Substance Abuse

Content Area: **Health & Phys Ed**
Course(s): **HEALTH 1**
Time Period: **Semester 1**
Length: **2 weeks**
Status: **Published**

Standards

2.3.12.PS.4	Investigate the relationship between alcohol, drug use, and motor vehicle crashes and analyze the short- and long-term consequences of these actions.
2.3.12.HCDM.2	Provide examples of how drugs and medication mimic or block the action of certain cells in the body, and how abusing drugs can affect the human body.
2.3.12.ATD.1	Examine the influences of drug use and misuse on an individual's social, emotional and mental wellness.
2.3.12.ATD.3	Explore the relationship between individuals who abuse alcohol, tobacco, and other drugs with an increase in intentional and unintentional health-risk behaviors.
2.3.12.DSDT.5	Evaluate the effectiveness of various strategies and skills that support an individual's ability to stop misusing and abusing drugs and remain drug free (counseling, peer coaching, professional peer support group, and family counseling and support).

Essential Questions

1. What are the physical short term and long term effects of alcohol, prescription, illegal and over the counter drugs? How do they impact the body? (focus on Opiate/Heroin epidemic)

2. What are emotional effects of alcohol, prescription, illegal and over the counter drugs on a person? (focus on Opiate/Heroin epidemic)

3. What aspects of an individual's life does alcohol, prescription, illegal and over the counter drug addiction impact? (focus on Opiate/Heroin epidemic)

Enduring Understanding

1. Alcohol, prescription drugs, over the counter drugs and illegal drugs can negatively impact the wellness of an individual (focus on Opiate/Heroin epidemic). ***HE.9-12.2.3.12.DSDT*** *- Dependency, Substances Disorder and Treatment- - [Core Idea] - Alcohol and drug dependency can impact the social, emotional, and financial well-being of individuals, families, and communities.*

2. There are many influences that can impact one's decision making regarding the use/abuse of drugs and

alcohol. ***HE.9-12.2.3.12.DSDT*** *- Dependency, Substances Disorder and Treatment- - [Core Idea] - Alcohol and drug dependency can impact the social, emotional, and financial well-being of individuals, families, and communities.*

3. Creating strategies to overcome pressures and negative influences can help to decrease the risk of drug dependency. ***HE.9-12.2.3.12.DSDT*** *- Dependency, Substances Disorder and Treatment- - [Core Idea] - Substance abuse, dependency, and substance disorder treatment facilities and treatment methods require long-term or repeated care for recovery.*

Knowledge and Skills

Performance expectations are:

- Understand how addiction occurs and how quickly it can occur. ***HE.9-12.2.3.12.ATD.3***
- Identify their personal "natural highs." ***HE.9-12.2.3.12.HCMD.2***
- Gain knowledge regarding the most common drugs that are used by teens today. ***HE.9-12.2.3.12.ATD.1***
- Understand & identify the long and short term effects of drug use. (focus on Opiate/Heroin epidemic). ***HE.9-12.2.3.12.HCMD.2***
- Determine the physical and psychological effects of drug use. ***HE.9-12.2.3.12.PS.4***
- Understand the transition of prescription drug addiction to the abuse of heroin. ***HE.9-12.2.3.12.HCMD.2***
- Identify the treatment options for individuals suffering from addiction. ***HE.9-12.2.3.12.DSDT.5***

Transfer Goals

1. Students will be able to independently understand the negative impact of alcohol, prescription, illegal and over the counter drugs have on health and wellness.

2. Students will be able to independently develop strategies to avoid substance abuse (focus on Opiate/Heroin epidemic).

3. Students will be able to independently seek help for usage or addiction for themselves or others.

Resources

- Chasing the Dragon Documentary - https://www.fbi.gov/video-repository/newss-chasing-the-dragon-the-life-of-an-opiate-addict/view

May include speakers from the following organizations:

- Minding Your Mind Guest Speaker - https://mindingyourmind.org/
- Rutgers L.I.G.H.T. Counseling - https://www.whrhs.org/guidance/new-page

- Substance Abuse and Mental Health Support https://www.samhsa.gov/find-help/national-helpline
- Mosaic Counseling
- WHRHS SAC
- Chris Herren - Motivational Guest Speaker - https://herrentalks.com/
- Strive to Revive

Assessments

https://docs.google.com/document/d/1z90hu2-lCXoUTewriJPJTl5846tUuXMFSuMHD8is0yI/edit

Modifications for Diverse Learners

https://docs.google.com/document/d/1cUIE1QRfV7jJNjgU2NdcW1x91UAyDENe/edit