After watching the video *All You Need to Know about Prescription & OTC Drugs in 17 Minutes* and participating in the class activities included in this Teacher’s Resource Book, your students will be able to:

- distinguish between proper and improper use of prescription and OTC drugs
- understand the legal consequences of prescription drug abuse
- describe the intended medical uses and effects of prescription drugs such as opiate painkillers, depressants and stimulants
- explain the health risks of abusing OTC medicines or prescription drugs such as opiate painkillers, depressants and stimulants
- understand the links between prescription drugs and illicit drugs, such as cocaine and heroin
- define polypharmacy and explain the deadly risks of combining different drugs and/or alcohol
- understand how an overdose happens and recognize the signs of an overdose
- explain how an overdose on prescription or OTC drugs can be fatal
- describe how addiction works in the brain
- list the symptoms of opiate withdrawal
- understand the unique risks posed by OTC drugs, especially drugs containing dextromethorphan
- help a friend with a drug abuse problem
- effectively resist peer pressure to experiment with prescription and over-the-counter drugs