



# Assembly

## Using *Smart Moves, Smart Choices* Videos

### Sample Agenda & Speaker Notes

Following are the sample agenda and speaker notes to help schools hold an assembly that addresses the topic of **teen prescription (Rx) drug abuse** using the *Smart Moves, Smart Choices* Videos featuring Dr. Drew Pinsky.

Feel free to tailor the event and notes to the specific needs of your school.

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### Sample Agenda:

#### *Assembly Using Smart Moves, Smart Choices* Videos

##### **Video Assembly Event Run Time:**

Approximately 45 Minutes (or shorter)

##### **Suggested speakers and timeframes:**

- 1. Introduction by School Principal – 7 minutes**
- 2. Remarks by School Nurse – 3 minutes**
- 3. Show *Smart Moves, Smart Choices* Assembly Videos featuring Dr. Drew Pinsky** (found on [SmartMovesSmartChoices.org](http://SmartMovesSmartChoices.org))  
**– 10-20 minutes**

**Note:** You can decide which and how many videos to show. See the Tool Kit for video descriptions, suggested video pairings, and running times.

- 4. Question & Answer Session Moderated by Principal or School Nurse and Closing Remarks – 15 minutes**

# Sample Speaker Notes for Video Assembly

## 1. Introduction by School Principal – 7 minutes

- **Hi everyone**
- **We've gathered you here today** to talk about the abuse of prescription drugs.
- **We're finding out that more and more teens** are taking prescription drugs to get high, and we want to give you solid information about this to help you, or your friends, make good decisions for your future.
- **Here are some facts:**
  - Almost **1 in 4 teens** has taken a prescription medication that wasn't prescribed for them by a doctor, for the purpose of getting high or for any other reason.<sup>1</sup>
  - **More teens abuse prescription drugs** than any other illegal drug besides marijuana and alcohol.<sup>1</sup>
  - **Every day, 1,754 young people** (aged 18-25 years) use a prescription pain reliever for a non-medical use for the first time.<sup>2</sup>
- **These statistics are scary.** And remember, these are not just numbers. Each one of these numbers represents the actions of young people like you who are endangering their lives.
- **It's important to understand** that when taken properly, prescription medications can be safe. By properly, I mean that when you take a medication that was prescribed by your doctor **FOR YOU**, for a legitimate health condition, at the proper dosage – it can be safe to take a prescription medication.
- **The problem begins** when people take prescription medications that were not prescribed by a doctor, for the purpose of getting high. This is a **misuse** and an **abuse** of prescription drugs.

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<sup>1</sup> The Partnership at Drugfree.org and MetLife Foundation. (2013) Partnership Attitude Tracking Study, 14. Accessed on August 1, 2016, from <http://www.drugfree.org/wp-content/uploads/2014/07/PATS-2013-FULL-REPORT.pdf>

<sup>2</sup> Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality. June 10, 2014. The CBHSQ Report: A Day in the Life of Young Adults: Substance Use Facts, 1. Accessed on August 1, 2016, from <http://www.samhsa.gov/data/sites/default/files/CBHSQ-SR168-TypicalDay-2014/CBHSQ-SR168-TypicalDay-2014.htm>

## Sample Speaker Notes (continued)

- **Using a prescription drug without a valid prescription** intended for you, or giving or selling prescription medications to a friend is illegal.
- **Here's part of the problem:** a lot of teens **mistakenly** believe that prescription drugs are safer than illegal drugs, like cocaine and heroin, because a doctor has prescribed them for someone. Well here's what you need to remember: taking prescription medications to get high is **JUST AS DANGEROUS** as taking illegal drugs like cocaine and heroin.
- **Taking drugs that are meant for someone else is not safer for you.** There can be serious health effects, because the drugs are intended to work for a specific person who has a specific health issue at a specific time. If you're not that person, the drugs will work differently for you and may be potentially harmful for your health.
- **And taking these medications can cause addiction, overdose, sometimes, even death.** Mixing prescription medications with alcohol can be even more dangerous.
- **Picture for a moment** the kind of life you want to have for yourself in the next six months, the next year or two, and maybe even the next five or ten years. Your goals are individual to each of you, but there are probably some shared ones, like getting good grades so that you can continue your education after high school, playing a sport, getting an after-school job, hanging out with your friends, then maybe going on to college or other school and starting your life in the work world. Does abuse of, or addiction to, drugs fit into those goals? Probably not.
- **Abusing prescription medications is dangerous.** Addiction to prescription medication can happen quickly. And then other problems are likely to follow: getting kicked out of school, having trouble in your family life, trouble with friends, possibly trouble with the law. Going to rehab. It's not an easy thing to deal with.
- **Addiction is a health problem that affects your entire life.**
- **We want you to achieve your goals** and to have the kind of life you want and deserve. So we're giving you some information today that can help you make smart choices in the days ahead.
- **Now, please welcome** [Name of School Nurse].

## Sample Speaker Notes (continued)

### 2. School Nurse Remarks – 3 minutes

- **Hi everyone**
- **You know me** as the person who cares for you if you get sick or injured at school, who gives you emergency first aid, and who makes sure students with special health needs get their treatments and can stay in school.
- **But school nurses across the country—including me**—are also trained to be on the lookout for health problems so that we can help when a student is in trouble.
- **There are a lot of myths out there** about using prescription medications for the purpose of getting high. I want to give you health information that can help you understand what’s at stake so that you can make smart choices about this issue—starting today.
- **I also want you to know that I am here to help you** — and that you can always come to the nurse’s office with a health-related problem. If you or any of your friends have been abusing prescription medications, or ANY drugs for that matter – please never hesitate to come to me – I can get you the help you need.
- **We’re going to show you a few videos featuring Dr. Drew Pinsky** — you guys might know him as television’s Dr. Drew. These videos are part of a program called *Smart Moves, Smart Choices* that helps to educate teens like you about the dangers of prescription drug abuse.
- **These videos were filmed at an actual school assembly** held at a high school in Los Angeles.
- The videos are brought to you by the **National Association of School Nurses**, and it’s sponsored by a company called Janssen Pharmaceuticals, Inc.
- **After you watch these videos**, we’re going to have a conversation about what you learned and answer any questions that you have.



## Sample Speaker Notes (continued)

### 3. Show *Smart Moves, Smart Choices* Assembly Videos Featuring Dr. Drew Pinsky – 10-20 minutes

**Introduce each video before playing**

### 4. Question & Answer Session Moderated by School Nurse and Principal – 15 minutes

#### Sample discussion questions

- **What did you learn today** that you didn't know before about teen prescription drug abuse?
- **What were some of the key points** made by Dr. Drew in the videos?
- **What did you take away** from Kyle's (the recovering teen) story?
- **Take student questions**

#### Closing Remarks

- **We hope you found this information helpful.**
- **Our intention today has been to help and support you, not to judge you.** Any one of you can feel free to come talk to [school nurse's name or other appropriate school staff member] if you need advice or information about prescription drug abuse.
- **Thank you all for your attention.**
- **We've got a student post-test** that we would like you to fill out. Please take a moment to fill them out right now; thanks. **[collect tests]**

#### Assembly Ends