Unit 1-4E Dependency, Substances Disorder, and Treatment

Content Area: **P.E. & Health**
Course(s): **Health 5**
Time Period: **MP1-4**
Length: **Day 3**
Status: **Published**

Essential Questions

- How can someone get help if they are struggling with the use of drugs/alcohol?
- What are signs of drug use and abuse?

Big Ideas

- The short- and long-term effects of substance abuse are dangerous and harmful to one's health.
- The use/abuse of alcohol, tobacco, and drugs can have unintended consequences but there are resources available for individuals and others affected by these situations.

Enduring Understandings

2.3.5.DSDT.1: Differentiate between drug use, misuse, abuse, and, prescription and illicit drugs.

2.3.5.DSDT.2: Identify signs and evaluate evidence that a person might have an alcohol, tobacco, and/or drug use problem.

2.3.5.DSDT.3: Demonstrate effective refusal skills of alcohol, e-cigarettes, vaping products, cannabis products, opioids, and other substances that can negatively impact health.

2.3.5.DSDT.4: Demonstrate strategies for seeking assistance for someone impacted by an individual who is struggling with the use/abuse of alcohol or drugs.

2.3.5.DSDT.5: Identify the various types of resources that are available in the community and online to assist individuals who struggle with alcohol, tobacco, and drug use/abuse (e.g., school nurse, counselor, peer leadership group).

Resources

- Too Good for Drugs Lesson 9: Effects of Nicotine Use
- https://www.brainpop.com/health/personalhealth/addiction/
- https://www.brainpop.com/health/nutrition/alcohol/
- https://www.brainpop.com/health/personalhealth/substanceabuse/