

# LESSON 1 What is Medicine?

**SCOUTStrong**

Be MedWise Award



— **Being MedWise** —

Helps Us Use Over-the-Counter  
Medications Wisely



BOY SCOUTS OF AMERICA®

EDUCATE *before*  
**YOU MEDICATE**  
The NCPiE  
Coalition working  
together to promote  
safe medicine use  
National Council on Patient Information/ and Education  
[www.talkaboutrx.org](http://www.talkaboutrx.org)



## SCOUTStrong “Be MedWise” Award Overview

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The Boy Scouts of America and the National Council on Patient Information and Education (NCPIE) developed the SCOUTStrong “Be MedWise” Award as an interactive way to educate members of the Boy Scouts program, the Venturing program and American youth in general about the benefits of over-the-counter (OTC) medicines and the harm that they can cause if they are misused.

This award is designed to compliment existing Boy Scout and Venturing programming. This award’s training curriculum consists of four lessons that could be reviewed at the start of a unit meeting, taking no more than 12 to 15 minutes each. The program is self-paced which allows the unit leader to determine how quickly it is completed.

**This curriculum has been prepared specifically for ages 11-17 and each lesson must be followed specifically as written.**



LESSON 1 TIMING: 12-15 MIN



## What Is Medicine?

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### TEACHING POINTS/BACKGROUND INFORMATION:

*A Medicine...*

...is a drug. The words “medicine” and “drug” mean the same thing.

...changes how your body works. It treats or prevents a disease or symptom.

...can do things as simple as making you feel better when you have a cold or as complicated as treating cancer (such as chemotherapy).

These are the differences between a prescription and an over-the-counter medicine.



### PRESCRIPTION

Ordered by a doctor  
 Bought at a pharmacy  
 Ordered for and intended to be used  
 by only one person

VS.



### OVER-THE-COUNTER

Can buy without a doctor's order  
 Bought off the shelf in store aisles  
 May be used by more than one person for  
 the same symptom or problem

## BELOW ARE THE SIMILARITIES BETWEEN A PRESCRIPTION AND AN OVER-THE-COUNTER MEDICINE

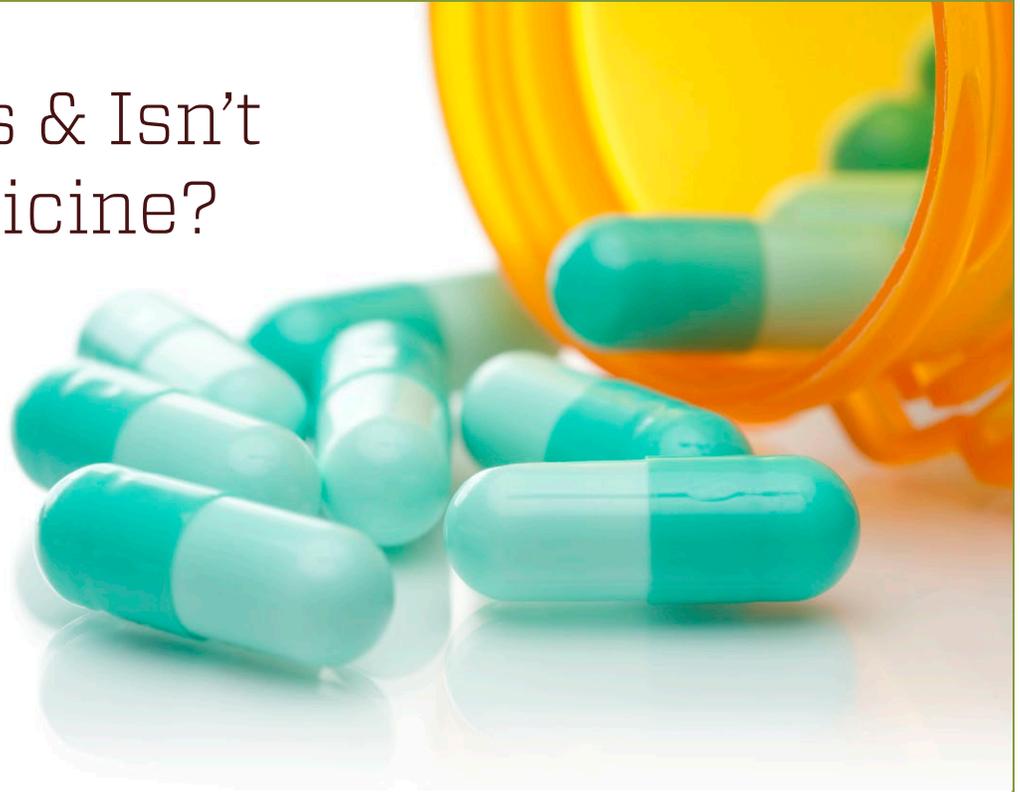
*For both types of medicine:*

- Directions must be followed carefully and correctly.
- Children should use them only with permission of a parent or guardian.
- A pharmacist can answer questions.

## ARE DIETARY SUPPLEMENTS MEDICINES?

- Dietary supplements are not OTC medicines.
- Like over-the-counter medicines, dietary supplements can be bought off the shelf without a doctor's order (prescription). They can come as tablets, capsules, soft gels, liquids, or powders, so they may also look a lot like medicine you take by mouth.
- Dietary supplements can be added to the food you eat. Dietary supplements may include vitamins, minerals, herbs, and other ingredients.
- Dietary supplements have Supplement Facts labels. Over-the-counter medicines have Drug Facts labels. Dietary supplements do not require approval from the Food and Drug Administration (FDA).

# What Is & Isn't a Medicine?



## ACTIVITY SETUP

- The leader will bring to the meeting all or some of the items listed in Table 1 of this document (see page 5).
- If some items are not available, the leader can either download the Lesson 1 Supplemental Materials PDF located at [www.scouting.org/SCOUTStrong](http://www.scouting.org/SCOUTStrong) (click on the Be MedWise icon) or they can bring pictures of items from magazines or print pictures from the Internet.

## ACTIVITY

- All items (or pictures of the items) will be set up on a table.
- The leader will ask the participants to divide themselves into equal-size teams.
- Each team will go to the table, inspect the items, return to their seats and determine amongst themselves which items are medicines and which are not.
- Each team will then record their decision on a tally sheet.
- After all the teams have made their decisions, the leader will reveal which items are medicines and which are not.
- After the results are read, each team will score one point for each item it got right and add up the total points.
- The team with the most points wins.



## What Is & Isn't Medicine?

Type of Product	Is it Medicine?	Why?
Antiperspirant	<i>Yes</i>	Stops sweat glands from making sweat
Deodorant	<i>No</i>	Just covers up odor of sweat
Mouthwash for Plaque & Gum Disease	<i>Yes</i>	Contains active ingredients that reduce plaque and gum disease
Regular Mouthwash	<i>No</i>	Just makes breath smell better
Dandruff Shampoo	<i>Yes</i>	Treats dandruff and itching
Regular Shampoo	<i>No</i>	Just Cleans Hair
Fluoride Toothpaste	<i>Yes</i>	Reduces cavities
Toothpaste without Fluoride	<i>No</i>	Just Cleans Your Teeth
Vitamin C	<i>No</i>	Vitamins are supplements, not medicines
Aspirin	<i>Yes</i>	Treats Pain
Ibuprofen	<i>Yes</i>	Treats Pain
Cough Syrup	<i>Yes</i>	Treats Cough
Allergy Pills	<i>Yes</i>	Treat Allergies
Petroleum Jelly	<i>Yes</i>	Relieves Dryness
Rubbing Alcohol	<i>Yes</i>	Acts as an Antiseptic



This is the Information That the Scouts Should Have Learned from Lesson 1 - What is Medicine?

- ✿ What is Medicine?
- ✿ What are Some Reasons for Using an Over-the-Counter (OTC) Medicine?
- ✿ Prescription & OTC Medicines
  - How are they different?
  - How are they the same?
- ✿ Are Dietary Supplements Medicines?



### About NCPIE

Organized in 1982, the National Council on Patient Information and Education (NCPIE) is a nonprofit coalition of diverse organizations committed to promoting the wise use of medicines for better health through trusted communication. NCPIE works to address critical safe medicine use issues such as adherence improvement, prescription drug abuse prevention, reduction of medication errors, and quality improvements in health care provider-patient communication. For more information, visit [www.BeMedWise.org](http://www.BeMedWise.org)



**Prepared. For Life.®**

### About the Boy Scouts of America

The Boy Scouts of America provides the nation's foremost youth program of character development and values-based leadership training, which helps young people be "Prepared. For Life." The Scouting organization is composed of 2.6 million youth members between the ages of 7 and 21 and more than a million volunteers in local councils throughout the United States and its territories. For more information on the Boy Scouts of America, please visit [www.scouting.org](http://www.scouting.org)



### About the SCOUTStrong Healthy Living Initiative

The SCOUTStrong® Healthy Living Initiative is a Boy Scouts of America initiative that integrates active lifestyles, healthy eating, and emotional fitness into everything that the BSA does through alliances, campaigns, and updated programs.



### About the SCOUTStrong Be MedWise Patch

In many other cultures, owls represent wisdom and knowledge because their night-time vigilance is associated with that of the studious scholar or wise elder. The owl in the Be MedWise patch is shown clutching a shield with a medicine pill on it. This is meant to represent the knowledge needed to make wise and safe choices in medicating with over-the-counter medicines.