

Weller Health Education Center

Myth Busting

Healthy Choices series

45 minute, outreach program

Grades 6 - 8

Course Description

Through a hard-facts presentation, common misconceptions about drugs and smoking are dispelled while exploring the Media's portrayal of drug use. The effects of using alcohol, tobacco, marijuana, and medications on the body will be discussed.

Objectives

1. List two harmful effects drugs can have on the body.
2. Explain a healthy versus an unhealthy drug.
3. Recognize how advertising encourages the use of drugs.

PA Standards

Health, Safety and PE Standards:

- 10.1.6.D Explain factors that influence childhood and adolescent drug use.
- Peer influence
 - Social Acceptance
 - Stress
 - Media Influence
 - Decision-making/refusal skills
 - Consequences
- 10.1.9.D Analyze prevention and intervention strategies in relation to adolescent and adult drug use.
- Decision-making/refusal skills
 - Situation avoidance
 - Parent involvement
- 10.1.6.E Identify health problems that can occur throughout life and describe ways to prevent them.
- Prevention (do not smoke, etc.)
- 10.1.9.E Analyze how personal choice, disease, and genetics can impact healthy maintenance and disease prevention.
- 10.2.9.B Analyze the relationship between health-related information and adolescent consumer choices.
- Tobacco products
- 10.2.6.C Explain the media's effect on health and safety issues.
- 10.2.9.C Analyze media health and safety messages and describe their impact on personal health and safety.

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Cross Curricular Opportunities

Reading, Writing, Speaking and Listening:

- 1.6.6-8.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

1.4.6.B Write multi-paragraph informational pieces (e.g., letters, descriptions, reports, instructions, essays, articles, interviews).

- Use relevant graphics
- Use sources as appropriate to task

1.4.7,8.B Write multi-paragraph informational pieces (e.g., letters, descriptions, reports, instructions, essays, articles, interviews).

- Use relevant graphics
- Select and use primary and secondary sources as appropriate to task

1.5.6-8 Write with a clear focus, identifying topic, task, and audience establishing a single point of view.

6th Grade: How does the media influence the decisions we make? Write directions to your friends to avoid the tricks that the media use when trying to sell their products.

7th- 8th Grade: There are many mixed messages about drugs and alcohol use. Write a newsletter article for the school newspaper warning your friends about the impact of drugs and alcohol on the body.

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

Smokin' Joe's Gotta Go, grades Pre-K – 1

Drugs: Choice or Chance, grades 3 – 5

In the NO, grades 9 – 12