

# Unit 7: Substance Use, Misuse, and Abuse

Content Area: **Unified Arts**  
Course(s): **Health 3**  
Time Period: **June**  
Length: **2 classes**  
Status: **Published**

## Unit Summary

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During this unit, students will learn why people use and abuse alcohol, tobacco, and other drugs despite warnings about dangers to self and others. They will also learn about the profound impacts to themselves and others.

## Standards

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HPE.2.1.4.C.3	Explain how mental health impacts one's wellness.
HPE.2.3.4.A.1	Distinguish between over-the-counter and prescription medicines.
HPE.2.3.4.A.2	Determine possible side effects of common types of medicines.
HPE.2.3.4.B.1	Explain why it is illegal to use or possess certain drugs/substances and the possible consequences.
HPE.2.3.4.B.2	Compare the short- and long-term physical effects of all types of tobacco use.
HPE.2.3.4.B.3	Identify specific environments where second-hand/passive smoke may impact the wellness of nonsmokers.
HPE.2.3.4.B.4	Summarize the short- and long-term physical and behavioral effects of alcohol use and abuse.
HPE.2.3.4.B.5	Identify the short- and long- term physical effects of inhaling certain substances.
HPE.2.3.4.C.1	Identify signs that a person might have an alcohol, tobacco, and/or drug use problem.
HPE.2.3.4.C.2	Differentiate between drug use, abuse, and misuse.
HPE.2.3.4.C.3	Determine how advertising, peer pressure, and home environment influence children and teenagers to experiment with alcohol, tobacco, and other drugs.
CAEP.9.2.4.A.1	Identify reasons why people work, different types of work, and how work can help a person achieve personal and professional goals.
CAEP.9.2.4.A.4	Explain why knowledge and skills acquired in the elementary grades lay the foundation for future academic and career success.

## Student Learning Objectives

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Students will learn to:

- define drug and give examples of harmful and/or illegal drugs.
- explain that tobacco use contributes to lung diseases and fires.
- discuss how tobacco smoke impacts the environment and the health of nonsmokers.
- discuss how alcohol use contributes to injuries such as falls and motor vehicle crashes.
- identify substances that should never be consumed or inhaled such as drug look-alikes, glue, poisons, and cleaning fluids.

## Essential Questions

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- Why is it that some people cannot control their use of alcohol, tobacco, and other drugs?
- How can people who abuse alcohol, tobacco, and other drugs get treatment?

## Enduring Understandings

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Students will understand that:

- there are differences between over-the-counter and prescription medicines.
- commonly used medicines have certain uses.
- it is important to take medicines as ordered, not sharing medicines with others, and reporting any side effects to a trusted adult.
- it is illegal to use or possess certain drugs/substances.
- there are short- and long-term physical effects of tobacco use.
- there is an impact of second-hand/passive smoke on the health of nonsmokers.
- there are the short- and long-term physical and behavioral effects of alcohol use and abuse.

## Application

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Students will be able to independently use their learning to:

- describe responsible uses of medicines as well as the effects of alcohol, tobacco, and other drugs.
- apply the concept that the appropriate use of medicines can prevent serious health problems, reduce absenteeism from work and school, and enhance the quality of life.
- differentiate between the misuse or abuse of substances such as alcohol, tobacco, and other drugs which can impair judgment and lead to illness and injury
- acknowledge the internal and external pressures that influence them to use substances enables and empowers them to make choices that support a healthy, active lifestyle.

## Skills

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Students will be skilled at:

- describing responsible uses of medicines as well as the effects of alcohol, tobacco, and other drugs.
- applying the concept that the appropriate use of medicines can prevent serious health problems, reduce absenteeism from work and school, and enhance the quality of life.
- differentiate between the misuse or abuse of substances such as alcohol, tobacco, and other drugs which can impair judgment and lead to illness and injury.
- acknowledge the internal and external pressures that influence people to use substances enables and empowers them to make choices that support a healthy, active lifestyle.

## Resources

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