

# Unit 1: Substance Abuse and Prevention

<b>Unit #:</b>	APSDO-00026688	<b>Duration:</b>	4.0 Lesson(s)	<b>Date(s)</b>	
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**Grade(s)**  
 5, 6, 7, 8

**Subject(s)**  
 Wellness

## Unit Focus

In this unit, students will continue to learn the dangers of drugs and the resistance skills to avoid use. Students will discuss and evaluate their understanding of the danger of drugs and how to avoid dangerous situations.

## Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
<p><b>Connecticut Goals and Standards</b>  <i>Health Education: 8</i></p> <ul style="list-style-type: none"> <li>Analyze how behaviors can affect health maintenance and disease prevention <i>H.1.1</i></li> <li>Analyze how family and cultural diversity enriches and affects personal health behaviors <i>H.4.1</i></li> <li>Analyze how research and medical advances can influence the prevention and control of health problems <i>H.1.8</i></li> <li>Analyze medically accurate information about comprehensive sexuality education from family, school personnel, health professionals and other responsible adults <i>H.2.4</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> (T2) Communicate effectively based on purpose, task and audience using appropriate vocabulary and body language.</p> <p><b>T3</b> (T3) Advocate based on personal needs (academic, behavioral, emotional and physical) to determine an appropriate solution for self and others.</p> <p><b>T4</b> (T5) Access, evaluate and use information from various sources to deepen understanding of a given topic.</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>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</p>

<ul style="list-style-type: none"> <li>Analyze the possible causes of conflict in families, among peers, and in schools and communities <i>H.5.8</i></li> <li>Assess the importance of assuming responsibility for personal health behaviors <i>H.3.1</i></li> <li>Demonstrate the ability to access and evaluate resources from home, school and community that provide valid health information and services for themselves and others <i>H.2.2</i></li> <li>Demonstrate the ability to identify positive and negative emotions and analyze the impact on behavior <i>H.5.3</i></li> <li>Demonstrate the ability to make health-enhancing decisions using the collaborative decision-making process <i>H.6.2</i></li> <li>Distinguish between safe, risky or harmful behaviors affecting themselves and others in the community <i>H.3.3</i></li> <li>Evaluate and apply appropriate stress management strategies <i>H.3.6</i></li> <li>Predict the immediate and long-term impact of health decisions on the individual, family and community <i>H.6.3</i></li> <li>Use and evaluate appropriate strategies to promote well-being, delay onset and reduce risks of potential health problems during adulthood <i>H.1.6</i></li> </ul>	<p><b>U2</b> (U160) Drug use has detrimental effects on the human body when used.</p> <p><b>U3</b> (U161) Substances carry a different set of risks and consequences because of their potency and their unpredictable chemical makeup.</p> <p><b>U4</b> (U162) Even when you know that you are addicted, you may need to admit you need help.</p> <p><b>U5</b> (U163) Many people turn to unhealthy substances and practices as a response to stress because of their desire to make themselves feel better.</p> <p><b>U6</b> (U202) Describing your feelings/needs/wants may be awkward and uncomfortable but necessary to help your well-being.</p> <p><b>U7</b> (U500) What sources you look at/turn to for information has an impact on your decision-making.</p>	<p>affect the way it works?</p> <p><b>Q4</b> (Q153) How do changes in my body affect outward behaviors?</p> <p><b>Q5</b> (Q203) How do I find the words to speak up for myself? How do I find the words to speak up for others?</p> <p><b>Q6</b> (Q302) Where do I go/who do I turn to when I need help?</p> <p><b>Q7</b> (Q502) What makes a source trustworthy?</p> <p><b>Q8</b> (Q503) How does what I see in the media affect who I am/how I see myself/influence my decisions?</p>
<b>Acquisition of Knowledge and Skill</b>		
<b>Knowledge</b>	<b>Skill(s)</b>	
	<p><b>S1</b></p> <p>Apply the step to say "no"</p> <p><b>S2</b></p> <p>Identify strategies to reduce risks to self and others</p> <p><b>S3</b></p> <p>Identify trusted adults in school, at home, and in the community</p>	