

Weller Health Education Center

In the NO

Healthy Choices series

45 minute, outreach program

Grades 9 – 12

Course Description

The grim consequences of binge drinking and drug abuse are explored. Participants learn how abusing alcohol and drugs including prescription medications can change the body's function, alter personality and lead to devastating consequences.

Objectives

1. Understand the cycle of addiction.
2. Identify three consequences of drug and alcohol abuse.
3. Explain what happens to blood alcohol concentration levels when binge drinking.

PA Standards

Health, Safety and PE Standards:

- 10.1.12.D Evaluate issues relating to the use/non-use of drugs.
- Psychology of addiction
 - Social impact
 - Impact on the individual
 - Impact on the community
- 10.2.12.D Examine the decision-making process to the development of short- and long-term health goals.
- 10.3.12.A Assess the personal and legal consequences of unsafe practices in the home, school or community.
- Loss of personal freedom
 - Personal Injury
 - Loss of income
 - Impact on others
 - Loss of motor vehicle license

Cross Curricular Opportunities

Reading, Writing, Speaking and Listening:

- 1.6.9-12.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

- 1.5.9-12.A Write with a clear focus, identifying topic, task, and audience.

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1.4.9.C Write persuasive pieces

- Include clearly stated position or opinion.
- Organize topic ideas and appeals in a sustained and effective fashion.
- Clarify questions with precise and relevant evidence, including facts, expert opinions, quotations, expressions of commonly accepted beliefs, and logical reasoning.

1.4.10.C Write persuasive pieces

- Organize ideas and appeals in a sustained and effective fashion.
- Use specific rhetorical devices to support assertions, such as appealing to logic through reasoning; appealing to emotion or ethical beliefs; or relating a personal anecdote, case study or analogy.
- Clarify and defend positions with precise and relevant evidence.

1.4.11.C Write persuasive pieces

- Organize ideas and appeals in a sustained and effective fashion.
- Use specific rhetorical devices and persuasive strategies to support assertions.
- Clarify and defend positions with precise and relevant evidence, including facts, expert opinions, quotations, expressions of commonly accepted beliefs, and logical reasoning.

1.4.12. C. Write persuasive pieces

- Use rhetorical strategies (e.g., exposition, narration, description, argumentation, or some combination thereof) to support the main argument or position.

Grades 9-10: After hearing the presentation, consider what made the biggest impact on you. Write a persuasive letter to a friend explaining the dangers of drug use/abuse. Include information from today's presentation as well as other resources.

Grades 11-12: You have been asked to write a script for a commercial that will be aired on the local news. The topic is drug prevention for teens. What information would you include so that teens would be "In the No" and would be able to make healthy choices in their lives?

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

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

Drugs: Choice or Chance, grades 3 – 5

Myth Busting, grades 6 – 8