

BRSU Health Education Curriculum: 5-6 Alcohol, Tobacco, and Other Drugs

Enduring Understandings:

- Alcohol, tobacco and other drugs can become addictive and have life-long physical, social and emotional consequences.
- Positive choices, actions and behaviors can help to protect us from at-risk situations and promote good health.

Core Concepts:

- Explain ATOD dependence and addiction
- Explain the effects of tobacco, including second hand smoke, etc. or other drug use on the body's organs and functions
- Explain the effects of ATOD on judgment, decision making, and risk taking
- Explain school policies and community laws about ATOD use by youth and adults
- Identify effects of ATOD use on social relationships

Students will know....

Interpersonal Communication

- the importance of open communication related to ATOD use (with family, school personnel, peer groups, etc.)
- techniques that are used to coerce or pressure someone to use ATOD

Healthy Choices/Self Management

- positive and negative ways of dealing with stress
- positive alternatives to using ATOD
- situations that could lead to ATOD use and abuse

Goal Setting and Decision Making

- how ATOD use can negatively impact personal goals including physical fitness and athletic performance

Analyzing Influences

- how to analyze images and strategies used in the media to promote or discourage the use of ATOD
- how to explain how peers can influence choices about using ATOD
- how to describe how internal assets influence choices related to ATOD use

Students will be able to....

Interpersonal Communication

- demonstrate how to ask for help when pressured to use ATOD
- demonstrate how to ask for help when worried about someone else's ATOD use
- demonstrate effective negotiation skills to avoid riding in a car with someone who has been using alcohol or other drugs
- demonstrate effective refusal skills when pressured to use ATOD

Advocacy

- discuss how peers and family members can support each other in being ATOD free

Goal Setting and Decision Making

- describe personal health plans and their impact on improving health
- identify personal ATOD decision making process

Analyzing Influences

- analyze warning labels on ATOD products
- identify role models who demonstrate non-use of ATOD

Accessing Information

- how to identify people who can provide support around ATOD issues

Accessing Information

- demonstrate the ability to access and evaluate sources of information on ATOD

POTENTIAL ACTIVITIES/RESOURCES

- *The Search Institute*
- *Project Alert*
- *Life Skills Training*
- *Project Towards No Tobacco*