



## Comprehensive Health Education

In 2015 the Governor's Heroin and Opioid Emergency Task Force was charged with advising the Governor in establishing a coordinated statewide and multi-jurisdictional effort to prevent, treat, and significantly reduce heroin and opioid abuse.

Among the recommendations of the preliminary report were earlier and broader incorporation of heroin and opioid prevention into the health curriculum. The Task Force recommended that the Maryland State Department of Education's Division of Curriculum, Assessment, and Accountability develop age-appropriate lessons and resources on heroin and opioid use in support of the Maryland Comprehensive Health Curriculum.

Standard 2.0 of the Maryland State Curriculum in Comprehensive Health is:

- **Standard 2.0** Alcohol, Tobacco, and Other Drugs: Students will demonstrate the ability to use drug knowledge, decision-making skills, and health enhancing strategies to address, the use, non-use, and abuse of medications, alcohol, tobacco, and other drugs.

With a desire to prevent children from using heroin and opiate products and in an effort to create an awareness of ways to make communities safer the Maryland State Department of Education consulted with local educational agencies to determine what type of lessons and resources would be of most help to them.

Specific requests for help were:

- The identification of resources to be evaluated for use in local instruction
- Lessons designed to support students and community in best practices to reduce use (i.e. drug takeback programs, health department initiatives)

## Drug Takeback Awareness

Suggested Grade Level: 3<sup>rd</sup>

Maryland State Health Education Curriculum Standard:

- **Standard 2.0** Alcohol, Tobacco, and Other Drugs: Students will demonstrate the ability to use drug knowledge, decision-making skills, and health enhancing strategies to address, the use, non-use, and abuse of medications, alcohol, tobacco, and other drugs.

Indicator: **1.** Identify safe practices for using prescription and Over the Counter (OTC) drugs.

Objectives:

- **a.** Identify prescription and OTC drugs.
- **b.** Explain the importance of following directions when using medicines or other substances.

Skill Steps	Teaching Progression
<b>1. Identify OTC and prescription drugs.</b>	<p>Show pictures of different types of prescription medicine and OTC packaging.</p> <p>Compare where medicines are acquired and safety documentation (i.e. directions and expiration dates)</p> <p>Review safe medicine guidelines:</p> <ul style="list-style-type: none"> <li>• <i>Prescriptions are only for people they are prescribed too</i></li> <li>• <i>Medicines are only taken from a trusted adult</i></li> <li>• <i>Follow the doctor's directions when taking prescriptions</i></li> <li>• <i>Have a trusted adult read all prescription and medicine labels</i></li> <li>• <i>Consult with a doctor before taking medicine</i></li> </ul>
<b>2. Examine directions.</b>	Look at examples of directions and expiration dates.
<b>3. Find areas for disposal in the community.</b>	Use online or printed resources to identify drug takeback opportunities that occur continuously and as part of special events. (i.e. National Prescription Drug Takeback Day)
<b>4. Advocate for safe disposal by trusted adults.</b>	<p>Talk about risks of keeping no longer needed prescriptions in home:</p> <ul style="list-style-type: none"> <li>• <i>Accidental misuse</i></li> <li>• <i>Could be stolen</i></li> <li>• <i>May discourage needed doctor visit ( "I already have the med, I don't need to go to the doctor)</i></li> </ul> <p>Create a 30 second speech to give to a trusted adult about why to dispose of no longer needed prescriptions:</p> <ul style="list-style-type: none"> <li>• <i>Use information about local resources for prescription collection</i></li> <li>• <i>Use facts about prescription directions</i></li> <li>• <i>Encourage safety for the whole family</i></li> </ul>



Resources:

List of drug takeback resources and media coverage from local medical and law enforcement groups:

- DEA Statewide drug takeback location searchable database:  
<https://www.deadiversion.usdoj.gov/pubdispsearch/spring/main?execution=e2s1>
- Baltimore City Health Department and Police project:  
<http://www.baltimoresun.com/health/blog/bal-drug-drop-box-expansion-story.html>
- Baltimore County Government:  
<http://www.baltimorecountymd.gov/Agencies/health/healthservices/substanceabuse/drugdropbox.html?hootPostID=4f1295ebd4230b00cd0fde83854cfdbd>
- Wicomico County: <http://www.wicomicohealth.org/news.aspx?newsid=218>
- Worcester County: <http://www.telegram.com/article/20150820/NEWS/150829827>