Substance Abuse Booster

Content Area: **Health & Phys Ed**
Course(s): **HEALTH 4**
Time Period: **Semester 2**
Length: **1 week**
Status: **Published**

Standards

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.2	Compare and contrast the incidence and impact of commonly abused substances on individuals and communities in the United States and other countries (e.g., tobacco, e-cigarettes, vaping products, alcohol, marijuana products, inhalants, anabolic steroids, other drugs).
2.3.12.DSDT.2	Analyze personal choices and behaviors related to substance use and misuse to determine if they align with personal values and beliefs.

Enduring Understandings

1. Guide students in making decisions that supports a healthy lifestyle, free of alcohol and substances. **HE.9-12.2.3.12.ATD**- *Alcohol, Tobacco and other Drugs [Core Idea]- Long-term and short term consequences of risky behavior associated with substance use and abuse can be damaging physically, emotionally, socially, and financially to oneself, family members and others.*

2. Investigate strategies that support an individual's ability to stop abusing alcohol/drugs and remain drug free. ***HE.9-12. 2.3.12 DSDT-*** *Dependency, Substances disorder and Treatment [Core Idea] Alcohol and drug dependency can impact social, emotional and financial well-being of individuals, families and communities.*

3. Reflection on the impact society has on substance abuse on the individual, family and community. **HE.9-12.2.3.12.ATD-** *Alcohol, Tobacco and other Drugs [Core Idea]- Long-term and short term consequences of risky behavior associated with substance use and abuse can be damaging physically, emotionally, socially, and financially to oneself, family members and others.*

Essential Questions

1. What are the physical short term and long term effects of alcohol, prescription, illegal and over the counter drugs have on the body?

2. What aspects of an individual's life does alcohol, prescription, illegal and over the counter drug addiction impact?

3. How can individuals seek help for themselves when in need of treatment options.

Knowledge and Skills

Performance expectations

- Understand & identify the long and short term effects of substance abuse. **HE.9-12.2.3.12.HCDM.2**
- Understand the cycle of addiction. **HE.9-12.2.3.12.HCDM.2**
- Identify the treatment options for individuals suffering from addiction.**HE.9-12.2.3.12.ATD.2**
- Develop refusal strategies to use in the adult world. **HE.9-12.2.3.12.DSDT.2**
- Examine the effects of substance abuse on individuals, families, schools and community. **HE.9-12.2.3.12.ATD.2**

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.

3. Students will be able to independently develop refusal strategies especially as they enter the college setting.

4. Students will be able to develop personal coping skill strategies to deal with peer pressure and decision making.

Resources

- /www.mentalhealthfirstaid.org

- Chasing the Dragon Documentary
- Chris Herron; The First Day documentary

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