

# TWEENS

## OTC MEDICINE SAFETY PROGRAM FOR 5TH AND 6TH GRADE

From the American Association of Poison Control Centers and Scholastic, with support from McNeil Consumer Healthcare, "OTC Medicine Safety" was developed to raise awareness about the safe use of over-the-counter (OTC) medicine and provide resources to help educators, school nurses, and families with knowledge about OTC medicines.

The Missouri Poison Center manages hundreds of cases of medicine poison exposures each year involving children ages 6 to 19.

### THIS IS A COMPREHENSIVE PROGRAM SPECIFICALLY CREATED FOR USE BY 5TH AND 6TH GRADE TEACHERS. IT INCLUDES FOUR LESSONS:

1. All About Medicines: Define OTC medicines and prescription (Rx) medicines and identify the similarities and differences between them.
2. Reading and Understanding the Drug Facts Label: Examine the Drug Facts Label as it appears on different OTC medicines.
3. Medicine Measuring Tools and Storage: Explore why medicines come with dosing devices and the importance of safe dosing.
4. Medicines and Misuse: Take a close look at what OTC medicine misuse means, and why it can be harmful.

### THIS PROGRAM AIMS TO TEACH STUDENTS ABOUT REAL-LIFE SKILLS.

Research has shown students begin to self-medicate around 11 years old. Unfortunately, when not equipped with the knowledge and information to make safe choices, adolescents may end up doing more harm than good. Students are entering a time of their lives when they will be more responsible for their own self-care, including making decisions about their health and medicines. Educating 5th and 6th-grade students about OTC medicine safety can have a significant, and potentially lifesaving impact. All lesson plans, teacher instructions, student worksheets, assessment tools, and videos for OTC medicine safety are right at your fingertips online!

[Click here to see the program.](#)

**MISSOURI**  
POISON CENTER  
1-800-222-1222

A Program of SSM Health Cardinal Glennon

Education is key to prevention. The Missouri Poison Center welcomes teachers, child care providers, scout leaders, EMS providers and other community educators to use these free resources to teach about poison safety.

**BE POISON SMART!** KEEP POISONOUS PRODUCTS OUT OF SIGHT & OUT OF REACH.

[WWW.MISSOURIPOISONCENTER.ORG](http://WWW.MISSOURIPOISONCENTER.ORG)

