

# 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

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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

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HE.9-12.2.1.12.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.
HE.9-12.2.1.12.PGD.2	Predict how healthy and unhealthy behaviors can affect brain development and impact physical, social and emotional stages of early adulthood.
HE.9-12.2.3.12.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).
HE.9-12.2.3.12.ATD.3	Explore the relationship between individuals who abuse alcohol, tobacco, and other drugs with an increase in intentional and unintentional health-risk behaviors.
HE.9-12.2.3.12.DSDT.1	Correlate duration of drug use and abuse to the incidence of drug-related deaths, injuries, illness, and academic performance.
HE.9-12.2.3.12.DSDT.2	Analyze personal choices and behaviors related to substance use and misuse to determine if they align with personal values and beliefs.
HE.9-12.2.3.12.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).
HE.9-12.2.3.12.DSDT.4	Utilize peer support and societal norms to formulate a health-enhancing message to remain drug free.

## Essential Questions

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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**

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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**

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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**

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Completed guided notes packets

Drug research project

Alcohol EDU computer program completion

Practice quiz

Unit test

### **Materials**

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Laptops

Projector

Construction paper

Markers

Course videos

### **Suggested Strategies for Modification**

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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