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General Topic: Drugs and Effects on the Body

1. **Specific Lesson Topic:** Drugs and effects on the body

2. **Cognitive Objective/s:**

TSWBAT show understanding of the effects of decision making during the formative assessment.

TSWBAT understand the effects of inhalants, ecstasy, THC, steroids, and prescription pills have on the body during the presentation activity.

3. **Affective Objective/s:**

TSWBAT work cooperatively with others during unforeseen circumstances while remaining emotionally stable.

4. **Materials needed:**

Three pairs of winter gloves, twelve playing cards, three golf pencils, two dice, one bag of marshmallows, six cotton balls, four Mega-Post-Its, four assorted markers, and four blind-folds

5. **NHES and performance indicators being met:**

2.12.3 Analyze how peers influence healthy and unhealthy behaviors.

5.12.1 Examine barriers that can hinder healthy decision making.

6. **Teaching Progressions/Flow of Lesson (will include the above information)**

a. Introduction/Explanation of activities: Students will be making a PSA on a drug that is in the packet handed to their group. Each person in the group will have a job. The jobs are as follows: **Scribe:** writes the PSA on the mega post it; **Secretary:** records notes from other group's presentation that their group will be able to use on their mini essay they have to write at the end of class; **Presenter:** presents their PSA to the class about their drug. (Teachers Note: Do Not Explain The Feeling You Are Trying To Portray During The Lesson Until The End Of Lesson)

b. Students are broken onto the groups (Teachers Note: We used playing cards to make the groups and issue the jobs of each person that way it was completely random for everybody) Once in groups pass out the envelopes containing facts on specific drugs > Students will then create PSA while teachers roam the room asking questions and issuing distractions as appropriate > Students present PSA while secretaries from other groups attempt to take notes > After all PSA's have been presented students then begin formative assessment (we are using an essay) on inhalants, THC, steroids, pills, ecstasy, decision making, and analyzing influences > closure of lesson (Teachers Note: In this part it is important to discuss the feeling the students had during the lesson, stress the importance of being honest about what they felt. See questions at the end to help start or guide your discussion)

7. **Inquiry Question/s to ask for discussion:**

[Twenty five questions asked to groups]

1. What does ATLAS stand for?
2. What are 2 common street names for anabolic steroids?
3. Steroids are medically used to treat delayed puberty in adolescent boys, hypogonadism and impotence in men, breast cancer in women, anemia, osteoporosis, weight loss disease in HIV, endometriosis, and other conditions with hormonal imbalance. However, the dose of illegal anabolic steroids is _____ to _____ times higher than the dose a doctor prescribes for medical problems.
4. Tommy has been your best friend since 2nd grade. You have been playing football on the same team since you were 8 years old. Tommy has always been a little bit smaller than you in size and had less playing time because he was so little. It is your tenth grade year and you noticed that after the summer Tommy looked a little bit bigger than you and had a lot more muscle than you. After talking to Tommy he tells you he found a guy that told him about using steroids to gain an edge and that steroids will help him on the field so he has been taking them throughout the summer and he has noticed a huge difference while he was weight lifting in the off season. During the season you notice Tommy is getting more playing time and the coaches are praising his preseason workout and how much it has helped his game the coaches don't know about his steroid use. Fast forward to the summer of your tenth grade year Tommy offers you some steroids so you can put on more muscle and get more playing time next season with him. After all you are his best friend and he wants to help you out. Do you take the steroids?
You must role a 1 to turn down the steroids and not fall into peer pressure of your best friend Tommy.
5. What organ and systems of the body are affected most by steroids abuse?
6. What three types of prescription drugs are abused most and what were they prescribed for?
7. What are three ways you can help prevent prescription drug abuse?
8. What percent of prescription drug abusers obtained the pills from friends and relatives?
9. How many 12-17 year olds in the U.S abuse a prescription pain reliever every day?

10. It's your Senior year and you go to a party at your best friend's house. You show up and notice there is alcohol being consumed by some of the people at the party. Your friend's parents are out of town and a college buddy bought the alcohol for the party. It starts getting late and the party runs out of alcohol someone you don't know talks your friend into taking some pills he found in the bathroom cabinet so they can get a high. Your friend is already drunk and doesn't realize how many pills they are about take. Your friend passes out 30 minutes later. Do you call 911 and risk jeopardizing getting a ticket for the alcohol at the party and possibly risk not walking with your class at graduation?

You must roll a 2 four times out of 6 the dice to avoid the penalty.

11. What is Benzopyrene?
12. What receptors are found primarily, throughout the brain and through THC's interaction, impacts the brain areas related to higher functioning, memory, cognition, movement, and brain reward?
13. What are the four symptoms experienced during the first four weeks of withdrawal from cannabis?
14. What is the equivalent of smoking a pack a day of cigarettes?
15. How is the active ingredient transported from organ to organ?
16. How many Americans have abused inhalants at least once?
17. How many months has Narconon been around?
18. How do inhalants work?
19. Last year during a nationwide survey, nearly sixty-six percent of eighth-graders admitted to trying inhalants and stated they do not believe trying inhalants once or twice is risky. Also, forty-one percent do not consider the regular use of inhalants to be harmful.
20. What should you do if you discover a friend is using inhalants?
21. How long do the effects of Molly last after ingested?
22. What are two hormones released after taking MDMA that have important roles in love and trust?
23. What are the three forms that Ecstasy typically comes in?
24. How long after taking MDMA can people experience confusion, depression, sleep problems, drug craving, and anxiety?
25. What are 3 common side effects of Heavy MDMA users?

8. Active Learning (must have 2 hands-on activities):

- a. PSA: In their groups, students create their choice of a song, poem, game show, poster, commercial ad, or skit explaining the facts of their drug. Groups must draw/diagram/storyboard the idea of their PSA to be presented to their peers at the end of the lesson. In addition, any distractions they incur must be incorporated into the PSA.
- b. Distractions: During the small group work, a teacher or selected student(s) will roam around to groups and ask questions based on their drug. The students will have all the answers in their packets but all answers must be exactly what it says in the packet of facts. Also short time will be allowed so most students won't have time to answer therefore they will be counted as wrong and issued a distraction.
(The purpose of this part is to give out as many distractions as possible and make the students heads spin)

9. Assessment (which activity will I use to assess? Other assessment?)

Students will have five minutes to write an essay on what they have learned today, a reminder will be given on the characteristics of an essay. Students are able to use the notes that the secretary was able to take during the other group's PSAs.

Students can choose to instead write an essay on a decision he or she previously made and the influences which caused him or her to make that decision.

10. Resources:

- White, Linda B. *Health Now: An Integrative Approach to Personal Health*. New York: Flat World Knowledge, 2013.
- <http://www.drugs.com/article/anabolic-steroids.html>, <http://www.healthcareveda.com/post/Steroid-Statistics.aspx>, <http://arthritis.about.com/od/steroids/f/anabolicsteroid.htm>, <http://www.statisticbrain.com/anabolic-steroid-use-statistics/>, <http://www.steroidabuse.com/side-effects-of-steroids.html>, <http://www.webmd.com/men/guide/anabolic-steroid-abuse-topic-overview>, <http://www.drugabuse.gov/publications/marijuana-abuse/how-does-marijuana-use-affect-your-brain-body>, <http://www.healthplace.com/addictions/marijuana-addiction/how-marijuana-affects-the-body-and-brain/>, <http://www.livestrong.com/article/105020-bad-side-effects-marijuana-use/>, <http://www.pbs.org/wgbh/pages/frontline/shows/dope/body/effects.html>, <http://teens.drugabuse.gov/drug-facts/inhalants>, <http://www.drugfreeworld.org/drugfacts/inhalants/how-do-inhalants-affect-your-body.html>, <http://www.drugabuse.gov/publications/drugfacts/inhalants>, <http://www.narconon.org/drug-abuse/inhalant-effects.html>, http://m.kidshealth.org/teen/drug_alcohol/drugs/inhalants.html, <http://www.drugabuse.gov/drugs-abuse/prescription-drugs>, <http://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs/commonly-abused-prescription-drugs-chart>,



-] <http://www.whitehouse.gov/ondcp/prescription-drug-abuse>, <http://www.drugfreeworld.org/drugfacts/prescription/abuse-international-statistics.html>
<http://teens.drugabuse.gov/drug-facts/mdma-ecstasy-or-molly>
<http://www.drugfree.org/drug-guide/ecstasy/>
<http://www.drugabuse.gov/publications/drugfacts/mdma-ecstasy-or-molly>
- CURSES! Card GameBy: WorldWide Imports

11. Closure/Wrap-Up:

a. Questions/Discussion

Who here feels they made the best decisions during this class?

How did the decisions you made impact not only you, but those around you?

How did you discuss with your peers the influences of healthy and unhealthy behaviors?

Teacher questions:

Were the students out of their comfort zones?

Discuss the importance of decision making and the affects it has on others?

Discuss how it feels to be out of your comfort zone and trying to make decisions?