

Brunswick School Department
Health Education
Curriculum Alignment

Substance Use and Abuse Prevention	Grade 7	Grade 8	Grade 10
A. Health Concepts Students will understand health promotion and disease prevention concepts.			
	<u>Human Growth</u> Essential Knowledge: <ul style="list-style-type: none"> Maintaining a tobacco free environment (e.g., second hand smoke) has health benefits. Essential Skills: <ul style="list-style-type: none"> Identify the benefits of a tobacco free environment for an unborn child. 	<u>Substance Abuse Prevention</u> Essential Knowledge: <ul style="list-style-type: none"> Alcohol and other substance use has short-term and long-term physical, emotional, and social effects on health. Laws and policies regulate the sale and use of alcohol and tobacco. 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. Essential Skills: <ul style="list-style-type: none"> Describe how the use and abuse of substances impacts personal and family health. 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. 	<u>Tobacco, Drug, and Alcohol Prevention</u> Essential Knowledge: <ul style="list-style-type: none"> Drug use is the correct use of legal drugs. Drug misuse is the incorrect use of prescription drugs or over the counter (OTC) drugs. Drug abuse is the intentional use of a drug without medical or health reasons. Stimulants, sedative hypnotics, narcotics, hallucinogens, cannabis, inhalants, and anabolic-androgenic steroids, are all drug groups with unique effects on users. Drugs can enter the body orally, by injection, inhalation, absorption, and implantation. Drug use is associated with a higher risk of violence, accidents, unwanted pregnancy, HIV infection, overdose, drug dependence, and death. Essential Skills: <ul style="list-style-type: none"> Define drug use, misuse, and abuse. Examine the effects of alcohol use. Analyze influences on alcohol use

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			<p>and alcohol's effects on an individual and society.</p> <ul style="list-style-type: none">▪ Examine the effect of psychoactive drugs.▪ Describe how the use of psychoactive drugs influences people physically and psychologically.▪ Differentiate between the different drug groups, their effects on body systems, and the dangers associated with their use.▪ Evaluate the effects of alcohol and other drug use.▪ Identify health risks of tobacco use.▪ Analyze effects of tobacco use.▪ Identify health problems caused by passive smoking.
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B. Health Information, Services and Products Students will know how to acquire valid information about health issues, services, and products.			
		<u>Substance Abuse Prevention</u> Essential Knowledge: <ul style="list-style-type: none"> ▪ Many community organizations have information about alcohol and tobacco that can help people who are affected by their use. Essential Skills: <ul style="list-style-type: none"> ▪ Identify some community organizations that have information about alcohol and tobacco use and abuse. 	

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C. Health Promotion and Risk Reduction Students will understand how to reduce their health risks through the practice of healthy behaviors.			
		<u>Substance Abuse Prevention</u> Essential Knowledge: <ul style="list-style-type: none"> ▪ 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. 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. ▪ Describe how the use and abuse of substances impacts personal and family health. 	

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D. Influences on Health Students will understand how media techniques, cultural perspectives, technology, peers, and family influence behaviors that affect health.			
		<u>Substance Use and Abuse Prevention</u> Essential Knowledge: <ul style="list-style-type: none"> 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.). Essential Skills: <ul style="list-style-type: none"> Describe techniques alcohol manufacturers and tobacco companies use to encourage young people to purchase their products. Demonstrate refusal skills that can be used to resist pressure to use alcohol and other drugs. 	<u>Tobacco, Drug, and Alcohol Prevention</u> Essential Knowledge: <ul style="list-style-type: none"> Heredity, environmental, and behavioral factors influence drug use. Some factors that influence an individual's choice to not use drugs include: self respect, social skills, goals, and plans, healthful family relationships, stress and anger management skills, respect for authority and resilience. Essential Skills: <ul style="list-style-type: none"> Describe influences on drug use. Use decision-making steps to make healthful decisions about alcohol and other drug use. Analyze how internal and external influences affect choices about tobacco use. Analyze effects of tobacco advertising. Examine reasons people use tobacco products. Describe effective strategies for quitting tobacco use. List reasons for choosing not to use tobacco, drugs, or alcohol.

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E. Communication Skills Students will understand that skillful communication can contribute to better health for themselves, their families and the community.			
		<u>Personal and Family Health and Wellness</u> Essential Knowledge: <ul style="list-style-type: none"> ▪ Healthy relationships require communication skills such as negotiation, assertiveness, and active listening. ▪ Understanding another person's viewpoint is important to healthy communication within a family and other relationships. ▪ Effective communication skills can aid in dealing with peer pressure and reduce stress. Essential Skills: <ul style="list-style-type: none"> ▪ Explain how effective communication skills enhance health and reduce health risks. ▪ Demonstrate how effective communication skills can enhance health and reduce health risks. <u>Substance Use and Abuse Prevention</u> Essential Knowledge: <ul style="list-style-type: none"> ▪ Adolescents can encourage peers not to use alcohol and other mind-altering substances and practices (i.e., energy drinks, cocaine). ▪ Young people can demonstrate 	<u>Tobacco, Drug, and Alcohol Prevention</u> Essential Knowledge: <ul style="list-style-type: none"> ▪ Resistance skills help a person to say no to an action or to leave a situation. Essential Skills: <ul style="list-style-type: none"> ▪ Advocate for a tobacco-free community. ▪ Demonstrate effective refusal and communication skills.

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		<p>strategies to resist pressure and other drugs.</p> <p>Essential Skills:</p> <ul style="list-style-type: none">▪ Demonstrate refusal strategies that can be used to resist pressure to use alcohol and other drugs.	
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F. Decision-Making and Goal Setting Students will learn how to set personal goals and make decisions that lead to better health.			
		<u>Substance Abuse Prevention</u> Essential Knowledge: <ul style="list-style-type: none"> Alcohol and other substance use has short-term and long-term physical, mental, emotional, and social effects on health. The abuse of alcohol and other substances has financial impact on the individual and family. Decisions regarding substance use have consequences. Personal health goals are affected when substance abuse 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. Essential Skills: <ul style="list-style-type: none"> Identify some short-term and long-term effects of substance use. Identify how to access resources that assist individuals with substance abuse problems 	<u>Tobacco, Drug, and Alcohol Prevention</u> Essential Knowledge: <ul style="list-style-type: none"> Following the six steps to make responsible decision leads to actions that promote health, protect safety, follow laws, show respect for self and others, follow parent guidelines, and demonstrate good character. Some factors that influence an individual's choice to not use drugs include: self respect, social skills, goals and plans, healthful family relationships, stress and anger management skills, respect for authority, and resilience. Essential Skills: <ul style="list-style-type: none"> Demonstrate the use of decision-making steps to make healthful decisions about alcohol and other drug use. Describe effective strategies for quitting tobacco use.