

## Health Education Today – Unit Outline



**Here are a few of the detailed activities included:**

### **Day 1: RISK FACTORS AND ADDICTION**

- -Introduction to Unit
- -"Anonymous Teen Survey"
- -26-Slide "Risk Factors PowerPoint Quiz"
- -Intervention video with video review sheet: Students analyze the true stories of two addicts and think of positive choices they could have made instead of their road to addiction

### **Day 2: RISK FACTORS DAY 2**

- -The Brain and Habits and How Addiction Happens
- -"Neurotransmitters Handout" Discussion
- -Intervention Video Continued with Video Review Reflection
- -Healthy Alternatives Group Work

### **Day 3: STIMULANTS**

- -How Drugs Affect the Brain
- -Stimulants Notes
- -"Faces of Meth" Video
- -True Story Articles
- -Video
- -Ecstasy's Unique and Dangerous Side-Effects
- -How to Recognize a Meth Lab

#### **Day 4: DEPRESSANTS**

- -Depressant Notes
- -Date Rape Drugs
- -"Club Drugs" Video
- -"Drink Safety Tips Posters"

#### **Day 5: HALLUCINOGENS**

- -Hallucinogens Notes
- -Amotivational Syndrome Worksheet
- -Gateway Drugs
- -New Marijuana Legalization Laws
- -Traits of an "Unmotivated Marijuana User" Discussion
- -Marijuana Video with Review Sheet
- "Drugs Are Bad" PowerPoint Presentation

#### **Day 6 and 7: THE TRUTH ABOUT MARIJUANA**

- -"The Truth About Marijuana" Video Group Activity and Reflection
- -PAIR/SHARE and Discussion
- -"The Truth About Marijuana" Class Mural Project
- -Video

#### **Day 8 (+ 1 more day): MARIJUANA CONTINUED**

- -"True-False Marijuana Quiz"
- -Marijuana Dangers Research by Harvard and Northwestern
- -"Why Teens Use Drugs Body Part Homework"
- -"How Pot Hurt Me Card Game"

#### **Day 9: NARCOTICS**

- -Narcotics Notes
- -Drug Interactions
- -"Pharm Party Activity" with Worksheet
- -Addiction and Protective Factors
- -Celebrities Who Have Overdosed
- -Videos

### **Day 10: MORE ON NARCOTICS/REFUSAL SKILLS**

- -"Top 10 Heroin Dangers"
- -Video
- -"WWWWH Decision Making Worksheet"
- -"Drug Refusal Role-Plays"

### **Day 11 (+ 1 more day): SYNTHETIC DRUGS**

- -More on Heroin
- -Synthetic Drugs
- -Optional Video
- -"Synthetic Drugs" Guessing Game and Art Project
- -Designer Drugs Spice, Molly and Bath Salts

### **Day 12 and 13: WRAP UP UNIT**

- -Conclusion and Wrap Up Unit
- -Goal Setting
- -"Drug Parent-Teen Communicator Homework" (Facilitates discussion between teens and parents/guardians on these important topics)
- -Drug Test Review
- -Drug-Free BINGO

### **Day 14: UNIT ASSESSMENT**

- -"Drug Unit Test" and Key
- -"Don't Step Into That Drug World" Art Project

### **Day 15: GUEST SPEAKER**

- -Invite an administrator to share about school drug rules, or invite a recovered drug user, or drug counselor to share with your class
- -"Above the Influence" Website

### **EXTRA DAY 16: INHALANTS**

- -The Dangers of Inhalants
- -True Story Articles
- -Letter to Parents

**EXTRA DAY 17 "Digital Escape Room on Addiction" on Google Forms!**

**EXTRA DAY 18: "Over the Counter Medications Around the Room Activity"**