08 Tobacco

Content Area: **Health and Physical Education**
Course(s):
Time Period: **Marking Period 3**
Length: **1 week**
Status: **Published**

Brief Summary of Unit

This unit will explain how tobacco and nicotine use affect all areas of health. Emphasis will be placed on the dangers of vaping, as well as traditional types of tobacco products.

Revised June 2022

Standards

2.1.12.PGD.1	Develop a health care plan that includes practices and strategies designed to support an active lifestyle, attend to mental health, and foster a healthy, social and emotional life.
2.1.12.PGD.2	Predict how healthy and unhealthy behaviors can affect brain development and impact physical, social and emotional stages of early adulthood.
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.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.1	Correlate duration of drug use and abuse to the incidence of drug-related deaths, injuries, illness, and academic performance.
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.
2.3.12.DSDT.3	Examine the drug laws, and regulations of the State of New Jersey, other states and the affects; healthy and unhealthy on individuals, families, schools, and communities (e.g., vaping products, e-cigarettes, cannabis and CBD products, opioids).
2.3.12.DSDT.4	Utilize peer support and societal norms to formulate a health-enhancing message to remain drug free.

Essential Questions

What are some effects of tobacco/vaping use on the body?

What are some withdrawal symptoms experienced when quitting nicotine?

Students Will Know/Students Will Be Skilled At

The dangers of any type of nicotine use

The withdrawal symptoms associated with nicotine products

The negative effects of nicotine products on all areas of health

The similarities between traditional tobacco use and vaping products

Methods of quitting nicotine addiction

Resistance skills that can be used to avoid nicotine use

Learning Plan

Preview the essential questions and connect to learning throughout the unit

Introduce the dangers of multiple types of tobacco products

Review the dangerous effects tobacco and nicotine have on the body

Compare and contrast the dangers of traditional tobacco products with vaping products

Complete a tobacco and vaping fact worksheet

Analyze the use of advertisements to sell tobacco and vaping products

Create a cessation plan for nicotine addiction

Practice Quiz and review

Unit test

Evidence/Performance Tasks

Completed guided notes packets

Advertisement assignment

Fact worksheets

Cessation plan project

Practice quiz

Unit test

Materials

Laptops

Projector

Construction paper

Markers

Course videos

Suggested Strategies for Modification

one-to-one instruction and assistance
cooperative learning groups
study partners
additional time on task
assessment based on individual development in the area of study
images and visual aids
handouts of notes, procedures, processes, diagrams, etc.
preferential seating
reading material modified to student level
testing materials appropriate to student level
Google Slides Presentations
Lectures
Group work
Presentation/ Skits
Class Discussions
Videos
Research through technology

Extended time on quizzes