09 Alcohol and Drugs

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

Brief Summary of Unit

The purpose of this unit is meant to educate students on the effects of alcohol and drugs on the body as well as how to lead a drug free lifestyle. Students will learn that alcohol is a drug, and that experimentation with any type of drug can lead to addiction. Emphasis will be placed on the dangers of underage drinking, harmful effects that drug use has on the growth and development of teenagers, and refusal skills for avoiding peer pressure to use drugs or alcohol.

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 factors affect your BAC (Blood alcohol content) and what constitutes a drink?

Why does underage consumption of alcohol lead to an increased chance of addiction later in life?

What similarities exist between alcohol and illegal drug use?

Students Will Know/Students Will be Skilled At

the dangers of underage alcohol consumption

alcoholism causes lifelong health problems

underage drinking leads to a higher probability of addiction

The effects of both drugs and alcohol use on the body

That drug and alcohol use affects all areas of health

The different categories of common drugs

Refusal skills to avoid being pressured into drug or alcohol use by peers

That experimentation with drugs or alcohol often leads to increased use and eventual addiction

Learning Plan

Preview the essential questions and connect to learning throughout the

unit.
Discuss the dangers of alcohol use as a teenager

Review the different drug categories

Discuss the effects of both drugs and alcohol on the body

Complete the Alcohol EDU computer program

Create and present drug category research projects

View videos on the dangers of teen drug and alcohol use and abuse

Practice Quiz and review

Unit test

Evidence/Performance Tasks

Completed guided notes packets

Drug research project

Alcohol EDU computer program completion

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