

# Health Unit 01: Addiction

Content Area: **Health & PE**  
 Course(s): **Health 4**  
 Time Period: **Marking Period 3**  
 Length: **3 Weeks**  
 Status: **Published**

## Unit Introduction

All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle.

## Daily Learning Activities

DAY 1 Addiction Intro:Health Risk: Tobacco Use	DAY 2 Addiction: Health Risk Alcohol Use; Short term vs Long Term  Binge Drinking/Alcohol poisoning	DAY 3 Impact of Alcohol Abuse: Impact on Pregnancy	DAY 4 Treatment for Alcohol abuse	DAY 5 Addiction: Intro to Illegal Drugs/ Use and Abuse	
DAY 6 Addiction: Discussion of Factors that lead to addiction.	DAY 7 Physical and Psychological Addiction	DAY 8 Short Term and long Term effects of Drug Use	DAY 9 Trends in Illegal Drug Use	DAY 10 Treatment Options for addictions	
DAY 11 Drug Addiction: Effects on Family	DAY 12 Drug Addiction: Effects on Society				

## Standards

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HPE.2.3.12.A.1	Determine the potential risks and benefits of the use of new or experimental medicines and herbal and medicinal supplements.
HPE.2.3.12.A.3	Relate personal abuse of prescription and over-the-counter medicines to wellness.
HPE.2.3.12.A.CS1	Medicines come in a variety of forms (prescription medicines, over-the-counter medicines, medicinal supplements), are used for numerous reasons, and should be taken as directed in order to be safe and effective.
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.2	Debate the various legal and financial consequences of the use, sale, and possession of illegal substances.
HPE.2.3.12.B.3	Correlate increased alcohol use with challenges that may occur at various life stages.
HPE.2.3.12.B.4	Correlate the use of alcohol and other drugs with incidences of date rape, sexual assault, STIs, and unintended pregnancy.
HPE.2.3.12.B.CS1	There are immediate and long-term consequences of risky behavior associated with substance abuse.

## Essential Questions

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How does addiction affect an individual, families, and society as a whole?

What are the factors that lead to addiction?

What is physical and psychological dependency?

## Content / Skills

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Chapter 20: Health Risks of Tobacco Use

-Nicotine, Stimulant, Carcinogen, Carbon Monoxide, Smokeless Tobacco,

## Chapter 21: Health Risks of Alcohol Use

- Short Term vs Long Term
- Binge Drinking/Alcohol Poisoning
- Impact of alcohol abuse
- Alcohol's effect on pregnancy
- Treatment

## Chapter 22: Illegal Drugs

- Substance Abuse
- How drugs affect your health
- Trends in illegal drug use
- Treatment options
- Effects on family
- Effects on society