

# Unit 4: Substance Abuse & Diseases

Content Area: **Health**  
Course(s): **Comprehensive Health**  
Time Period: **1 marking period**  
Length: **2.5 Weeks**  
Status: **Published**

## Unit Overview

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In this unit, the students will recognize how drugs, tobacco, and alcohol use and abuse has an effect on the body. Understanding how they effect they body is an essential component when evaluating an individual's quality of life. This unit will help students understand the importance of living a drug, tobacco, and alcohol free lifestyle. This unit will also focus on the study of communicable and non-communicable diseases and its effects on the body's immune system. Without the understanding of these diseases the students will not know how to prevent them and will compromise their health as well as others in their surrounding areas.

## Transfer

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Students will be able to independently use their learning to...

- make smart, responsible decisions when in situations where there is alcohol, tobacco, and drugs.
- understand the effects of drugs, tobacco, and alcohol use and abuse on oneself as well as their family.
- understand what communicable diseases are and steps to preventing them.
- understand what non-communicable diseases are and steps to preventing them.
- make responsible decisions about their bodies to eliminate the chance of health risks in their future.

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For more information, read the following article by Grant Wiggins.

[http://www.authenticeducation.org/ae\\_bigideas/article.lasso?artid=60](http://www.authenticeducation.org/ae_bigideas/article.lasso?artid=60)

## Meaning

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### Understandings

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Students will understand...

- drugs, tobacco, and alcohol has an effect on one's quality of life
- pressures that exist in a social setting can determine an individual's decision to use drugs, tobacco, and alcohol.
- ways to live a drug, tobacco, and alcohol free lifestyle.
- developing an understanding of communicable and non-communicable diseases allows for the ability to prevent, treat, and control the transmission of these diseases.

### Essential Questions

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Students will keep considering...

- What constitutes a drug?
- What is drug use in comparison to drug abuse?
- What are the short and long-term effects of drug, tobacco, and alcohol use on the body?
- Why do adolescents use and abuse drugs, tobacco, and alcohol?
- What constitutes a communicable disease?
- What is the difference between a virus and bacteria?
- What constitutes a virus?
- How does the immune system work?
- How can communicable diseases be prevented?
- What constitutes a non-communicable disease?
- How can non-communicable diseases be prevented?
- What are some disabilities?
- What are the specific conditions of some disabilities?
- What are appropriate ways to communicate sensitively with people with disabilities?

- What are some ways to support and encourage others to sensitively communicate?

## **Application of Knowledge and Skill**

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### **Students will know...**

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Students will know...

- the dangers of using tobacco in any form
- the risks and rights of nonsmokers
- strategies for quitting tobacco use and ideas for advocating for smoke free environments
- the risks alcohol poses to all three aspects of the health triangle
- useful strategies for refusing alcohol
- how to use medicines safely and how to avoid the use of illegal drugs
- the harmful effects of marijuana, inhalants, steroids, and psychoactive drugs
- the harmful physical, mental/emotional, social, and legal consequences of drug use
- what communicable diseases are
- means of transmission
- how the risk of infection can be reduced
- how the immune system works
- common communicable diseases
- symptoms, causes, treatments, and prevention of common non-communicable diseases
- a few of the more common disabilities that result from physical and mental impairment
- the importance of eliminating barriers that hinder individuals with disabilities

## **Students will be skilled at...**

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Students will be skilled at...

- evaluating the effects of drugs, tobacco, and alcohol use and abuse on the body.
- defining substance abuse and recognize the health risks involved.
- recognizing the differences between illegal and legal drugs.
- identifying and assessing community health services for getting help with the prevention and treatment of drugs addiction and abuse.
- describing the differences between communicable and non-communicable diseases.
- recognizing the differences between bacteria and viruses
- identifying common communicable diseases
- recognizing the importance of early detection and warning signs that prompt individuals of all ages to seek health care
- identifying and recognizing the challenges of individuals with disabilities

## **Academic Vocabulary**

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Tobacco

Additive drug

Nicotine

Stimulant

Carcinogen

Tar

Carbon monoxide

Nicotine withdrawal

Nicotine substitue

Smokeless tobacco

Mainstream smoke

Sidestream smoke

Alcohol abuse

Depressent

Intoxication

Blood alcohol concentration

Binge drinking

Alcohol poisoning

Alcoholism

Alcoholic

Detoxification

Sobriety

Fetal alcohol syndrome

Recovery

Drugs

Side effects

Medicines

Substance abuse

Illegal drugs

Illicit drug use

Overdoes

Addiction

Psychological dependence

Physiological dependence

Marijuana

Inhalants

Steroids

Stimulants

Hallucinogens

Depressents

Designer drugs

Narcotics

Communicable disease

Toxin

Pathogen

Viruses

Bacteria

Antibody

Immune system

Vaccine

Emerging infection

Non-communicable disease

Cardiovascular disease

Cancer

Remission

Allergy

Diabetes

Disability

Americans with Disabilities Act

## **Learning Goal 1**

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Understand the immediate and long-term consequences of risky behaviors associated with substance abuse.

- Understand the immediate and long-term consequences of risky behaviors associated with substance abuse.

HPE.2.3.12.B.1

Compare and contrast the incidence and impact of commonly abused substances (such as tobacco, alcohol, marijuana, inhalants, anabolic steroids, and other drugs) on individuals and communities in the United States and other countries.

HPE.2.3.12.B.CS1

There are immediate and long-term consequences of risky behavior associated with

substance abuse.

HPE.2.3.12.C.2

Analyze the effectiveness of various strategies that support an individual's ability to stop abusing drugs and remain drug-free.

HPE.2.3.12.C.CS1

The ability to interrupt a drug dependency/addiction typically requires outside intervention, a strong personal commitment, treatment, and the support of family, friends, and others.

## **Target 1**

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Identify the effects of drugs, alcohol, and tobacco use and abuse on the body.

- Identify the effects of drugs, alcohol, and tobacco use and abuse on the body.

## **Target 2**

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Define substance abuse and recognize the health risk involved.

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- Define substance abuse and recognize the health risk involved.

## **Target 3**

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Identify and assess community health services for getting help with the prevention and treatment of drug addiction and abuse.

- Identify and assess community health services for getting help with the prevention and treatment of drug addiction and abuse.

## **Learning Goal 2**

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Identify strategies to reduce the risk of contracting communicable diseases and non-communicable diseases.

- Identify strategies to reduce the risk of contracting communicable diseases and non-communicable diseases.

HPE.2.1.12.C.1

Determine diseases and health conditions that may occur during one's lifespan and identify prevention and treatment strategies.

HPE.2.1.12.C.CS1

Personal health is impacted by family, community, national, and international efforts to prevent and control diseases and health conditions.

## **Target 1**

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Identify different types of communicable and non-communicable diseases.

- Identify different types of communicable and non-communicable diseases.

## **Target 2**

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Relate the importance of early detection and warning signs that prompt individuals of all ages to seek health care for non-communicable diseases.

- Relate the importance of early detection and warning signs that prompt individuals of all ages to seek health care for non-communicable diseases.

## **Summative Assessment**

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\* Notebooks

\* Quizzes

\* Tests

\* Projects

\* Benchmark

## **21st Century Life and Careers**

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CRP.K-12.CRP1	Act as a responsible and contributing citizen and employee.
CRP.K-12.CRP2	Apply appropriate academic and technical skills.
CRP.K-12.CRP3	Attend to personal health and financial well-being.
CRP.K-12.CRP4	Communicate clearly and effectively and with reason.
CRP.K-12.CRP7	Employ valid and reliable research strategies.
CRP.K-12.CRP8	Utilize critical thinking to make sense of problems and persevere in solving them.
CRP.K-12.CRP11	Use technology to enhance productivity.
CRP.K-12.CRP12	Work productively in teams while using cultural global competence.

## **Formative Assessment and Performance Opportunities**

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\* Teacher observation

\* Class participation



- \* Discussions
- \* Homework
- \* Notebook

## **Differentiation/Enrichment**

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- \* Modifications as per IEP/ 504 plans
- \* Google classroom resources (powerpoint, guided notes)
- \* Small group activities
- \* Reteaching opportunities in textbook
- \* Directed reading
- \* Inclusion strategies in textbook
- \* Motivating activities in textbook

## **Unit Resources**

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Comprehehnsive Health, 2nd Edition by Goodheart-Wilcox Publishing

Powerpoints

Topic related videos

Related internet resources

Topic Related Worksheets

- Comprehehnsive Health, 2nd Edition by Goodheart-Wilcox Publishing
- Power Points
- Related internet resources

- Topic related videos
- Topic Related Worksheets