

NAME: \_\_\_\_\_

MARKING PERIOD: \_\_\_\_\_

## HEALTH MENU



### Substance Abuse: Alcohol, Drugs, and Tobacco

NCSCOS Objectives: (North Carolina Standard Course of Study): 2.05, 2.08, 4.08, 5.01, 5.02, 5.03, 5.04, 5.05, 5.07, 10.01, 10.02, 10.03

Web links and Resources:

OPPOSING VIEWPOINTS: Go to: MRHS media center,

1. click on databases
2. click on social issues
3. click on opposing viewpoints

[www.discoveryeducation.com](http://www.discoveryeducation.com)

"Reality Matters: Smoke Signals"

Hear the children of Pam Laffin, a 31-year-old mother on a lung machine, as they endure the painful ordeal of watching her die of lung cancer.

"LegalEASE: The Legal Ramifications of Alcohol Abuse"

This program focuses on some of the legal consequences of alcohol use and abuse. It addresses issues such as alcoholism, deaths and injuries resulting from impaired driving, rape and sexual assaults, family violence and child abuse (including the effects of prenatal alcohol use on an unborn child). Also covered are some of the legal repercussions suffered by those who engage in destructive behaviors causing harm to themselves or others.

"Inhalants for Middle Schools"

This realistic program shows that inhalants are not even considered to be drugs, but rather deadly poisons. Viewers will hear the personal stories of ex-users who explain why they started, why they stopped and why students should never even try it. You will hear a young doctor explain what is actually happening inside the body to the lungs, heart, kidneys, liver and the brain as computer animation shows in graphic detail how brain cells die. A psychologist explains how this damage is permanent.

"LegalEASE: Program Two: The Legal Ramifications of Drug Abuse"

This video aims to educate viewers about the legal and social ramifications which result from the use and abuse of drugs by teenagers and young adults.

[www.Madd.org](http://www.Madd.org)

MADD's mission is to stop drunk driving, support the victims of this violent crime and prevent underage drinking.

[www.DUIhope.org](http://www.DUIhope.org)

Mission Statement: To prevent drunk driving through Victim Impact Panels, education and Drug Courts. To offer hope and comfort to the victims of drunk driving.

[www.RealityUnfiltered.com](http://www.RealityUnfiltered.com)

TRU is a movement for teens and by teens that help prevent teen tobacco use in North Carolina.

**GATHERING CONTENT** (maximum 120 points) **GREEN**

1. Define the following vocabulary words **20 points**

<i>Nicotine</i>	<i>Alveoli</i>	<i>Inhalants</i>	<i>Stimulant</i>
<i>Addiction</i>	<i>Emphysema</i>	<i>Methamphetamines</i>	<i>Narcotics</i>
<i>Intervention</i>	<i>Binge Drinking</i>	<i>Denial</i>	<i>Depressants</i>
<i>Carcinogen</i>	<i>Hallucinogen</i>	<i>Enable</i>	<i>intoxication</i>
<i>Second Hand Smoke</i>	<i>metabolism</i>		<i>Side Stream Smoke</i>
<i>Ethanol</i>	<i>Alcohol poisoning</i>		<i>tolerance</i>
<i>Blood Alcohol Concentration (BAC)</i>		<i>fetal Alcohol Syndrome</i>	
<i>overdose</i>	<i>designer drugs</i>	<i>dependence</i>	

2. Watch the Gruen Von Behrens video (in class) on the dangers of smokeless tobacco and complete guide. (THIS WILL BE DONE IN CLASS) **10 points**

3. Watch the United Streaming video, "LegalEASE: The Legal Ramifications of Alcohol Abuse" and complete guide. **10 points**

4. Watch the United Streaming video, "Reality Matters; Smoke Signals" and complete guide. **10 points**

5. Watch the United Streaming video, "Inhalants for Middle Schools" and complete guide. **10 points**

6. Watch the United Streaming video, "LegalEASE: Program Two: The Legal Ramifications of Drug Abuse" and complete guide. **10 points**

7. List 10 ways to discourage teens from starting to smoke. **10 points**

8. Write a letter to the editor explaining the short and long-term effects of tobacco abuse. **10 points**

9. Find a story online, in a magazine, or newspaper that details how someone's life was "short-lived" from tobacco, alcohol, or drug abuse. **10 points**

10. List 10 reasons why teens should NOT drink alcohol and explain why. **10 points**

11. Create a list of ten illicit (illegal) drugs and describe them. **10 points**

12. Watch the Sam Spady video and complete guide (THIS WILL BE DONE IN CLASS) **10 points**

13. Find **5** tobacco or alcohol advertisements. (*ads may be found in magazines newspaper, or online*) Explain how these advertisements are attractive to teenagers. **10 points**

14. Make a list of things you are addicted to (*talking on the cell phone, the computer, instant messaging, shopping, exercise, chewing gum, etc...*) choose one of those "addictions" and make an attempt to refrain from that activity or thing for 24 hours. Write a summary on how you did. Were you successful? Why or Why not? Was it difficult? What did you learn about this

experience? Did you have a strong support team (*friends, family, etc...*) that helped you or did they hinder you? **10 points**

15. Create a Wordle ([www.wordle.net](http://www.wordle.net)) with at least 100 words associated with substance abuse and Unit 2. **10 points**

16. Create a Venn Diagram comparing and contrasting tobacco and smokeless tobacco. **10 points**

17. Give 10 suggestions on how to make your teen safe from using prescription drugs. **10 points**

**APPLYING CONTENT (maximum 50 points) YELLOW**

*NOTE: On the questions that are labeled "OR" you must choose one—you will not get credit for completing both assignments. For example, you cannot do questions #1 and #2*

1. Create a Tri-Fold pamphlet on tobacco abuse. **15 points**

OR

2. Create an informative poster on tobacco abuse. **10 points**

3. Create a Tri-Fold pamphlet on prescription drug abuse. **15 points**

OR

4. Create an informative poster on prescription drug abuse. **10 points**

5. Create a SMARTBoard game on substance abuse **20 points**

6. Create an animate [www.goanimate.com](http://www.goanimate.com) on tobacco, drugs, or alcohol **25 points**

7. Create a Jeopardy style game with 3 topics (alcohol, tobacco, drugs) and 5 questions for each topic for a total of 15 questions. (see below) **20 points**

	Tobacco		Alcohol		Drugs
	100		100		100
	200		200		200
	300		300		300
	400		400		400
	500		500		500

8. Create an Informative Power Point or PREZI ([www.prezi.com](http://www.prezi.com)) Slide show on the dangers of tobacco abuse, alcohol abuse, or drug abuse with at least 10 slides and present it to the class. (*Remember the "misuse" of prescription drugs is also considered drug abuse.*) **25 points**

9. Write a "Life's Little Instruction Book" (at least 10 pages) with illustrations for teens to remain drug free! **20 points**

10. Create a children's book (at least 10 pages) with illustrations that explains the dangers of tobacco, drugs or alcohol. **20 points**

11. Present a talk show (no more than groups of 4) to present to the class on the dangers of substance or drug abuse. **25 points**

12. Write and perform a news broadcast on the dangers of drinking and driving. 25 points
13. Create an ABOVE THE INFLUENCE commercial 25 points
14. Create an animoto ([www.animoto.com](http://www.animoto.com)) on drugs, alcohol, or tobacco. 25 points

**EVALUATING/ANALYZING CONTENT** (maximum 50 points) **RED**  
 REFER TO RED LAYER SCORING RUBRIC-- Write a detailed response paper explaining your belief and support it with research. All red layer questions are worth 25 points AND **MUST accompany a TREE MAP.**

1. Why do you think tobacco advertisements target teens? Explain why or why not? 25 points
2. In your opinion, do you think the tobacco companies are responsible for the deaths caused by tobacco use? 25 points
3. In your opinion, do you think that a mother should serve a jail sentence for causing "Fetal Alcohol Syndrome" in their newborn baby? Why or why not? 25 points
4. Do you have the right to tell someone to "butt out" (put their cigarette out)? 25 points
5. Do you think all public facilities (restaurants, malls, parks, etc...) should be 100% tobacco free? Why or Why not? 25 points
6. In your opinion, should parents be found negligent (*unlawful*) and be punished by law if they have minors (under 21 years of age) drinking at their house? 25 points
7. Which do you think is worse to abuse: Drugs, Alcohol, or Tobacco? Defend your answer. 25 points
8. In your opinion, should alcoholism be treated as a disease? 25 points
9. In your opinion, does the media (movies, television shows) help promote or prevent underage substance abuse? 25 points

**NOTE: 3 week HEALTH CHALLENGE will be on: \_\_\_\_\_**  
 (Maximum 25 points)

**NOTE: Notebook check will be on \_\_\_\_\_ (Maximum 25 points)**

**NOTE: Switch to PE on \_\_\_\_\_**

**Benchmark Dates:**

80 points by \_\_\_\_\_

160 points by \_\_\_\_\_

220 points by \_\_\_\_\_

