



Educator guide: Alcohol, tobacco and other drugs lesson

Recommended for grades:

7th grade

Time:

10 minutes

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning objectives:

After completing this lesson students will be able to:

1. Understand health risks associated with substance use.
2. Summarize the negative consequences of using alcohol, tobacco and other drugs.
3. Determine reasons why people choose to use or not use alcohol, tobacco and other drugs.

Lesson description:

In the Alcohol, tobacco and other drugs lesson, students will learn about stimulants, depressants and inhalants as well as drugs that are included in each of those groups. They will learn about how these types of drugs impact health and they will hear stories from students about why they choose not to use drugs.



Pre and post-test questions:

Use the following questions with your students in any way that you see fit (on paper, using a survey tool etc.) You may choose to combine questions from various lessons and activities that your students participate in. Correct answer choices are bolded.

1. What are potential health impacts of using alcohol, tobacco and other drugs?
Choose four that apply.
 - a. **Body system changes**
 - b. **Addiction**
 - c. Better dental health
 - d. **Death**
 - e. Improved skin
 - f. **Mental health issues**
 - g. There are no health risks
2. What are two of the possible negative consequences of using alcohol, tobacco and other drugs?
 - a. Becoming smarter and more popular
 - b. **Being seen as a bad influence and mental health issues**
 - c. Being seen as a bad influence and becoming smarter
 - d. Mental health issues and improving your grades
3. What are some reasons people choose to avoid using alcohol, tobacco and other drugs?
 - a. Using drugs can mess up your life.
 - b. Drinking or using drugs can lead to losing friends.
 - c. Using alcohol, tobacco, and other drugs can lead to misuse and addiction issues.
 - d. Using drugs can have serious consequences for your health and your future.
 - e. **All of the above**

Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Alcohol, tobacco and other drugs lesson. You may choose to use this list in any way that fits your needs.

- Addiction – a condition or disease in which a person is unable to stop using a substance or engaging in a behavior
- Alcoholism – when someone frequently drinks too much beer, wine or liquor and they can't stop because their body craves it
- Depressant – a type of drug that slows things down, like brain function, pulse and breathing and can lower blood pressure
- Inhalant – common things found in most homes that are not typically considered drugs and are breathed in to have a mind-altering effect
- Stimulant – a type of drug that speeds up the body systems and may make someone energetic, alert, overly excited or very talkative

Supplemental activity: Negative impacts of alcohol, tobacco and other drugs

Objectives:

After completing this activity students will be able to:

- Summarize the negative impacts and consequences of using alcohol, tobacco and other drugs.

Materials needed:

- Paper
- Writing or drawing materials

Time required:

30 minutes

Instructions:

Review with students some of the negative consequences and impacts of using alcohol, tobacco and other drugs. These could include, but are not limited to:

- Getting in trouble at school
- Being seen as a bad influence
- Mental health issues
- Becoming addicted

Either in groups or on their own, ask students to create a collage, list or drawing of the negative consequences of using alcohol, tobacco and other drugs that are most impactful to them.

After the students are finished and if time allows, give them the opportunity to share their work with the class.

Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



Resources and services: Alcohol and other drug-use prevention

- American Lung Association Lung Help Line, 1-800-LUNG-USA (800-586-4872)
- Children's Wisconsin, www.childrenswi.org
- KidsHealth, www.kidshealth.org
- LifeStance Health, www.lifestance.com
- National Institute on Drug Abuse (NIDA), www.drugabuse.gov
- Partnership to End Addiction, www.drugfree.org
- Rogers Behavioral Health, www.rogersbh.org
- The Tobacco Control Resource Center for Wisconsin, www.tobwis.org
- United States Government-Drug Enforcement Administration (DEA), www.getsmartaboutdrugs.gov
- Wisconsin Tobacco Quitline, 1-800-QUIT-NOW

Transcript

Slide 1

Kade: After completing this lesson, you will be able to summarize the negative consequences of using alcohol, tobacco, and other drugs. You will also be able to determine reasons why people choose to use or not to use alcohol, tobacco, and other drugs.

In this lesson, you will learn about different types of drugs and hear from students about what influenced their choice to not use them. You'll also do an activity to match types of drugs to their health impacts.

Slide 2

Alcohol, tobacco, and other drugs are often put into groups based on the effects they have on the body. A few of these groups are stimulants, depressants, and inhalants. See how each of the drug types affect the body.

Stimulants speed up the body systems and may make someone energetic, alert, overly excited or very talkative. Some drugs in this group include illegal drugs such as cocaine and methamphetamine, and legal drugs such as diet aides, and prescription drugs like Adderall and Ritalin.

Stimulants are addictive, and can be very dangerous. When misused, they can lead to mental health issues and potential overdose or death.

Depressants are sometimes called downers. They slow down things like brain function, pulse and breathing, and can lower blood pressure. Using depressants can result in confusion, dizziness, slurred speech, and feeling tired. Depressants include alcohol, and drugs called benzodiazepines, which include Valium, Xanax, and Rohypnol. Drugs used to help with sleep are also depressants.

Long term use of depressants can lead to increased tolerance, which means a person would need more to get the same effect. It can also lead to addiction issues, potential overdose, coma, or death.

Inhalants are common things found in most homes, that aren't typically considered drugs. They are breathed in to have a mind-altering effect. Inhalants can include glue, markers, cleaners, and spray paints. The high from inhalants only lasts a few minutes, but they can quickly lead to nausea, confusion, lack of coordination, headaches, or heart failure. First time use can even lead to death.

If used for a long time, inhalants can lead to different types of organ damage and spasms. Changes in vision, thinking, movement, and hearing can also occur due to brain damage.

Kade: Next, we're going to hear from some students about what influenced them not to do drugs.

Slide 3

Anton: Click on each of the students to hear their story, and pay attention to the negative consequences of using alcohol, tobacco, and other drugs.

Student story 1: When I grow up, I want to be a nurse. If I use drugs or drink, then maybe I won't get into college or get a good job. I don't want to mess up my life and my dream of becoming a nurse.

Student story 2: If I do drugs or drink, I could be known as a bad influence to my family or friends. My friends' parents might not let them hang out with me if I use drugs or drink, so I choose not to.

Student story 3: My older brother is in high school, and he had a friend who got into drugs. It started with drinking, but then he started using harder stuff. He looks really different than before and isn't doing well in school. My brother isn't even friends with him anymore. That's not what I want for my future.

Student story 4: I broke my leg playing soccer, and my doctor prescribed a strong drug to help with the pain. My mom was concerned about how quickly I could get addicted, so she gave me over-the-counter pain medicine instead, and it worked just fine.

Slide 4

Anton: Based on the stories you just heard, what are some of the negative consequences of using alcohol, tobacco, and other drugs? Select all that you think are correct.

Correct: That's right. All of these answers are possible negative consequences of using alcohol, tobacco, and other drugs.

Incorrect: Not quite. All of these answers are possible negative consequences of using alcohol, tobacco, and other drugs.

Slide 5

Anton: Next, we're going to learn more about specific types of alcohol, tobacco, and other drugs and the serious effects they can have on your body.



Slide 6

Kade: Alcohol is a depressant and is the drug most abused by teens. Alcohol use impacts your speech, your perception, which is the ability to see things how they really are, your sense of balance, and can lead to big changes in your emotions and feelings.

Drinking too much alcohol can lead to a hangover, which is an awful feeling the day after drinking, or even alcohol poisoning which can kill you. Alcoholism is when someone's body craves alcohol and that person has little control over their drinking and is not able to stop. It gets worse over time and leads to serious health problems.

Slide 7

Anton: Tobacco is a plant that is used in cigarettes, pipes, cigars, and also smokeless tobacco, or chew. Nicotine is a chemical in tobacco products that makes them addictive, and there are many other chemicals in these products that can also affect your health. Because of the nicotine, once someone starts smoking, it's really hard to stop.

Smoking tobacco can lead to things like bad breath and yellow teeth, but it can also lead to breathing problems and smokers have been shown to get sick more often than non-smokers.

We know the long term health risks for smoking, and they are serious. Heart disease, strokes, lung damage, and different types of cancers can be caused by smoking. Also, smoking can lead to skin issues, such as wrinkles and early aging, and smoking leads to a higher risk of diabetes, along with other health issues.

Slide 8

Kade: Vaping is when a vapor is inhaled, or breathed in, from a vape device that most often runs on batteries. The devices have a liquid in them that usually contains nicotine and can contain flavorings and other chemicals.

Vaping is getting more popular with teens, but it hasn't been around that long, so we don't know all of the long term health impacts. We do know that vaping irritates the lungs, can cause serious lung damage, and teens that vape are more likely to smoke cigarettes or use other types of tobacco. We also know that most vaping products contain nicotine.

Nicotine is highly addictive and can affect your mood, memory, concentration, brain development, and self-control.

Slide 9

Anton: Marijuana is a drug that can be smoked, vaped, or mixed in with food or drinks. The main chemical in marijuana is called THC, which goes from the lungs or digestive system, into the blood, and to the brain and other organs.

THC can affect your thinking, memory, coordination, concentration, and can lead to changes in perception and issues with problem solving.

Using marijuana can lead to feeling hungry, feeling drowsy, or changes in the way you typically act.

If used for a long time, marijuana can lead to brain changes, breathing issues, immune system problems, and emotional issues. Also, THC remains in the body for a few weeks, so it will show up on a drug test long after use.

Slide 10

Kade: Prescription drugs are strong medications that include opioids, stimulants, and depressants. They require a prescription from a doctor or dentist. When these drugs are used incorrectly, they can be just as dangerous as other types of drugs.

Like other types of drugs, misusing prescription opioids, stimulants, or depressants can cause changes in mood, how you perceive things, and behavior. These types of prescription drugs can also be highly addictive because of how they affect brain function.

One major concern with prescription drugs is that once the prescription runs out, some people are already addicted. Sometimes, they turn to other types of drugs to get the same type of high that their body now needs.

Slide 11

Anton: In this activity, you will match the health impact to the drug or type of drug by clicking on the correct answer on the right side of the screen.

The answer choices are; stimulants, depressants, inhalants, marijuana, and prescription drugs.

Which drug, or type of drug, causes a high that lasts a few minutes and can lead to nausea and headaches? (Inhalants)

Which drug, or type of drug, can show up on a drug test weeks after use? (Marijuana)

Which drug, or type of drug, causes body systems to speed up, energy to increase, and can make someone overly excited and very talkative? (Stimulants)

Which drug, or type of drug, is prescribed by a doctor and can be highly addictive if used incorrectly? (Prescription drugs)

Which drug, or type of drug, slows down brain function, pulse, breathing, and decreases blood pressure? (Depressants)

Correct: That's right!

Incorrect: Not quite, try again.

Slide 12

Kade: Great job, you've completed this lesson!

Acknowledgements

The Alcohol and other drug-use prevention 7th grade lessons and activities were created in partnership with Kohl's ®.

Children's Wisconsin would like to acknowledge the following individuals for serving as subject matter experts during the development of the Alcohol and other drug-use prevention 7th grade lessons and activities:

Dr. Charlene Gaebler-Uhing, MD, MHPE, Children's Wisconsin

Dakota Berg, Milwaukee Public Schools

Kirsten Margitan, Three Lakes School District





Contact us:

**Children's Wisconsin
E-Learning Center**

(866) 228-5670

healthykids@childrenswi.org

