

# Weller Health Education Center

## Drugs: Choice or Chance

### Healthy Choices series

45 minute, outreach program

Grades 3 - 5

### Course Description

*The definition of drugs is emphasized as students discover potentially helpful and harmful aspects of chemical substances including tobacco, medications, alcohol, caffeine, energy drinks, steroids, and household cleaners.*

### Objectives

1. Define the word “drug.”
2. Identify three common substances that can be considered drugs.
3. List three harmful effects from using drugs.

### Standards

*Health, Safety and PE Standards:*

- 10.1.6.D Explain factors that influence childhood and adolescent drug use.
- Peer influence
  - Social acceptance
  - Stress
  - Decision-making/refusal skills
  - Consequences
- 10.1.6.E Identify health problems that can occur throughout life and describe ways to prevent them.
- Prevention (do not smoke, etc.)
- 10.2.6.E Analyze environmental factors that impact health.
- Indoor air quality
  - Chemicals, metals, gases

### Cross Curricular Opportunities

*Reading, Writing, Speaking and Listening:*

- 1.6.3-5.A Listen critically and respond to others in small and large group situations.
- Respond with grade level appropriate questions, ideas, information, or opinions.

### RELA Lesson Ideas

- 1.4.3.B Write informational pieces using illustrations when relevant (e.g. descriptions, letters, reports, instructions).
- 1.4.4,5.B Write multi-paragraph informational pieces (e.g. descriptions, letters, reports, instructions).
- Use relevant graphics (maps, charts, graphs, tables, illustrations, photographs).

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1.5.3.A Write with focus, with an understanding of topic, task, and audience.

1.5.4,5.A Write with a clear focus, identifying topic, task, and audience.

Grade 3: Explain how a person who chooses to use drugs is taking a chance.

Grade 4: Select one of the categories of drugs (stimulant or depressant); explain how they can harm the body.

Grade 5: Why do people get addicted to drugs? Explain how the use of drugs often leads to addiction.

The **Healthy Choices** series also includes these outreach programs:

Smokin' Joe's Gotta Go, grades Pre-K – 2

Myth Busting, grades 6 – 8

In the NO, grades 9 -12