

# Unit 1: Substance Abuse and Prevention

<b>Unit #:</b>	APSDO-00026700	<b>Duration:</b>	2.0 Lesson(s)	<b>Date(s)</b>	
----------------	----------------	------------------	---------------	----------------	--

**Team:**  
 Jodi Kryzanski (Author), Kathleen Fisher, James Pappa, Katie Schmutz, Timothy Feshler, Lisa Abate, Jeffrey Redman, Holly Rzonca, Cheryl Edwards, Donald Bartomioli, Molly DeSantis, Mellanee Harmon

**Grade(s)**  
 K, 1

**Subject(s)**  
 Wellness

## Unit Focus

In this unit, students will begin to learn about drugs, their inherent dangers, and strategies to avoid use through literacy based discussions and activities.

## Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
<p><b>Connecticut Goals and Standards</b>  <i>Health Education: K</i></p> <ul style="list-style-type: none"> <li>Demonstrate avoidance and refusal skills to enhance health <i>E.5.7</i></li> <li>Demonstrate the ability to apply a decision-making process to enhance health <i>E.6.1</i></li> <li>Explore how families can influence personal health <i>E.1.4</i></li> <li>Identify responsible health behaviors <i>E.3.1</i></li> </ul>	<p><b>T1</b> (T1) Develop skills, knowledge and concepts needed to make appropriate decisions to create a healthy and balanced lifestyle.</p> <p><b>T2</b> (T3) Advocate based on personal needs (academic, behavioral, emotional and physical) to determine an appropriate solution for self and others.</p>	
	Meaning	
	Understanding(s)	Essential Question(s)
	<p><b>U1</b> (U151) The way you treat your body (e.g., exercise, sleep, injury and disease prevention, nutrition) affects the body`s ability to appropriately respond.</p> <p><b>U2</b> (U160) Drug use has detrimental effects on the human body when used.</p> <p><b>U3</b> (U150) The routines you follow have predictable impact on your overall health.</p>	<p><b>Q1</b> (Q150) What choices do I make when I am in charge of myself?</p> <p><b>Q2</b> (Q151) How do I keep myself safe?</p> <p><b>Q3</b> (Q152) How does what I put in my body affect the way it works?</p> <p><b>Q4</b> (Q502) What makes a source trustworthy?</p>

	<p><b>U4</b> (U500) What sources you look at/turn to for information has an impact on your decision-making.</p>	
<b>Acquisition of Knowledge and Skill</b>		
<b>Knowledge</b>		<b>Skill(s)</b>
<p><b>K1</b> Understand resistance skills (e.g., identifying trusted adults)</p> <p><b>K2</b> Tools for good decision making</p> <p><b>K3</b> Identify poisons (e.g., medicines, household products, look-a-like candy/drug)</p> <p><b>K4</b> Understand the harmful effects of secondhand smoke</p>	<p><b>S1</b> Identify a trusted adult</p> <p><b>S2</b> Identify poison symbols</p> <p><b>S3</b> Determine the similarities between candy and drugs</p> <p><b>S4</b> Identify ways in which the human body responds to secondhand smoke</p>	