

Module Description:

This health module covers information regarding the area of *Alcohol, Tobacco, & Other Drugs*. Contained in this module are four(4) lessons, all relating to Alcohol, Tobacco, & Drugs ranging from advertisements influencing youth to the contents in a single cigarette.

Two of the ATOD lessons were created for the in-school teaching experiences, which were taught at Eau Claire North High School and Hope Lutheran High School in Winona, MN. The overseeing teacher at EC – North was Mrs. Deborah Tackmann and at Hope was Mrs. Angie Meyer. While in attendance at both schools, I taught in a ninth grade classroom.

This module was created to be taught for a total of four (4) days, with the unit assessment to be completed by Wednesday, October 22. This module should be completed during the middle of the school year because it is an important topic for students to begin thinking about, as decision-making time becomes more prevalent. Also, much of the material can be used throughout the remainder of year to improve the personal health of the students.

National Health Education Standards:

This module covers these specific *National Health Education Standards*:

Standard #1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard #2: Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

Standard #3: Students will demonstrate the ability to access valid health information and products and services to enhance health.

Standard #4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard #5: Students will demonstrate the ability to use decision-making skills to enhance health.

Standard #6: Students will demonstrate the ability to use goal-setting skills that enhance health.

Standard # 7: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Standard #8: Students will demonstrate the ability to advocate for personal, family and community health.

Minnesota K-12 Academic Health Standards:

In grades K-8 phys. ed. instruction must be given to all students each year; in grades K-8 health instruction must be given each year or by district determined grade bands. Grade 9-12 instruction must be provided to all students at least once in both areas. Districts determine periodic standards revision cycle.

Module Objective:

- Students will be introduced to a variety of different psychoactive drugs and their classifications.
- Students will understand the influences from media and learn how to make informed decisions and look for the hidden hooks.
- Students will understand the effects of tobacco on the body and the prolonged use effects on themselves as well as others.

Module Vocabulary Words:

Lesson 1: Introduction to ATOD

Psychoactive Drugs: Chemicals that affect the central nervous system and alter activity in the brain.

Stimulants: Drugs that speed up the central nervous system.

Depressant: Drugs that slow down the central nervous system.

Hallucinogens: Drugs that alter moods, thoughts, and sense perceptions including vision, hearing, sense and touch.

Narcotics: Drugs that are obtainable only by a prescription and are used to relieve pain.

Inhalants: Substances whose fumes are sniffed and inhaled to achieve a mind-altering state.

Lesson 2: Alcohol's Fatal Vision

Alcohol: A colorless volatile flammable liquid that is the intoxicating constituent of wine, beer, spirits and other drinks.

BAC Level: Blood Alcohol Content is a concentration of alcohol in a person's bloodstream.

Binge Drinking: When a person consumes more than one alcohol beverage in a single hour.

Depressant: Reducing the functional or nervous activity.

Drug: A substance that has a physiological effect when ingested or otherwise introduced into the body, in a particular: medicine or substance taken for its narcotics or stimulant effects, often illegally.

Drug Tolerance: Occurs when someone's reaction to a psychoactive drug decreases so that larger doses rarely affect him or her.

Drug addiction: The continued compulsive use of drugs in spite of adverse health or social consequences.

Lesson 3: Tobacco

Formaldehyde: A colorless, pungent gas in solution made by oxidizing methanol

Propylene Glycol: A liquid alcohol that is used as a solvent; in antifreeze, and in the food, plastics, and perfume industries.

Toulene: Glue used to embalm a dead person's body.

Cadmium: A chemical found in artist's oil paints.

Hydrogen Cyanide: Poisonous gas used in the death chamber.

Tar: A dark, thick, flammable liquid distilled from wood or coal.

Leukoplakia: A mucous membrane disease characterized by white patches on the tongue caused from smoking.

Emphysema: A condition in the lungs in which the air sacs are damaged, causing breathlessness.

Lesson 4: Refusal Skills

Refusal: The act or instant of refusing.

Club Drugs: Drugs popular with youth who are part of a club scene and want to take the drugs to gain increased stamina for late night dancing and partying.

Dependency: The state of relying on something or being controlled by something.

Module Materials, Equipment & Supply List:

Lesson #1: Introduction to ATOD

Psychoactive Drug Transparencies (5)
Fishing Lure Transparency
Unit Introduction Transparency
Fishing Lure Activity Worksheet
Psychoactive Drugs Worksheet
Poster board of Various Fishing Lures
Whiteboard/ Markers
Advertisement PPT
Anti-ATOD PPT

Special Preparation: Print copies of worksheets. Print transparencies.

Lesson #2: Alcohol's Fatal Vision

"Pack the Punch" –Transparency
"Time Factor" – Transparency
"What Do You Know About Alcohol?" – Transparency
"Alcohol Myths" – Transparency
"What Do You Know About Alcohol?" – Transparency
BAC Male/Female Numbers Handouts
BAC Effects Handout
BAC Scenarios #1 - #4
Alcohol Containers –Wine, Beer, Shooter
Fatal Vision Goggles
4 Cones
Masking Tape
Nerf Football
Golf Hole Mat– Putter – Golf Ball
Children's Shapes Toy

Special Preparation: Print off copies of "Benefits of Exercise" for the students. Find and collect Physical Fitness Advertisements from magazines.

Lesson #3: Tobacco

Cigarette Make-Up Transparency
Tobaccos Death Wish Transparency
Glass Jar
One cup Dark Brown Karo Syrup
Packaging Tape
Picture of tar-filled lungs
Preserved frog in a jar of formaldehyde

Bottle of antifreeze
Box of rat poison
Picture of a bomb
Picture of a dead person
Oil paints
Jar of rubber cement
Picture of a prison or death chamber
Straws

Special Preparation: Print transparencies. Gather ingredients and pictures for presentation.

Lesson #4: Refusal Skills

"Underage Drinking" Transparency
"Underage Drinking" Handout
"Resisting Harmful Drug Use" Handout
Altoids
Marshmallows
White Board
Dry Erase Markers

Special Preparation: Print handouts for students. Print transparencies. Purchase Altoids and marshmallows.