

**Brunswick School Department
Grade 8
Substance Abuse Prevention**

Essential Understandings	<ul style="list-style-type: none"> ▪ Remaining substance free has a positive effect on health.
Essential Questions	<ul style="list-style-type: none"> ▪ What are the benefits of remaining substance free? ▪ What is substance use and abuse? ▪ How does substance use affect health? ▪ How can personal assets help individuals resist substance use? ▪ What are some strategies individuals can use to resist substance use? ▪ How does the media influence decisions about substance use? ▪ What are some consequences of substance use and abuse? ▪ What resources are available to help individuals with concerns about substance use?

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**Essential
Knowledge**

- Alcohol and other substance use has short-term and long-term physical, mental, emotional, and social effects on health.
- Laws and policies regulate the sale and use of alcohol and tobacco.
- The abuse of alcohol and other substances has financial impact on the individual and family.
- Many community organizations have information about alcohol and tobacco that can help people who are affected by their use.
- Responsibility for maintaining personal health includes not using alcohol and other drugs.
- Personal assets such as self esteem, family, friends, group affiliations, skills, etc. can positively impact health decisions around alcohol and other drugs.
- Risky behaviors can negatively impact health decisions around drugs and alcohol.
- Alcohol manufacturers and tobacco companies use various techniques to direct advertisements toward young people to buy their products.
- Adolescents can encourage peers not to use alcohol and other mind altering substances and practices (i.e., energy drinks, cocaine, etc.).
- Young people can demonstrate strategies to resist pressure to use alcohol and other drugs.
- Decisions regarding substance use have consequences.
- Personal health goals are affected when substance use becomes a priority.
- Many resources such as guidance counselors, teachers, parents, substance abuse hotlines, Alateen, and other community resources are available to help individuals with substance abuse problems.
- Maintaining a tobacco free environment (e.g., second hand smoke) has health benefits.
- It is important to differentiate between proper use and abuse of over-the-counter medicines.
- Alcohol and other substances have varying components that may lead to dependence or addiction.

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Vocabulary	<ul style="list-style-type: none"> ▪ <u>Terms:</u> <ul style="list-style-type: none"> ○ substance, abuse, personal asset, risky behavior, drugs, refusal strategy, negotiation skills, physical, mental, emotional, social, media, tobacco, addictive, fetal alcohol syndrome (FAS), narcotics, drug dependant, addiction, depressants, stimulants, hallucinogens, methamphetamine, inhalants, marijuana, cannabis, prescription drug, over the counter drug (OTC), blood alcohol concentration (BAC), binge drinking, cirrhosis, physical dependency, psychological dependence, withdrawal, second hand smoke, alcohol, alcoholism
Essential Skills	<ul style="list-style-type: none"> ▪ Identify risk factors that could negatively affect health. ▪ Identify personal assets. ▪ Explain how personal assets impact health decisions. ▪ Identify some short-term and long-term effects of substance use. ▪ Describe how the use and abuse of substances impacts personal and family health. ▪ Identify some community organizations that have information about alcohol and tobacco use and abuse. ▪ Describe techniques alcohol manufacturers and tobacco companies use to encourage young people to purchase their products. ▪ Demonstrate refusal strategies that can be used to resist pressure to use alcohol and other drugs. ▪ Describe some possible consequences of substance use. ▪ Identify how to access resources that assist individuals with substance abuse problems. ▪ Explain the effects of second-hand smoke. ▪ Differentiate between proper use and abuse of over-the-counter medicines. ▪ Explain why people become addicted to alcohol and other substances.

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<p>Related Maine Learning Results</p>	<p><u>Health</u></p> <ul style="list-style-type: none">A. Health Concepts<ul style="list-style-type: none">3. Analyze the effects that risky behaviors have on personal health.5. Analyze how the environment relates to personal health.8. Demonstrate thorough understanding of key health concepts.B. Health Information, Services and Products<ul style="list-style-type: none">2. Identify resources from home, school, and community that provide valid health information services.C. Health Promotion and Risk Reduction<ul style="list-style-type: none">1. Explain the importance of assuming responsibility for personal health.2. Analyze a personal health assessment to determine health strengths and risks.D. Influences on Health<ul style="list-style-type: none">2. Analyze how messages from media influence both health behaviors and the selection of health information, products, and services.4. Describe how school, family, and peers influence the health of adolescents.E. Communication Skills<ul style="list-style-type: none">1. Demonstrate effective verbal and non-verbal communication skills to enhance health and to build and maintain healthy relationships.2. Demonstrate refusal and negotiation skills which can enhance health by enabling them to deal with negative peer pressure.4. Analyze various communication methods which can be used to give information, ideas, and opinions about health issues.F. Decision-Making and Goal Setting<ul style="list-style-type: none">1. Demonstrate individual and collaborative decision-making processes to resolve health problems.3. Explain how decisions regarding health behaviors have consequences for them and others.4. Describe how personal health goals are influenced by changing information, abilities, priorities, and responsibilities.
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<p style="text-align: center;">Sample Lessons And Activities</p>	<ul style="list-style-type: none"> ▪ Student discussions will include: <ul style="list-style-type: none"> ▪ Decision-making strategies ▪ Community values ▪ External factors that may influence decision making (i.e., media, family, peers, community members, role models, culture) ▪ The effects of alcohol, marijuana and other drugs ▪ Complete and analyze a personal risk assessment. ▪ Review and edit an ongoing list of personal assets and supports to ensure success. ▪ Role play refusal skills. ▪ Design a bulletin board with names and phone numbers of community resources for substance abuse.
<p style="text-align: center;">Sample Classroom Assessment Methods</p>	<ul style="list-style-type: none"> ▪ Complete a unit test. ▪ Develop a poster describing individual personal assets. ▪ Develop a brochure of community resources.
<p style="text-align: center;">Sample Resources</p>	<ul style="list-style-type: none"> ▪ Project ALERT – School Resource Officer ▪ <u>Publications:</u> <ul style="list-style-type: none"> ○ <u>Alcohol</u> – Paula McGuire ○ <u>Alcohol and Your Liver: The Incredible Disgusting Story</u> – Theresa Anne Booley ○ <u>Caffeine and Nicotine</u> – Richard Lee ○ <u>Coping with Drugs and Sports</u> – Elizabeth Ann Nelson ○ <u>Drug Related Diseases</u> – Barbara Hughes ○ <u>Drugs and Your Brain</u> – Beatrice Galish ○ <u>Everything You Need to Know About Alcohol</u> – Barbara Taylor ○ <u>Facts On Drugs and Sports</u> – Harry Shapiro ○ <u>Know About Drugs</u> – Margaret Hyde ○ <u>Nicotine and Cigarettes</u> – Gina DeAngelis ○ <u>Smoking</u> – Sally Morgan ○ <u>Tobacco</u> – Sean Connolly ○ <u>Working Together Against Drug Addiction</u> – Lawrence Clayton ▪ <u>Videos:</u> <ul style="list-style-type: none"> ○ <u>Truth or Dare: About Alcohol and Drugs</u> – Leeza Gibbons series ○ <u>Targeted! How Tobacco and Alcohol Companies Try To Get You Hooked</u> ○ <u>Safe Road Home</u> – Goodman, 2005
<p style="text-align: center;">Technology Link</p>	<ul style="list-style-type: none"> ▪ http://www.brunswick.k12.me.us/curriculum