

BRSU Health Education Curriculum: 7-8 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.
- Although it may be difficult, we need to know that advocating and finding help for self and others in at-risk ATOD situations may save a life.

Core Concepts:

- Explain that most adolescents do not use illicit drugs
- Analyze the relationship between ATOD and unintentional consequences (e.g., pregnancy, injury, disease, and death)
- Describe the health risks of using performance enhancing drugs (including caffeine)
- Describe the cycle of addiction with caffeine, tobacco and alcohol

Students will know....

Students will be able to....

<p>Interpersonal Communication</p> <ul style="list-style-type: none"> • how to identify when it is necessary to ask for help from a trusted adult • how to describe how to respectfully ask someone not to smoke <p>Healthy Choices/Self Management</p> <ul style="list-style-type: none"> • how to identify other ways to manage stress or weight other than use of ATOD • how to explain positive and negative ways of managing stress • how to describe how ATOD use can influence sexual risk-taking <p>Advocacy</p> <ul style="list-style-type: none"> • how to demonstrate the ability to access school and community resources to help if someone is affected by ATOD use <p>Goal Setting and Decision Making</p> <ul style="list-style-type: none"> • how to describe how ATOD use can negatively impact personal goals including physical fitness and athletic performance 	<p>Interpersonal Communication</p> <ul style="list-style-type: none"> • practice effective (verbal and nonverbal) refusal skills <p>Healthy Choices/Self Management</p> <ul style="list-style-type: none"> • identify role models that identify non-use of ATOD • describe situations that could lead to the use and abuse of ATOD <p>Goal Setting and Decision Making</p> <ul style="list-style-type: none"> • identify personal ATOD decision making process • identify a personal course of action to remain substance free <p>Analyzing Influences</p> <ul style="list-style-type: none"> • analyze the accuracy of images conveyed in the media about ATOD use • discuss peer influence, both positive and negative
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<p>Analyzing Influences</p> <ul style="list-style-type: none">• how to describe how mental and emotional health can affect health-related behaviors <p>Accessing Information</p> <ul style="list-style-type: none">• how to differentiate proper use verses misuse and/or abuse of OTCs and prescription medications• how to identify a variety of sources for information about ATOD	
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POTENTIAL ACTIVITIES/RESOURCES:

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