Unit 05: Substance Abuse Prevention

Content Area: **Health and Physical Education**
Course(s):
Time Period: **Trimester 3**
Length: **ongoing**
Status: **Published**

Brief Summary of Unit

The ability to understand and incorporate wellness practices into one's daily living is vital to the well-being of our students and directly correlates to their optimal overall health. Effective health practices provide students with the potential for success when choosing a career and allow for the pursuit of any career interest. When taking this course, students develop their understanding of the interrelationship between wellness, overall well-being and success.

In this unit, students will explore the safe use of medications, discuss the importance of abstinence from alcohol, tobacco and other drugs, and identify and define substance abuse, addiction, and treatment.

Revised: July 2023

Standards

2.3.2.ATD	Alcohol, Tobacco and other Drugs
2.3.2.DSDT	Dependency, Substances Disorder and Treatment

Essential Questions

- Why is it important to avoid alcohol and other dangerous substances?
- What does it mean to develop an addiction?
- Why are some drugs and medicines considered safe while others are not?
- What causes people to become physically addicted to substances?
- What are the social effects of the use of alcohol, tobacco, or other drugs?
- How can a person avoid using alcohol, tobacco, and other drugs?

Essential Understandings

- Medication can be safe and beneficial when prescribed by a doctor and used in the presence of an adult
- There are specific strategies to use in order to avoid alcohol, tobacco, and other drugs
- The use and abuse of alcohol, tobacco, and other drugs can cause harmful physical, social, and

emotional side effects

Students Will Know

- That there are both helpful and harmful types of drugs
- That medicines should only be used as prescribed and in the presence of an adult
- That use of alcohol, tobacco, and other drugs, can lead to harmful addictions

Students Will Be Skilled At

- Refusal strategies for avoiding dangerous substances
- The types of treatment available for those with substance abuse problems
- Vocabulary: Medication, substances, alcohol, addiction, drug, tobacco, helpful, harmful, treatment, use, abuse

Evidence/Performance Tasks

When taking a Physical Education or Health course, students demonstrate differentiated abilities to answer the essential questions and meet course objectives through formative and summative assessments. Evidence of progression in answering the essential questions and meeting course objectives demonstrates the development of proficiency over time. The performance tasks below are implemented as benchmark assessments and, based on individual student readiness and performance, can be implemented as formative and/or summative assessments. Student proficiency allows for additional or alternative assessment based on demonstration or absence of skill.

- Create a poster showing pictures of helpful and harmful drugs
- Design and perform skits that present helpful refusal strategies for abstaining from alcohol, tobacco, and drug use
- List the steps necessary for safe use of medication
- Answer the essential questions

Learning Plan

- Introduction to substance abuse prevention
- Discussion of the difference between helpful and harmful drugs
- List and identify various refusal skills that can be used to avoid alcohol, tobacco, and other drug use
- Analyze the physical, social, and emotional effects of alcohol, tobacco, and other drug use
- Review the signs of addiction

Materials

Associated web content and media sources are infused into the unit as applicable and available

In addition the materials below, the link connects to district approved textbooks and resources utilized in this course

CORE BOOK LIST

The materials used in this course allow for integration of a variety of instructional, supplemental, and intervention materials that support student learners at all levels in the school and home environments

• Computers • Projector • Construction paper • Markers • Course videos • handouts	•

Suggested Strategies for Modifications

https://docs.google.com/spreadsheets/d/1Dt1d40AYxClqqaEUJ0RRPHlx5Ace8TWBXtEQu8hpw3Q/edit#gid=1426178898