# Cycle One Health

Content Area: **Physical Education and Health**
Course(s): **Phys Ed 7**
Time Period: **September**
Length: **4 Weeks**
Status: **Published**

## Transfer

Drugs & Alcohol

## Enduring Understandings

Risky behaviors and acquiescence of negative influences increase an individual's likelihood of becoming dependent on alcohol, tobacco, and other drugs.

Healthy habits help prevent risky behaviors and facilitate positive decisions for the maintenance of a healthy lifestyle.

Community and state laws that regulate the use of alcohol, tobacco and other drugs contribute to a healthy society.

Alcohol, tobacco, and drug abuse have short and long term effects on the body and the brain.

By understanding the short term effects of drugs and alcohol, we can understand why someone would abuse these substances if they are struggling with mental health problems.

By gaining knowledge on the long term effects of substance abuse, we can enhance our understanding, attitudes, and behaviors that promote health, well-being, and human dignity.

## Essential Questions

What are drugs, street drugs and medicines?
What are the differences between drugs and street drugs?
Which drugs are most likely to be misused or abused?
What is the chain of addiction?
What are drug treatment options?
What are the steps and rewards of being drug free?
What are refusal skills?

What are the short term effects of alcohol use?
What are the long term effects of alcohol use?
What is alcoholism?
How can you seek help for alcohol abuse?

Research shows many teens turn to substance abuse to help their mental health, knowing the consequences and

effects of these substances, what is a healthier way to cope with our feelings?

## Content

Consequences, Decisions, Economics, Substance, Risks, Factors, Influences, Habits, Prevention, Law, Society, Behaviors, Drugs, Addiction, Prescription, Performance Enhancing, Refusal Skills, Mental Health

## Learning Objectives

Identify substance abuse treatment options.
Identify and demonstrate refusal skills.
Identify the short-term effects of substance abuse.
Identify the long-term effects of substance abuse.

Analyze substance abuse and how it has long term effects.

Describe healthy and unhealthy ways to cope with emotions and feelings.

## Resources

*Teen Health 2*, Glencoe/McGraw-Hill

Drugs of Abuse

National Drag & Alcohol IQ Challenge

**Negative Influences Vs Positive Influences Who Do You Surround Yourself With?**

Refusal Skills

## Assessments

Written Tests
Formative: Test: Written
Formative: Transfer Tasks: Teacher Observation and Class Discussion
Formative: Transfer Tasks: Oral: Discussion
Summative: Test; Written

Summative: Test; Project-based

Peer Pressure Skit

Students will work in pairs to create an informational piece about tobacco (cigarettes, smokeless tobacco, e-cigarettes), alcohol, drugs (marijuana or prescription drugs).

The product needs to include the possible short and long term effects of substance use/abuse to include the physical, emotional, social and economic impacts.

The final product for sharing their research may include:

- Write an article to a local newspaper
- Write an article for a teen health magazine

## Standards

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| HPE.2.2.8.B.2 | Justify when individual or collaborative decision-making is appropriate. |
| HPE.2.2.8.B.CS1 | Every health-related decision has short- and long-term consequences and affects the ability to reach health goals. |
| HPE.2.2.8.E.1 | Evaluate various health products, services, and resources from different sources, including the Internet. |
| HPE.2.2.8.E.2 | Compare and contrast situations that require support from trusted adults or health professionals. |
| HPE.2.2.8.E.CS2 | Communicating health needs to trusted adults and professionals assists in the prevention, early detection, and treatment of health problems. |
| HPE.2.3.8.A.1 | Explain why the therapeutic effects and potential risks of commonly used over-the-counter medicines, prescription drugs, and herbal and medicinal supplements vary in different individuals. |
| HPE.2.3.8.A.2 | Compare and contrast adolescent and adult abuse of prescription and over-the-counter medicines and the consequences of such abuse. |
| HPE.2.3.8.B.1 | Compare and contrast the physical and behavioral effects of commonly abused substances by adolescents. |
| HPE.2.3.8.B.2 | Predict the legal and financial consequences of the use, sale, and possession of illegal substances. |
| HPE.2.3.8.B.3 | Analyze the effects of all types of tobacco use on the aging process. |
| HPE.2.3.8.B.4 | Compare and contrast smoking laws in New Jersey with other states and countries. |
| HPE.2.3.8.B.5 | Explain the impact of alcohol and other drugs on those areas of the brain that control vision, sleep, coordination, and reaction time and the related impairment of behavior, judgment, and memory. |
| HPE.2.3.8.B.6 | Relate the use of alcohol and other drugs to decision-making and risk for sexual assault, pregnancy, and STIs. |

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| HPE.2.3.8.B.7 | Explain the impact of inhalant use and abuse on social, emotional, mental, and physical wellness. |
| HPE.2.3.8.B.8 | Analyze health risks associated with injected drug use. |
| HPE.2.3.8.B.CS1 | There is a strong relationship between individuals who abuse drugs and increased intentional and unintentional health-risk behaviors. |
| HPE.2.3.8.C.1 | Compare and contrast theories about dependency/addiction (such as genetic predisposition, gender-related predisposition, and multiple risks) and provide recommendations that support a drug free life. |
| HPE.2.3.8.C.2 | Summarize intervention strategies that assist family and friends to cope with the impact of substance abuse. |
| HPE.2.3.8.C.CS1 | Substance abuse is caused by a variety of factors. |
| HPE.2.3.8.C.CS2 | The ability to interrupt a drug dependency/addiction typically requires outside intervention, a strong personal commitment, treatment, and the support of family, friends, and others. |