Health Unit 4 Drugs and Medicine

Content Area: **Physical Education and Health**
Course(s): **Physical Education/Health**
Time Period: **February**
Length: **3 weeks**
Status: **Published**

Enduring Understandings

Drugs are substances other than food that can change how the mind or body works.

Over-the-counter medicine can be found in most pharmacies and purchased with our prescription.

Medicine labels give information about the dosage, uses, active ingredients, warnings, directions, expiration date, and side effects.

Side effects are unwanted reactions to a drug.

Drug misuse is done accidental.

Drug abuse is done on purpose.

Essential Questions

What is the difference between over-the-counter and prescription medicines?

What is the difference between drug abuse and drug misuse?

What information does the medicine label give us?

How are tobacco use and alcohol/drug abiuse related to disease?

What are the signs and symptoms of susbstance abuse and the stages that lead to dependency/addiciton?

What are some of the factors that can lead to abuse of drugs or alcohol?

Content

Textbook:

Health & Wellness. Macmillan/McGraw Hill. 2008. Grade 5

Skills

Differentiate among drug use, abuse, and misuse.

Identify the short- and long-term physical and behavioral effects of drug abuse

Explain why it is illegal to use or possess certain drugs/substances

Identify commonly used medicines and discuss why they are used.

Discuss the importance of taking medicines as ordered, not sharing medicines with others, and reporting any side effects to a trusted adult.

Explain the system of drug classification and why it is useful in preventing substance abuse.

Relate tobacco use and the incidence of disease.

Compare the effect of laws, policies, and procedures on smokers and nonsmokers.

Determine the impact of the use and abuse of alcohol on the incidence of illness, injuries, and disease, the increase of risky health behaviors, and the likelihood of harm to one's health.

Summarize the signs and symptoms of a substance abuse problem and the stages that lead to dependency/addiction.

Explain how wellness is affected during the stages of drug dependency/addiction.

Determine the extent to which various factors contribute to the use and abuse of alcohol, tobacco, and other drugs by adolescents, such as peer pressure, low selfesteem, genetics, and poor role models.

Standards

HPE.2.3.6.A.1	Compare and contrast short- and long-term effects and the potential for abuse of commonly used over-the-counter and prescription medicines and herbal and medicinal supplements.
HPE.2.3.6.A.CS1	Medicines come in a variety of forms (prescription medicines, over-the-counter medicines, medicinal supplements), are used for numerous reasons, and should be taken as directed in order to be safe and effective.
HPE.2.3.6.B.1	Explain the system of drug classification and why it is useful in preventing substance abuse.
HPE.2.3.6.B.2	Relate tobacco use and the incidence of disease.
HPE.2.3.6.B.4	Determine the impact of the use and abuse of alcohol on the incidence of illness, injuries, and disease, the increase of risky health behaviors, and the likelihood of harm to one's health.
HPE.2.3.6.B.5	Determine situations where the use of alcohol and other drugs influence decision-making and can place one at risk.
HPE.2.3.6.B.CS1	There is a strong relationship between individuals who abuse drugs and increased intentional and unintentional health-risk behaviors.
HPE.2.3.6.C.1	Summarize the signs and symptoms of a substance abuse problem and the stages that

	lead to dependency/addiction.
HPE.2.3.6.C.2	Explain how wellness is affected during the stages of drug dependency/addiction.
HPE.2.3.6.C.3	Determine the extent to which various factors contribute to the use and abuse of alcohol, tobacco, and other drugs by adolescents, such as peer pressure, low self-esteem, genetics, and poor role models.
HPE.2.3.6.C.CS1	Substance abuse is caused by a variety of factors.

Assessments

Formative: Other Evidence:Oral: Discussion
Role-play situations with peer pressure
Formative: Other Evidence:Performance: Dramatization