

CHOICES AND CONSEQUENCES RECOMMENDED GRADES 4,5,6

In this course, students will be provided with the facts about four gateway drugs: tobacco, alcohol, marijuana, and inhalants. Information will include how the body and brain responds to these drugs and the short and long-term consequences of using them. Students will also be taught how to make healthy choices in light of peer pressure and the strong influence of the media.

TOPICS COVERED

- Safe versus unsafe administration of over-the-counter and prescription drugs
- Short and long-term consequences of 4 gateway drugs: tobacco, alcohol, marijuana, inhalants
- Influence of media on decision-making
- Making healthy choices
- Ways to say “no” to drugs

OBJECTIVES

- Students will be able to identify the two classifications of legal drugs: prescription and over-the-counter medication
- Students will be able to explain how to safely administer medications and the risks associated –with sharing them with peers
- Students will be able to list the four gateway drugs and describe the short and long-term consequences on the brain and body
- Students will be able to explain how the media attempts to influence one’s decisions about using alcohol and tobacco
- Students will be able to provide examples of four common types of peer pressure
- Students will be able to describe the steps involved in making informed and safe choices about drugs
- Students will be able to review and practice 5 ways to say “no” to drugs

NATIONAL HEALTH EDUCATION STANDARDS

- Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health
- Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks

NATIONAL STANDARDS FOR PHYSICAL EDUCATION

- Standard 6: Values physical health for health, enjoyment, challenge, self-expression, and/or social interaction

CASEL CORE COMPETENCIES

- Responsible decision-making
- Relationship skills

ACTIVITIES AND ASSIGNMENTS

Choices and Consequences Digital Instruction	30m
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STUDENT ASSIGNMENTS

While You Watch worksheet	15m
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A Friendship Application	30m
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Box Those Cigarettes	45m
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What Do You Know about Inhalants and Their Dangers	30m
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CLASSROOM ACTIVITIES

Analyzing Ads	15m
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Catch It!	15m
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Decision-Making Influences	30m
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Defying Substance Abuse and Misuse	30m
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Drugs: A Lost Cause	30m
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Drugs in the Media	30m
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Jar of Tar	30m
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Red Ribbon Week Stations	45m
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To Air is Human	45m
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What’s in Tobacco Smoke?	60m
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You Know How to Refuse	45m
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Individual Courses are priced at \$75.

This course can also be purchased as part of the *Elementary Bundle* for \$650, or the *Middle School Bundle* for \$650.

