

# 04\_Unit 4: Alcohol, Tobacco and Other Drugs

Content Area: **Physical Education/Health**  
Course(s):  
Time Period: **Full Year**  
Length: **On-going**  
Status: **Published**

## **General Overview, Course Description or Course Philosophy**

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Health 4

Health will provide students with the physical and health literacy that enables them to pursue a life of wellness. The knowledge and skills gained throughout the course will help them to pursue healthy habits and productive lives at home, school and throughout their community. During the fourth grade curriculum the students will focus on "Health Conditions, Diseases, and Medicine", "Emotional Health", "Personal Safety", and "Alcohol, Tobacco and Other Drugs".

## **OBJECTIVES, ESSENTIAL QUESTIONS, ENDURING UNDERSTANDINGS**

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### **Unit Summary:**

Alcohol, other drugs and tobacco can be found in a variety of forms. The use of alcohol and other drugs has both short-term and long-term effects. Alcohol and other drugs use refer to all types of legal and illicit drugs. Over the counter medicines and prescription medications, when taken correctly are drugs used to treat pain and illness. These drugs have both benefits and risks. There are many types of tobacco products such as cigarettes, e-cigarettes that can cause damage both physically and mentally. Tobacco, alcohol, and other illicit drug products can adversely affect the user, family members, and those in the community.

### **Essential Question(s):**

- What are the risks involved with current drugs, their use and abuse?

### **Enduring Understanding(s):**

- The use of alcohol, tobacco, and drugs may affect the user, family, and community members in negative ways and have unintended consequences.
- Drug misuse and abuse can affect one's relationship with friends, family, and community members in

unhealthy ways.

## **CONTENT AREA STANDARDS**

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HE.3-5.2.3.5.ATD.1	Identify products that contain alcohol, tobacco, and drugs and explain potential unhealthy effects (e.g., substance disorder, cancer).
HE.3-5.2.3.5.ATD.2	Describe health concerns associated with e-cigarettes, vaping products, inhalants, alcohol, opioids and other drugs, and non-prescribed cannabis products.
HE.3-5.2.3.5.ATD.3	Describe the behaviors of people who struggle with the use of alcohol and drugs and identify the type of assistance that is available.

## **RELATED STANDARDS (Technology, 21st Century Life & Careers, ELA Companion Standards are Required)**

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LA.RI.4.10	By the end of year, read and comprehend literary nonfiction at grade level text-complexity or above, with scaffolding as needed.
LA.RF.4.3	Know and apply grade-level phonics and word analysis skills in decoding and encoding words.
LA.RF.4.4	Read with sufficient accuracy and fluency to support comprehension.
LA.RF.4.4.A	Read grade-level text with purpose and understanding.
LA.RF.4.4.B	Read grade-level prose and poetry orally with accuracy, appropriate rate, and expression.
LA.SL.4.1	Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 4 topics and texts, building on others' ideas and expressing their own clearly.
WRK.K-12.P.1	Act as a responsible and contributing community members and employee.
WRK.K-12.P.4	Demonstrate creativity and innovation.
WRK.K-12.P.5	Utilize critical thinking to make sense of problems and persevere in solving them.
WRK.K-12.P.9	Work productively in teams while using cultural/global competence.
TECH.K-12.P.1	Act as a responsible and contributing community members and employee.
TECH.K-12.P.4	Demonstrate creativity and innovation.
TECH.K-12.P.5	Utilize critical thinking to make sense of problems and persevere in solving them.

## **STUDENT LEARNING TARGETS**

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### **Declarative Knowledge**

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**Students will understand that:**

- Tobacco is a harmful and addictive substance that comes in different forms such as cigarettes, cigars, pipes, electronic cigarettes and smokeless tobacco.
- All forms of tobacco use are harmful to your health.
- The use of tobacco negatively impacts one's health (i.e. respiratory , circulatory, nervous, digestive, and excretory systems).
- Tobacco contains nicotine which is an extremely powerful and addictive drug.
- Tobacco has many negative costs to the user along with society (e.g. causes cancer).
- Many sources can influence teens to try alcohol and tobacco (i.e. peer pressure, advertising).
- Alcohol is a drug that affects the mind and body.
- The negative effects of alcohol use pose even greater risks for minors (i.e. legal trouble).
- The use of alcohol has an immediate effect on many parts of the body and it may have long-term effects on a person's life.
- Alcohol use poses many dangers to minors (i.e. increased risk of an automobile accident, damage mental/emotional and social health, poor decision-making)
- The disease of alcoholism results from addiction and has physical, mental/emotional, and social consequences.
- Any drug can be harmful to your health if abused or misused.
- Misusing or abusing a drug can damage your body and lead to allergic reactions, illness, or even death.
- Drug use has physical consequences, weakens a person's ability to think and learn, and it can change someone's personality, cause mood swings or even lead to violence.

## **Procedural Knowledge**

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### **Students will be able to:**

- Identify forms of tobacco
- Explain the risks of tobacco use
- Explain tobacco addiction
- Describe how tobacco impacts society
- Identify alcohol products
- Explain the effects and dangers of alcohol use
- Define alcoholism and alcohol abuse
- Explain drug use and abuse
- Identify strategies to stay drug free
- Describe health concerns associated with e-cigarettes, vaping products, inhalants, alcohol, opioids and other drugs, and non-prescribed cannabis products.
- Describe the behaviors of people who struggle with the use of alcohol and drugs and identify the type of assistance that is available.

## **EVIDENCE OF LEARNING**

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### **Formative Assessments**

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**For this unit, formative assessments can/will include:**

- observation
- one-on-one
- questioning
- graphic organizers/worksheet
- anecdotal notes

### **Summative Assessments**

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**For this unit, summative assessments can/will include:**

- graphic organizers/worksheet
- homework
- tests/quizzes
- culminating alternative activity

## **RESOURCES (Instructional, Supplemental, Intervention Materials)**

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**Resources Include:**

<https://dare.org/>

<https://www.cdc.gov/>

<https://kidshealth.org/>

<https://health.gov/myhealthfinder/healthy-living/mental-health-and-relationships/talk-your-kids-about-tobacco-alcohol-and-drugs>

## **INTERDISCIPLINARY CONNECTIONS**

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**English/Language Arts** - implementation of conventions of Standard English, reading and comprehension

**Technology/Multi-Media** - Audio/visual media analysis

**Visual and Performing Arts** - debate

**Social Studies** - Civics, Community

**Science** - Environment and Life

## **ACCOMMODATIONS & MODIFICATIONS FOR SUBGROUPS**

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See link to Accommodations & Modifications document in course folder.