

BRSU Health Education Curriculum: 3-4 Alcohol, Tobacco, and Other Drugs

Enduring Understanding:

- Alcohol, tobacco and other drugs can become addictive and have life-long physical, social and emotional **consequences**.

Core Concepts:

- Identify a variety of tobacco products
- Identify the short and long term physical effects of using tobacco
- Explain that tobacco is an addiction that can be treated
- Describe potential risks associated with OTC and prescription medications
- Explain the difference between medicines and illicit drugs
- Identify alcohol as a potentially harmful drug

Students will know.....

Analyzing Influences

- how to identify family, social, and media influences on ATOD use

Accessing Information

- that warnings and dangers are listed on labels
- how to identify resources for valid health information related to ATOD

Students will be able to.....

Interpersonal Communication

- explain why friends ask friends to use ATOD
- identify family, school, and community rules about use of ATOD
- describe how to ask for help when personal safety is at risk because of another's use of ATOD

Advocacy

- explain to others why it is important to be ATOD free
- explain personal reasons for choosing to remain ATOD free
- demonstrate ways to support friends and family members who are trying to remain/become ATOD free

Healthy Choices/Self-Management

- explain the dangers of experimenting with ATOD (including OTC medications)
- identify ways to have fun, free of ATOD

Goal Setting and Decision Making

- describe the factors that influence a person's decision to use or not to use ATOD
- demonstrate decision making skills to avoid ATOD

Accessing Information

- identify a trusted adult who can read and follow directions on medication labels

Potential Activities/Resources:

- *The Great Body Shop*
- Life Skills training