents Involved

Educate parents about teen prescription drug abuse and encourage them to:

- Safeguard teens by restricting access to prescription medications in the home. Take all prescription medications out of accessible areas and put them in a safe, locked location
- Stress that prescription medications should NEVER be shared
- Inform grandparents, other relatives, and neighbors about this issue and encourage them to lock up all medications in their homes
- Begin a dialogue with teenagers about prescription drug abuse and encourage open, honest, and nonjudgmental communication
- Properly dispose of all unused or expired prescription medications
- Learn to recognize the signs of abuse
- Be good role models

⁵ U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA) Office of Applied Studies. Results from the 2013 National Survey on Drug Use and Health. National Findings, 35. Accessed on August 1, 2016, from <http://www.samhsa.gov/data/sites/default/files/NSDUHresultsPDFWHTML2013/Web/NSDUHresults2013.pdf>

Prescription
medications are
the drug of
choice among

12^{to}13
year
olds⁵

Step 3

Take Action!

This Tool Kit offers options for schools to raise awareness of teen prescription drug abuse.

Hold a School Assembly

**Utilize Awareness Tools
Year-Round**



Hold a School Assembly

The Value of Holding a School Assembly About Teen Prescription Drug Abuse

Taking time out of the regular school day to hold a school assembly highlighting the risks of teen prescription drug abuse will help stress the importance of this issue to students and their parents.

Although hosting an assembly takes some planning, it is worthwhile and will:

- Demonstrate the school administration's commitment to safeguarding students from prescription drug abuse
- Emphasize the importance of the topic—to students, their parents, and the community
- Enable students to hear real people discussing the topic from a variety of perspectives—a respected addiction expert; a school administrator; a peer who has abused prescription medication; a parent; a school nurse; etc
- Spark conversation and further consideration about the topic of prescription drug abuse among students



The following pages provide you with the necessary information and tools to help you create a school assembly about teen prescription drug abuse that is interesting, educational and engaging.

Step 3

There are two ways to construct your school assembly:



Hold an Assembly Using the *Smart Moves, Smart Choices* Videos



Or

Hold an Assembly Using **Local Speakers**

It is recommended that you hold assemblies with grade levels that are not more than one year apart, so that the audience includes students of similar age and maturity.

73%
of teens

**say it is easy to access
prescription drugs from
their parents
or relatives⁶**

⁶ The Partnership at Drugfree.org and Metlife Foundation. (2013) Partnership Attitude Tracking Study, 14. Accessed on August 1, 2016, from <http://www.drugfree.org/wp-content/uploads/2014/07/PATS-2013-FULL-REPORT.pdf>





Hold an Assembly Using the *Smart Moves, Smart Choices* Videos

If you opt to hold a video assembly, you can construct an event using the videos featuring addiction expert Dr. Drew Pinsky that are found at SmartMovesSmartChoices.org.

This approach calls for the school to:

- Coordinate event logistics
- Identify a facilitator to host the event, introduce the topic, and lead the discussion. This person might be the school principal, school nurse, or a teacher
- Use the sample speaker remarks provided at SmartMovesSmartChoices.org.
- Show a selection of the *Smart Moves, Smart Choices* school assembly videos
- Hold a Q&A/discussion session at the end of the program
- Administer the student pre- and post-tests and mail the completed tests and educator survey back to the National Association of School Nurses

Time needed: Approximately 45 minutes (or shorter)

Considerations:

- Offers school flexibility to choose which videos to show, and to hold multiple assemblies throughout the year featuring different videos
- May take less time to coordinate because school does not have to identify and confirm local speakers

Tools you will need:

- *Smart Moves, Smart Choices* video series, found at SmartMovesSmartChoices.org.
- Video assembly agenda and speaker notes and assembly flier, found at SmartMovesSmartChoices.org.
- Assembly host/facilitator (Principal, School Nurse, Teacher)

Step 3

Choose which videos to show

The *Smart Moves, Smart Choices* video series was filmed at a live school assembly at a high school in Los Angeles and features addiction expert Dr. Drew Pinsky and a recovering teen.

Depending on your preference and how much time you have available for the video assembly, you can show several of the videos.

Here are suggested groupings, but please feel free to pick and choose in order to tailor the video assembly to the specific needs of your school.



Suggested

Core Assembly Videos

Choose from following videos:

Teen Prescription Drug Abuse

Dr. Drew's overview of this serious issue and the risks and consequences.

Running Time: 4:21



What Is Addiction?

Dr. Drew leads an in-depth conversation about drug addiction and the differences between abuse and addiction.

Running Time: 4:16

Why Teens Abuse

Dr. Drew engages students in a compelling discussion about why teens abuse prescription drugs.

Running Time: 3:23



Kyle's Story

Kyle Rumble shares his absorbing story of drug abuse and recovery.

Running Time: 4:11

Video Groupings for Your School Assembly:

Smart Moves, Smart Choices Assembly Video Series Featuring Dr. Drew Pinsky

If There Is More Time Available

Choose from the following videos:

Q&A with Kyle

Recovered prescription drug abuser Kyle Rumple fields questions and opens up about his experience.
Running Time: 3:29



Q&A With Dr. Drew

Dr. Drew fields questions from students and parents in this honest exchange.
Running Time: 3:33



Smart Moves for Teens

Dr. Drew offers useful advice on how teens can handle situations involving prescription drugs.
Running Time: 2:26



If You Hold an Assembly for Parents Only

Choose from the following videos:

Teen Prescription Drug Abuse

Dr. Drew's overview of this serious issue and its risks and consequences.
Running Time: 4:21

What Is Addiction?

Dr. Drew leads an in-depth conversation about drug addiction and the differences between abuse and addiction.
Running Time: 4:16

Why Teens Abuse

Dr. Drew engages students in a compelling discussion about why teens abuse prescription drugs.
Running Time: 3:23

Kyle's Story

Kyle Rumple shares his engaging story of drug abuse and recovery.
Running Time: 4:11



What Parents Can Do

Dr. Drew offers tips for parents to safeguard their kids from prescription drug abuse.
Running Time: 4:12

Step 3



Hold an Assembly Using Local Speakers

If you opt to create a customized assembly, you will coordinate the event and need to identify local speakers.

This approach calls for the school to:

- Coordinate event logistics
- Identify local speakers (eg, recovering teen, parent of recovering teen, elected official, health professional)
- Utilize the sample speaker notes provided at SmartMovesSmartChoices.org.
- Hold a Q&A/discussion session at program conclusion
- Administer the student pre- and post-tests and mail the completed tests and educator survey back to the National Association of School Nurses

Suggested guest speakers to invite:

- **Local recovering teen:** this could be a student from your school or from a local treatment program (permission from the treatment program would be necessary)
- **Parent of a recovering teen**
- **Local elected official** (such as the mayor or deputy mayor)
- **Local health professional** (physician, psychologist, nurse, or certified counselor specializing in addiction and recovery)

Considerations:

- Including local speakers can be valuable to build community awareness and involvement in the issue. Teens can relate to a firsthand perspective from someone who has “been there,” such as a recovering teen or a parent of a recovering teen. This can bolster the information provided in the assembly
- May take more time to coordinate the event due to the multiple speakers involved and scheduling considerations

Time needed for assembly:

45 minutes (or shorter)



School Assembly Checklist

1-2 months before



If Creating Your Own Assembly:

- ✓ Identify local speakers and choose a date that works for everyone



If Holding a Video Assembly:

- ✓ Identify selected videos to show, decide if principal or school nurse should lead the assembly, and choose a date that works for everyone

For Both:

- ✓ Identify the room you will use and schedule it with the person responsible
- ✓ Make sure the assembly is listed on the school calendar and on the school's Web site



2-3 weeks before

- ✓ Make copies of the speaker notes and provide them to all participating speakers



Step 3

School Assembly Checklist



1-2 weeks before

- ✓ Promote the assembly. Post fliers in the hallways, cafeteria, nurse's office, and administrative offices
- ✓ Distribute the awareness flier to parents. You can send it home with the students or send out the flier in an e-mail message. An electronic copy of the flier is found at SmartMovesSmartChoices.org
- ✓ Coordinate all of your A/V needs for the assembly

Before and on the day of assembly

- ✓ **A few days before:** Make copies of the student pre- and post-tests
- ✓ **Before the assembly starts,** make sure the equipment is working properly
- ✓ **On the day of:** Administer the student pre- and post-tests (Option: you may administer the student **pre-test** a week in advance if you choose)

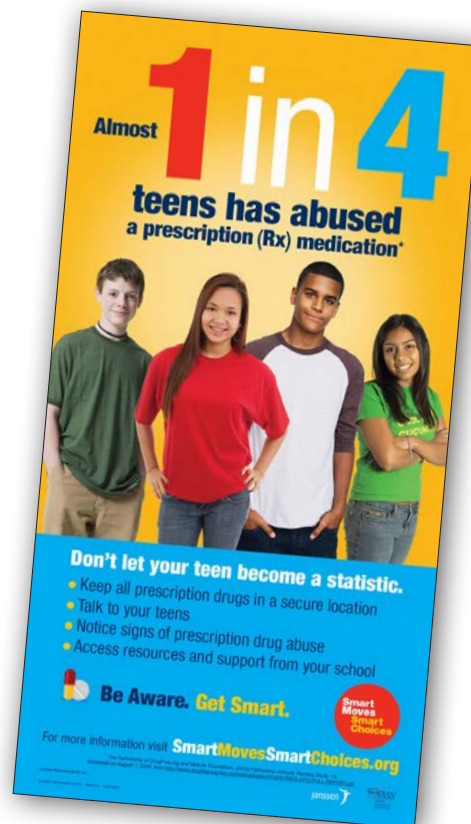
Make a Difference Year-Round

Following are suggested ways in which schools can educate students and parents about teen prescription drug abuse throughout the year.

Hang Posters in Your School

Raise awareness of teen prescription drug abuse throughout the entire school. Hang the awareness posters on walls in the hallways, school nurse's office, health education classrooms, and the administration office. There is one version geared toward adults and one toward teens.

Two posters are available at SmartMovesSmartChoices.org. You can print them yourselves.



Step 3

Distribute Fliers to Parents

Many parents and relatives are not aware that teen prescription drug abuse is a growing trend and that the young people in their lives may be abusing prescription drugs. In many cases, teens are accessing prescription drugs right in their own homes—from the medicine cabinet—or from a friend’s or family member’s home.



The good news is that with awareness and understanding, there are ways that parents can get involved and take action right away. The most immediate way is to make sure that all prescription medications are kept in a safe or even a locked location in the home.

The flier can be printed and distributed to parents, caregivers, and guardians. This flier provides basic information about the risks and consequences of teen prescription drug abuse and ways by which adults can safeguard their children.

Encourage School Newspaper/ Newsletter Articles

Another great way to engage students to become involved in and aware of the issue of teen prescription drug abuse awareness is to encourage them to write articles about the topic for the student newspaper.



Types of articles might include:

- News article about the school assembly
- General feature article about the issue
- Opinion Editorial (op-ed) about the dangers of prescription drug abuse

Students can visit the *Smart Moves, Smart Choices* Web site—www.SmartMovesSmartChoices.org—to research facts about the topic and to access additional resources.

Highlight Teen Prescription Drug Abuse Awareness on the School's Web Site Homepage

Schools with Web sites may wish to include information about teen prescription drug abuse on their homepages to heighten awareness of the topic among students and parents.

Suggested Web site blurb:

Teen prescription (Rx) drug abuse is a serious and growing problem in the United States. According to a survey, almost one in four high school students has taken a prescription drug that was not prescribed for them by a doctor.

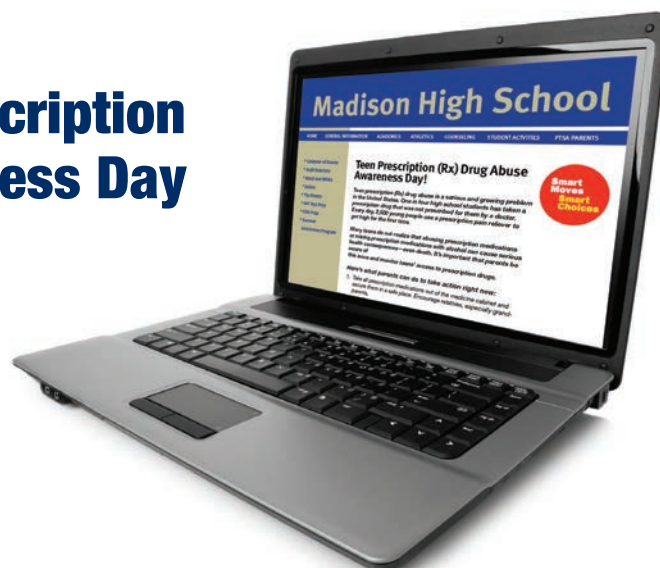
Many teens do not realize that abusing prescription medications or mixing prescription medications with alcohol can cause serious health consequences—even death. It's important that parents be aware of this issue and monitor teens' access to prescription drugs.

Here's what parents can do to take action right now:

1. Take all prescription medications out of the medicine cabinet and secure them in a safe place. Encourage relatives, especially grandparents, to do the same
2. Have an ongoing dialogue with their teens
3. Learn to recognize the signs of abuse by visiting www.SmartMovesSmartChoices.org

Declare a Teen Prescription Drug Abuse Awareness Day

- Hold a school assembly in October to coincide with National Medicine Abuse Awareness Month



Step 3

Dispose of Medications Properly

Schools are cornerstones of their communities and can help get the word out about important issues, such as the proper disposal of unused or expired medications.

Most families are likely to find expired and unused prescription and over-the-counter medications in their medicine cabinets. Having unused or expired medications in the home can be tempting and potentially dangerous to children and teenagers.

Benefits of Proper Disposal

Environmental Safety: Proper disposal prevents medications from leaching into our water systems and potentially harming humans and wildlife.

Human Safety: Proper disposal prevents medication from being stolen, resold or mistakenly getting in the hands of young children or teens.

According to Federal Guidelines:

- **Do not flush.** Prescription drugs should not be flushed down the toilet or drain unless the label or accompanying patient information specifically instructs you to do so.
- **Dispose properly.** To safeguard teens and pets, take pills out of their original containers and mix them with an undesirable substance such as kitty litter or coffee grounds. Sometimes teens will search the garbage can for prescription drugs. This step will help discourage that from happening. Put this mixture into a sealed bag or empty can and dispose into the garbage.

Visit <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm101653.htm> to learn more about proper disposal of prescription medications.

Participate in Drug Take-Back Programs

Another safe way to dispose of medications is to take advantage of community drug take-back programs or other programs, such as household hazardous waste collection events, which collect drugs at a central location for proper disposal.

- Call your city or county government's household trash and recycling service to locate a drug take-back program near you
- Visit the following Web sites to locate a take-back program in your community:

The U.S. Drug Enforcement Administration

www.dea.gov

The American Medicine Chest Challenge

www.americanmedicinechest.com

Dispose My Meds

www.disposemymeds.org



It's important to understand that when medications are no longer needed, they must be disposed of properly to ensure **environmental and **human** safety.**



Step 4

Measure Impact

Important Information About the Enclosed Tests/Survey

Included in this Tool Kit are:

1. Student Pre-Test
2. Student Post-Test
3. Educator Survey



We'd like to know what your students have learned from the teen prescription drug abuse educational programs so we can better evaluate the impact of this program.

With this goal in mind, please partner with us and make certain to have students complete the pre- and post-tests in conjunction with school assembly or lesson-plan activities.

Student Pre-Test

- Print the pre-test
- Ask students to complete the pre-test during one of the following times:
 - the week before the student assembly is held or the lesson plan is taught
 - the day of the assembly or lesson plan (before beginning)

Student Post-Test

- Print the post-test
- Ask students to complete the post-test during one of the following times:
 - the day of the student assembly or lesson plan (at the end of the program)
 - a week later

Educator Survey

- At the end of the assembly or lesson plan activities, the educator(s) who leads the *Smart Moves, Smart Choices* teen prescription drug abuse awareness efforts at the school should complete the evaluation survey
- Please return the evaluation survey along with the completed student tests to the National Association of School Nurses.

The student tests and educator survey can be found at SmartMovesSmartChoices.org

After the tests and educator survey are collected, please return them to:

National Association of School Nurses
Smart Moves, Smart Choices Test/Surveys
1100 Wayne Ave #925
Silver Spring, Maryland 20910



Don't forget to collect all of the tests and surveys and mail them to us in the envelope provided!



**Smart
Moves**
**Smart
Choices**

Teen Prescription (Rx) Drug Abuse Awareness

School Tool Kit

Change Starts Here

About Smart Moves, Smart Choices

Smart Moves, Smart Choices is a national initiative to inform parents, teens, and educators about teen prescription (Rx) drug abuse and its serious risks and consequences. The initiative discourages teens from abusing prescription medications, motivates parents to monitor their medicine cabinets and initiate conversations with their teens, and inspires educators to teach students about the dangers of prescription drug abuse so teens are more likely to make smart decisions.

SmartMovesSmartChoices.org

Janssen Pharmaceuticals, Inc.

