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Unit 3

Health

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3.1.1 Study: Alcohol, Tobacco, and Other Drugs

Study Sheet

Health

Name: _____

Date: _____

words

Record key terms and their definitions in the table.

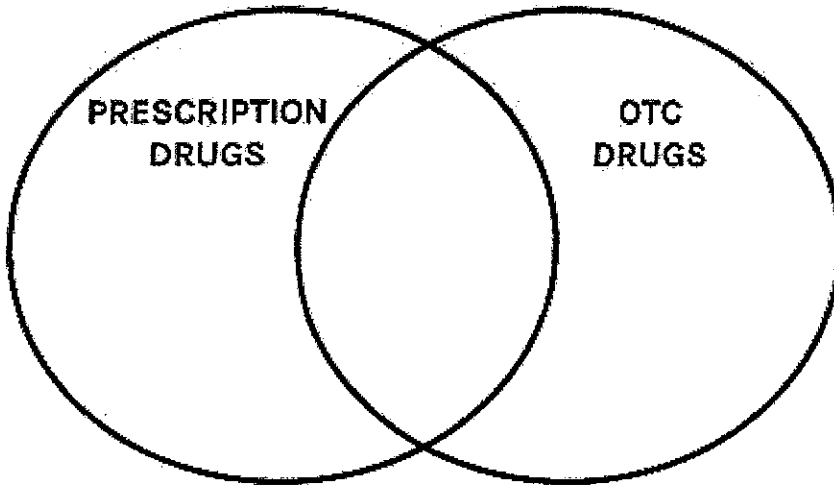
Word	Definition
drug	
prescription drug	
over-the-counter (OTC) drug	
drug use	
drug misuse	
drug abuse	
alcohol	
tobacco	
illegal drug	
addiction	

review

Use this study sheet to keep track of the important concepts covered in this study. If you need help answering any of the questions, check with your instructor. Save these study sheets for review when preparing for quizzes and tests.

Medicines Are Drugs

Use a Venn diagram to compare and contrast prescription and OTC drugs.



Use this table to describe drug use, misuse, and abuse.

Drug use	Drug misuse	Drug abuse

Use this table to briefly describe the benefits and risks of these four classes of drugs.

Example	Benefits	Risks
Analgesics		
Antibiotics		
Chemotherapy		

Steroids		
----------	--	--

Alcohol Is a Drug

Use the table to list two to three effects of alcohol on each body system.

Human body system	Effect of alcohol
Nervous system	
Urinary system	
Digestive system	
Female reproductive system	
Male reproductive system	
Cardiovascular system	
Behavior	

Tobacco Is a Drug

Use the table to list two to three effects of tobacco on each body system.

Human body system	Effect of tobacco
Nervous system	
Urinary system	

Digestive system	
Female reproductive system	
Male reproductive system	
Cardiovascular system	
Behavior	

Illegal Drugs

Use the table to list the effect on the brain and two to three effects on the body for each drug.

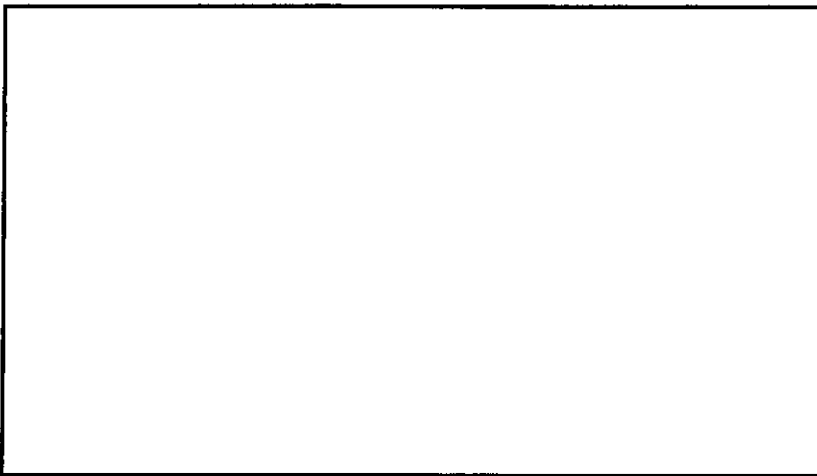
Drug class	Effect on the brain	Other effects
Marijuana		
Stimulants		
Depressants		
Narcotics		
Steroids		

Inhalants		
Hallucinogens		

Write a paragraph explaining why it is best to avoid alcohol, tobacco, and illegal drugs.

Addiction

Use this space to draw the addiction cycle. Show how to break the cycle.





3.1.3 Study: Influences on Drug Usage

Study Sheet

Health

Name: _____

Date: _____

words

Record key terms and their definitions in the table.

Word	Definition
attitude	
economics	
heredity	
influences	

review

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A Culture of Drug Use and Abuse

Use this table to describe the influences on drug usage for each category.

Medicines	Alcohol	Tobacco	Illegal drugs

--	--	--	--

Use this table to list the positive and negative influences on drug usage that can come from each of these sources.

Influence	Positive	Negative
Myself		
Economics		
Heredity		
Family		

Peers		
Society		
Media		



3.1.5 Practice: Drug Use and Abuse

Practice Assignment

Health

Name: _____

Points possible: 40

Date: _____

Question 1

Use the table to compare over-the-counter (OTC) medications, prescription medications, and illegal drugs in terms of their use and abuse. Be sure your points are made clearly and include examples. (12 points)

	OTC medications	Prescription medications	Illegal drugs
Uses			
Abuses			

Question 2

Use the table to list some benefits of avoiding drug abuse and barriers to avoiding drug abuse. Include at least two examples in each section, and be sure to include enough detail to thoroughly explain them. (6 points)

Benefits of avoiding drugs	Barriers to avoiding drugs



Question 3

Analyze how each of the following influences supports or challenges your beliefs, practices, and behaviors with respect to drug abuse. Be sure to include whether each influence is positive or negative. (10 points)

- a. Laws
- b. Peers
- c. Family
- d. Societal/Cultural norms
- e. Positive role models

Question 4

Media messages include any type of advertisement, including magazines, newspapers, television, billboards, posters, pamphlets, and web pages. Find three different examples of media messages, one for each of the following types of drug: medicine, alcoholic beverage, and tobacco.

For each piece of media you find:

- a. Describe the media message, including its type, where you found it, and what it is showing and saying.
- b. Identify any healthy or unhealthy stereotypes the message is promoting. Explain your reasoning.
- c. Evaluate the effect you think the message would have on the average consumer. (12 points)



3.2.1 Study: Communicating About Drugs

Study Sheet

Health

Name: _____

Date: _____

words

If you come across a word you don't know, write it in a blank space below. Try to figure out what the word means by looking at its context. Then use your dictionary or the Internet to look up the correct definition for the word.

Word	Definition
intoxicated	
communication	
refusal skills	
impaired driving	
binge drinking	

review

Use this study sheet to keep track of the important concepts covered in this study. If you need help answering any of the questions, check with your instructor. Save these study sheets for review when preparing for quizzes and tests.

Avoiding Risky Behavior

Summarize the importance of avoiding risky behaviors in one to two sentences.

Describe four strategies for avoiding risky situations with intoxicated people.

Effective Communication Skills

Use this table to briefly describe these important communication skills.

Communication skill	Description	Examples
Nonverbal communication		
Active listening		
Feedback		

"I" messages		
--------------	--	--

Refusal Skills

Use this table to provide examples of refusal skills.

Refusal skill	Example
Say no	
Explain why not	
Suggest positive alternatives	
Leave promptly	

Notes on Impaired Driving and Binge Drinking

Use this table to take notes on impaired driving and binge drinking.

Impaired driving	
Binge drinking	



3.2.3 Study: Resources for Protection Against Drug Abuse

Study Sheet

Health

Name: _____

Date: _____

words

If you come across a word you don't know, write it in a blank space below. Try to figure out what the word means by looking at its context. Then use your dictionary or the Internet to look up the correct definition for the word.

Word	Definition
support group	
withdrawal	

review

Use this study sheet to keep track of the important concepts covered in this study. If you need help answering any of the questions, check with your instructor. Save these study sheets for review when preparing for quizzes and tests.

Mixed Messages

Summarize the battle between pop culture and science as it relates to substance abuse.

Identifying the Problem

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List some common warning signs of substance abuse.

Helping Someone Struggling with Abuse

What is the first step you should take in helping someone with an abuse problem?

List resources that are available to help someone with an abuse problem

Health care professionals	Local resources	National resources

Talking to Someone Struggling with Abuse

What are four tips for talking to someone with an abuse problem?



3.2.5 Checkup: Living Drug Free

Checkup

Health

Name: _____

Date: _____

Question 1

Suppose that you need information about alcohol, drugs, or tobacco. Where would you go to find that information?

- a. Write down a question that you have about substance abuse and would like to research. This question could be about the dangers of using a substance, statistics about substance abuse in your community, or resources available for people struggling with a substance.
- b. Do some research locally or online to look for valid resources that could help you answer your question. Select three resources to use further, and describe them. For online resources, be sure to use .gov sites such as the National Institute on Drug Abuse to ensure scientifically accurate information. At least one of these resources should be local to your home, school, or community, such as a school counselor, support group, or recovery center.
- c. Explore each resource in depth in order to answer your question. This may involve reading through the material online, looking at the company's website, calling to ask questions, and so on. Write a paragraph for each resource, describing the information you found that helps you answer your question.

a.

b.

c.

Question 2

Based on the resources you've found, investigate when professional health services would be required to help someone who has a potential drug abuse problem. Include a summary of what these resources say about how to determine whether someone needs help.

Question 3

You now have seen how to find resources for a substance abuse problem. You can use that experience to find other information. Answer each question about the following situations. Describe what you would do or say and the resources you could use to help you.

- a. Your cousin comes back from visiting family and tells you that she drank with other family members. She says she engaged in binge drinking and got really sick. She tells you that you should come with her next time. How would you help your cousin avoid future incidences of binge drinking?
- b. Your sister wants you to try e-cigarettes because she says they are not harmful. How would you tell your sister that neither of you should be using e-cigarettes?
- c. Your friend invites you to his house for a party. You know there aren't going to be any adults there. You're pretty sure other people will bring drugs. How should you prepare yourself to resist pressure to use drugs?
- d. A family member wants you to join in drinking at a family gathering. She says it's okay for you to drink with her, even though you aren't old enough, because she will drive you home. What would you say to resist the pressure to drink and to avoid driving with someone who has been drinking?

a.

b.

c.



d.





3.3.1 Journal: ATOD Action Plan

Journal

Health

Name: _____

Points possible: 10

Date: _____

1. Develop an action plan to deal with each of the following scenarios.

- a. A friend offers you a cigarette. (2 points)
- b. You go to a party and see they are serving alcohol. (2 points)
- c. A student offers to sell you some marijuana. (2 points)
- d. A friend comes to your house and asks you if he or she can take drugs out of your parents' medicine cabinet. (2 points)

a.

b.

c.

d.

2. How does having a plan help you avoid alcohol and drug abuse during outings with friends? (2 points)



3.3.2 Study: Advocating Against ATOD Use

Study Sheet

Health

Name: _____

Date: _____

words

Record key terms and their definitions in the table.

Word	Definition
advocate	
blood-borne illness	
intravenous (IV) drug	
performance-enhancing drug (PED)	
public service announcement (PSA)	

review

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Substance Abuse Is Risky

How is each of these areas of concern affected by the use of alcohol, tobacco, and other drugs?

Personal safety:

Decision making and addiction:

Human body systems:

Alcohol, Tobacco, and Drug Abuse

Use this table to describe the risks associated with alcohol, tobacco, and illegal drugs. List the benefits of abstaining from them.

	Risks	Benefits of avoidance
Alcohol		
Tobacco		
Illegal drugs		

Advocacy

Use this table to briefly describe these advocacy tools.

Tactic	Description	Example
Promote healthy activities		

Be a positive role model		
Join an organization		
Promote healthful media messages		



3.3.4 Project: ATOD Educational Campaign

Project

Health

Name: _____

Points possible: 75

Date: _____

Your Assignment, Part I

Your service club is offering a prize for the best community educational plan. Not only would you love to win the prize, but you think this is a good opportunity to advocate against ATOD abuse. You know that ATOD abuse can be a big problem in a community, and you want to help people learn about it.

Before you start creating your campaign, it's important to research what is going on with ATOD abuse in your community.

1. Using local news media sources, find five news stories related to ATOD abuse in your community. For each news story, identify a barrier that prevented the person or people involved from making better decisions regarding ATOD use.

2. Find at least three examples of media and pop culture messages that encourage poor decisions regarding ATOD use.

- 1.
- 2.
- 3.

Use the list of barriers and media messages you identified to select three possible educational campaigns you could develop in order to help members of your community avoid or overcome those barriers. Possible campaigns might focus on avoidance of underage drinking or teen substance abuse, prevention of driving under the influence, teen driving safety, validating or refuting perceptions of norms regarding drug use, or promoting a drug or teen court advocacy program in your community.

Make sure your campaign uses technological resources, such as graphic design, word processing, or web page design software.

- 1.
- 2.
- 3.

Your Assignment, Part II

Congratulations! You've finished researching your community's ATOD issues and coming up with some ideas for educational campaigns. Now it's time to start working on a campaign. This is a big project, and you can't do it alone. The first thing you need to do is pick a group of people to join your campaign. You can work with students at your school, your family members, or a community service organization. Answer the questions about your campaign.

1. Who are you going to work with?

2. With your group, select an educational campaign that you want to create. Then identify your specific target audience, such as adults, teens at school, people who work out at the gym, etc. Research the topic using current, accurate data or information provided by government or community agencies. Make sure to cite your sources.

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Record your information in the table.

Item	Sample answers
What is the topic of your educational campaign?	
What is your target audience?	
List at least three dangers related to your topic. Include sources.	1. 2. 3.
List at least three ways to prevent this problem.	1. 2. 3.
List at least three alternatives to the ATOD in the campaign.	1. 2.

3. Create your educational campaign using the information you gathered in the table. Describe your campaign here.

Your Assignment, Part III

Publish your educational campaign on the Internet, on social media, in a PowerPoint presentation, within a Word document, or using another technological platform. Proofread your campaign to look for grammar and punctuation errors. Make sure that members of your group test your campaign to make sure everything is working as it should. Share the campaign with a few people and ask them to review it. Ask them to list any questions they have about using the campaign or the information. That way, you can review your product with people who weren't involved in creating it.

Tips for Success

Here are some tips to keep in mind as you complete your assignment.

- Read over the material in the unit 3 studies before answering the questions.
- Supplement your own research to learn more about ATOD abuse and how it can be prevented, including the topic you chose for your educational campaign.
- Do a final edit of your educational campaign, including checking spelling and grammar, before going live. Make sure you have answered all questions on this project document sufficiently.
- Consider if you will need to work with others as part of a team to complete your project.
- Make sure you test your educational campaign to make sure it works correctly on whichever technological platform you used.

Self-Assessment Checklist

Read each question and evaluate your work. If the answer to the question is yes, check the box to the left. If the answer is no, go back and revise your work. Your teacher will use these same guiding questions to score your assignment.

Quality of Ideas (40 points)

	Did I demonstrate an understanding of the assignment by:
	Writing all the appropriate responses (10 points)
	Organizing the information in a logical order (10 points)
	Including enough information that allows the audience to fully understand the dangers of

	ATOD abuse (10 points)
	Typing the information correctly (10 points)

Use of Study Material (35 points)

	Use the appropriate content from the unit studies (10 points)
	Display knowledge of ATOD abuse and prevention (10 points)
	Provide thoughtful and thorough answers to the questions asked (15 points)