



Goal and Rationale

The goal of this video, “Medication Education and Prevention”, from our Kids series is to teach young children what medications are, the difference between medications and drugs, and how taking medication that isn’t prescribed to them can be dangerous.

By the end of this activity, we hope that kids will be able to:

- ✓ Explain what a medication is.
- ✓ Discuss how medication that isn’t prescribed to them by a doctor can be dangerous.
- ✓ Understand that medication given to them by their doctor are ok for them, but only them.
- ✓ Evaluate the different ways that medications can impact them and their bodies.
- ✓ Create a plan for dealing with medications that aren’t theirs if a situation arises.

Suggested Procedure for Educators

This video is six minutes and nine seconds long, as you show the video to your students, **pause the video at the 3:00** point to ask students the following questions:

- 1. What is the purpose of medication? (0:42)**

Answer: The point of a medication is to treat a disease, injury, or pain.

- 2. What happens if you take medication and you don’t need it? (2:33)**

Answer: It can make you really sick. So, if you don’t need it, never, ever, ever take it. Using medicines that we don’t need or that aren’t prescribed for us can lead to serious health issues.



After discussing these questions with your students, resume the video. When the video ends, have students answer the following questions:

3. Why should Cathy never take her mom's medication? (4:24)

Answer: Because our bodies are a lot smaller than our parents' bodies we need much less medicine. Also, taking medicine we don't need is very dangerous.

4. What do you do if someone offers you a pill that is not yours? (4:47)

Answer: 100% do not take it and go and tell your teacher or talk to your parents about it. It can prevent someone else taking them and getting into harm.

5. Do you take medication if your name is not on the bottle? (5:15)

Answer: No, do not take medication unless my name is on the bottle.

Once your students have answered questions 1-5, proceed to a large group discussion using the thematic questions below. Depending on the grade level or age group of your students, you can expect this entire activity including the video to take between 20-30 minutes.

Discussion questions

Note: the sample answers below represent potential correct answers and can be used to facilitate deeper discussion with your students.

6. What is the narrator trying to tell us about medication?

Answers will vary but could include: that even though different medications can be given to certain family members or friends, we must never take them unless they are prescribe directly to us. I only take medication if my name is on the bottle.



- 7. How does the video explain the difference between certain types of drugs?**

Answers will vary but could include: Medicine is a drug that is usually prescribed by a doctor to help people feel better, but there are certain other drugs that people take that have no benefit and hurt our bodies.

- 8. What emotions did you feel while watching this video? Explain your answer.**

Answers will vary but could include: curiosity, angst, concern, confidence, hope, and/or pride.

- 9. What lessons can we learn about drugs from this video? Explain your answer.**

Answers will vary but could include: that people shouldn't take medication prescribed to someone else, this could cause serious harm. Medication is treating a disease, injury, or pain, and if it isn't prescribed to us, taking it is very dangerous.

- 10. How has this video informed and/or changed your opinion about medication? Explain your answer.**

Answers will vary but could include: This video helped me understand the different kinds of medication there is, and how important it is to never take medicine meant for family or friends. And if someone offers you medication meant for them, say no and tell a teacher, parent, or trusted adult right away.

Note: Teachers, please have your students share their feedback with us using the form linked at the end of this curriculum's web page, we want to continue to make our message stronger and more effective. Thanks!