Unit 08: Alcohol

Content Area: **Health and Physical Education**
Course(s):
Time Period: **Marking Period 1**
Length: **1 Week**
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.

Students will learn and understand the harmful effects that alcohol has on the body systems. Students will learn about alcoholism, alcohol abuse, and the dangers of teen alcohol abuse. Students will also learn about the consequences of alcohol abuse, as well as resources for treatment for alcohol abuse. Students will learn ways to apply knowledge gained during the unit to their own personal life.

Revision Date: July 2020

Essential Questions

- Can alcohols' effect on mental, emotional, and social health be just as dangerous as it is on physical health?
- What occurs in the teenage body that increases an individual's chances of becoming an alcoholic if they drink underage?
- How does alcohol use differ for teenagers and adults in terms of effects on health?

Essential Understandings

- consuming alcohol at a young age will affect the bodies development in a negative way.
- there are factors that contribute to blood alcohol content. ns many harmful chemicals, including nicotine, tar and carbon monoxide.
- alcohol has both short and long term effects on a person.
- there is a difference between use and abuse of alcohol in adults.
- that drinking alcohol can lead to health concerns and risky behavior.
- alcoholism is a disease in which there is a process for recovery.
- there are resources available for those who suffer from alcohol abuse.
- there are alternatives to drinking alcohol.

Students Will Know

- key terms and concepts, including: alcohol, depressants, nervous system, alternatives, reaction time, intoxication, blood alcohol content, alcohol poisoning, malnutrition, liver, cirrhosis, fetal alcohol syndrome, binge drinking, inhibition, addiction, alcoholism, tolerance, physical dependence, alcohol abuse, intervention, relapse, recovery, withdrawal, detoxification.
- alternatives to drinking alcohol.
- the path that alcohol travels through the body.
- the short and long term negative effects alcohol has on the body. that outside factors account for different reactions to alcohol among different people.
- the body organs and systems that are affected by alcohol.
- the diseases and disorders that accompany alcohol abuse.

Students Will Be Skilled At

- the amount of alcohol equal to one drink in beer, wine, and hard liquor.
- the signs, symptoms, and stages of alcoholism, along with treatment options for alcohol abuse.
- the resources available to help alcohol abusers.

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.

- work in groups to brainstorm alternatives to alcohol use.
- list the long and short term negative effects that alcohol has on the body.
- complete a diagram on the body systems affected by alcohol use and abuse.
- complete a written assessment on the short and long term negative effects that alcohol has on the body, the body systems affected by alcohol use and abuse, the signs and symptoms of alcoholism, and

treatment options for alcohol abuse.
- follow all class rules and regulations
- answer the essential questions.

Learning Plan

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• Preview the essential questions and connect to learning throughout the unit.
• Introduce the alcohol unit, highlighting alcohol's harmful effects on the body, alternative disorders that alcohol use and abuse can lead to, and resources available for alcohol abuse.
• Discuss key terms and concepts, including: alcohol, depressants, nervous system, alter fetal alcohol syndrome, binge drinking, inhibition, addiction, alcoholism, tolerance, physical dep
• Brainstorm and identify alternatives to alcohol use.
• Generate strategies and refusal skills to avoid alcohol use.
• Identify the affects that alcohol has on the body.
• List the long and short term negative effects that alcohol has on the body.
• Complete a diagram on the body systems affected by alcohol use and abuse.
• Complete a written assessment on the short and long term negative effects that alcoho alcoholism, and treatment options for alcohol abuse.

Materials

Laptops

Projector

Construction paper

Markers

Course videos

Handouts

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

In addition the materials above, 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 environment.

Standards

By the end of Grade 8:

2.1 Mental Health: Emotional and Social Wellness

Personal Growth and Development

Individual actions, genetics, and family history can play a role in an individual's personal health.

Responsible actions regarding behavior can impact the development and health of oneself and others.

· 2.1.8.PGD.4: Analyze the relationship between healthy behaviors and personal health

2.3 Safety

Personal Safety

Awareness of potential risks factors and knowledge of strategies to evaluate choices and potential consequences can help to reduce negative impacts when confronted with difficult or unsafe situations

Health Conditions, Diseases and Medicines

Diseases can be contracted from a variety of sources and choices individuals make may contribute to or prevent a person from being susceptible to a disease or health condition.

Alcohol, Tobacco and other Drugs

The use of alcohol, tobacco (including ecigarettes, vaping), and other drugs (including cannabis products) can result in social, emotional, and physical harm to oneself and others.

· 2.3.8.ATD.1: Examine how the use of alcohol, tobacco, and other drugs by adolescents has impacted their lives and the lives of family members socially, emotionally, and physically.

· 2.3.8.ATD.2: Relate the use of alcohol and other drugs to decision-making, consent, and risk for sexual assault and abuse.

· 2.3.8.ATD.3: Determine the factors that contribute to different rules, laws, and policies in schools, communities, and states regarding alcohol, tobacco (including e-cigarettes, vaping, cannabis products), and

other drugs.

· 2.3.8.ATD.4: Explain the impact of alcohol and other drugs on areas of the brain that control vision, sleep, coordination, reaction time, judgment, and memory.

· 2.3.8.ATD.5: Analyze how the influence of peers and different social settings (e.g., home, school, party) can result in positive and/or negative outcomes.

Dependency, Substances Disorder and Treatment

A variety of factors can contribute to alcohol, tobacco, and drug disorders (e.g., mental health, genetics, environment) and a wide variety of treatment options are available depending on the needs of the individual.

· 2.3.8.DSDT.1: Summarize the signs and symptoms of alcohol, tobacco, and drug disorders.

· 2.3.8.DSDT.2: Compare and contrast the various services that are available for individuals affected by substance disorders in the community and at the state level.

The use of alcohol and drugs can affect the social, emotional, and physical behaviors of individuals and their families.

· 2.3.8.DSDT.3: Determine the impact that alcohol and drugs can have on an individual's social, emotional, and physical well-being.

· 2.3.8.DSDT.4: Examine how alcohol and drug disorders can impact the social, emotional, and physical lives of friends and family members.

· 2.3.8.DSDT.5: Compare and contrast the various services that are available for family members and others affected by substance disorders in the community and at the state level.

Interdisciplinary connections across content areas

· LA.WHST.6-8.2.D - Use precise language and domain-specific vocabulary to inform about or explain the topic.

· LA.WHST.6-8.4 - Produce clear and coherent writing in which the development, organization, voice, and style are appropriate to task, purpose, and audience.

· LA.WHST.11-12.6 - Use technology, including the Internet, to produce, share, and update writing products in response to ongoing feedback, including new arguments or information.

Inclusion of the Career Ready Practice Standards

· CRP.K-12.CRP4: Communicate clearly and effectively and with reason.

Integration of 21st Century Skills through NJSLS 9

· CAEP.9.2.8.B.3: Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.

Integration of Technology Standards through the NJSLS

· TECH.8.1.8.A.3: Use and/or develop a simulation that provides an environment to solve a real world problem or theory.

Suggested Strategies for Modifications

https://docs.google.com/spreadsheets/d/1JN3XzsuRVs09JoqKayEQYWUZt4rJdwqQ3rQI5jqs5C4/edit?usp=sharing