

Wallenpaupack Area School District

Course: Drug and Alcohol Awareness

GRADE LEVEL: Grades K - 12

LENGTH OF COURSE: Grade Level Specific

TEXT:

PUBLISHER:

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COURSE DESCRIPTION:

AREAS OF STUDY:

Alcohol, Tobacco and Chemical Substances
Drug Awareness
Wellness

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Wallenpaupack Area School District

Course: Health

Grade Level: Grade 1

Unit: Drug Awareness & Prevention

PA Standard: 10.1.3
10.2.3

Topics:	Skills:
<p>Drug awareness – what are drugs?</p> <p>Decision making and personal responsibility</p> <p>Self-esteem</p>	<p>Identify factors that influence personal decisions and practice decision-making skills and personal responsibility To know the difference between drugs that are helpful and drugs that are harmful To determine a person you can <u>trust</u> (doctor, nurse, parent...) when taking medicine</p> <p>Know that choices made by everyone, and that each person is responsible for their own choices Respect others when making choices</p> <p>Understand individuals are different and have different feelings Know that expressing feelings are healthy as long as it is not harmful to oneself or others</p>
Activities:	Performance Assessments:
<p>Puppets to introduce drug awareness and prevention Trade books Set ground rules for discussion Flash cards Activity worksheets "Look-Alikas" display for medicine/candy Differentiate between harmful and helpful substances by use of pictures and discussions Use of a chart stating the four-step decision making process Role play situations</p>	<p>Teacher observation Participation in class discussion Small group hands on activity work Role-playing puppet scenarios Role-playing scenarios</p>

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 1

Unit: Alcohol

PA Standard: 10.1.3
10.2.3

Topics:	Skills:
Alcohol awareness and prevention	To promote an understanding of alcohol as a drug and to recognize body organs that are affected by its abuse To give children the necessary tools to prevent alcohol use
Activities:	Performance Assessments:
Body organ chart Trade books Role-play refusal skills Role-playing puppet scenarios Group discussion and questions Activity worksheets Videos	Teacher observation Participation in role-playing scenarios Small group hands on activity

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 1

Unit: Tobacco

PA Standard: 10.1.3
10.2.3

Topics: Tobacco prevention	Skills: Students will be alerted to the dangers of tobacco use and its effects on the body To practice strategies for resisting, refusing and avoiding tobacco use
Activities: Anti-smoking awareness Activity worksheets Practice refusal skills Videos Puppets for role-playing Take home pamphlets on tobacco products and use	Performance Assessments: Participation in class discussion Completed activity worksheets Role-play resisting and refusing tempting situations

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 1

Unit: Chemical Substances

PA Standard: 10.1.3
10.2.3
10.3.3

Topics: Poisons	Skills: To alert students to poisons and prevent unintentional poisonings To know that everyday items such as vitamins, plants, cleaners, etc. may be harmful To recognize the universal poison symbol
Activities: Flash cards Activity worksheets Videos Creating poison puppets	Performance Assessments: Participation in class discussion Completed activity worksheets Role-playing with poison puppets

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 2nd

Unit: Drug Awareness & Prevention

PA Standard: 10.1.3

Topics:	Skills:
Drug Education Decision-making Self-esteem	To distinguish between food, poisons, medicines and illicit drugs To identify illegal drugs and understand how they harm the body Recognize the health effects of alcohol, tobacco and other drugs To develop skills necessary to remain drug-free, for example, refusal, assertiveness, and self-esteem skills To identify adults they can rely on for help To know that making healthy choices may not always be popular with friends To know how to express their feelings in a positive way To recognize that there are good and bad consequences from the choices they make
Activities:	Performance Assessment:
Drug prevention vocabulary Body chart with body organs Categorize legal and illegal drugs	Activity worksheet evaluation Participation in class activities

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 2nd

Unit: Alcohol

PA Standard: 10.1.3
10.2.3

Topics: Alcohol	Skills: Demonstrate current alcohol knowledge and the effects of alcohol on the body Recognize that many children live with alcohol-dependent family members and experience mixed emotions Demonstrate skills for resisting alcohol and other harmful drugs Learn where to go for help in dealing with alcoholics
Activities: Trade books Activity worksheets Videos Puppetry Role-playing scenarios Discussion	Performance Assessment: Teacher observation Participation in class discussion and role playing activities Activity worksheets

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 2nd

Unit: Tobacco

PA Standard: 10.1.3
10.2.3

Topics: Tobacco	Skills: Identify the harmful effects of tobacco on the body organs Develop the skills necessary for resisting tobacco To understand that tobacco is an addictive substance and is a bad habit To recognize the fact that many children live with adults who are dependent on tobacco products
Activities: "What Drugs Do" from Here's Looking at You Trade books Activity worksheets Role-playing puppet scenarios Role-play refusal skills Videos	Performance Assessment: Teacher observation Participation in discussion and role-playing scenarios Small group hands-on scenarios Evaluation of activity worksheets

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 2nd

Unit: Chemical Substances

PA Standard: 10.1.3
10.2.3

Topics: Poisons and inhalants	Skills: To know that everyday items such as vitamins, plants, cleaners, etc. may be harmful To recognize the universal poison symbol
Activities: Pictures and labels of products (cards) Activity worksheets Trade books Puppets for role-playing Materials and stickers from the Poison Control Center	Performance Assessment: Participation in class discussion Completed activity worksheets Role-playing puppet scenarios

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 3rd

Unit: Drug Awareness &
Prevention

PA Standard: 10.1.3
10.2.3

Topics: Medicine/other drugs Influences Decision making Self esteem/refusal skills	Skills: Review definition of medicine and distinguish medicines and other drugs Recognize proper use of medicines Recognize the many influences on drug use Practice drug prevention skills Recognize each choice has a consequence Identify and understand the self control skill to stay out of trouble
Activities: Role playing Worksheet Small group games Home activity designed for parent/student interaction	Performance Assessment: Class participation Worksheet completion Teacher made tests

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 3rd

Unit: Tobacco

PA Standard: 10.1.3
10.2.3

Topics:	Skills:
Tobacco awareness and prevention Self esteem/refusal skills	Identify nicotine as a harmful drug Identify substances which contain tobacco/nicotine Identify the specific adverse health effects of tobacco use Practice skills for resisting tobacco use
Activities:	Performance Assessment:
Interview an adult Storybook Worksheet Tobacco Free Class Book Class discussion Tobacco puzzle	Teacher made test Worksheet completion Class participation Interview completion Class book entry

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 3rd

Unit: Marijuana

PA Standard: 10.1.3
10.2.3

Topics: Marijuana awareness and prevention	Skills: Recognize marijuana as a dangerous and illegal drug Recognize marijuana primarily affects the brain Describe some of the behavioral effects of smoking marijuana Identify some of the activities people give up if they smoke marijuana
Activities: "Give it up" activity card game Class discussion	Performance Assessment: Teacher made test Class participation

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 4

Unit: Drug Awareness & Prevention

PA Standard: 10.1

Topics:	Skills:
Harmful and helpful drugs Drug abuse/drug misuse Decision-making /refusal skills	Define new vocabulary terms related to drug prevention and to distinguish between harmful and helpful substances Follow safety rules when using a drug Understand the difference between drug abuse and drug misuse Practice strategies for improving or maintaining personal health
Activities:	Performance Assessments:
Worksheet Small group work Class discussion Role playing Question and answers	Class participation Teacher made test

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 4

Unit: Alcohol

PA Standard: 10.1

Topics:	Skills:
Alcohol awareness and prevention	Identify the harmful effects and social consequences of alcohol abuse Define chemical dependence and discuss its impact on self and others Identify reliable community resources for dealing with chemical addiction
Activities:	Performance Assessments:
Class discussion Worksheet Crossword puzzle Questions and answers in textbook "Totally Awesome Health"	Class participation Worksheet completion Teacher made test Crossword puzzle completion

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 4

Unit: Tobacco

PA Standard: 10.1

Topics:	Skills:
Tobacco awareness and prevention	Identify social, emotional and health consequences of tobacco use and to appreciate the difficulty of quitting this addictive drug Identify short term and long term effects of using tobacco products Identify false advertising of tobacco products Recognize second-hand smoke as harmful Practice effective refusal skills
Activities:	Performance Assessments:
Class discussion Worksheets Advertisement for smoking which reveals the truth to the consumer Tobacco prevention project Role playing Video " Cartoon All-Stars to the Rescue " Question and answer textbook "Totally Awesome Health"	Teacher made test Class participation Completed advertisement Completed project

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 4

Unit: Illegal Drug Use

PA Standard: 10.1

Topics:	Skills:
Inhalants Marijuana Stimulants/depressants	Recognize the harmful effects of using illegal drugs Understand why illegal drugs should not be used and the social and legal consequences of their use Understand the harmful effects of abusing inhalants Identify the harmful chemical THC in marijuana and recognize its damaging effects on a persons physical, mental and social health Practice effective refusal skills Identify the different classifications of drugs relative to stimulant and depressant Understand misuse of legal stimulants/depressants is illegal Recognize physical, mental and social effects of abusing stimulants/depressants
Activities:	Performance Assessments:
Class discussion Worksheet Questions and answers in textbook "Totally Awesome Health" Illegal drug research project	Teacher made test Class participation Project oral/written report Completed homework/worksheets

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 5

Unit: Drug Awareness & Prevention

PA Standard: 10.1

Topics:	Skills:
Media awareness	Identify misleading advertisements which encourage drug use
Habit/addiction	Recognize habit becomes addiction and how difficult the habit/addiction is to stop Identify resources to help a person deal with or recover from addiction
Legal vs. illegal	Distinguish between legal and illegal drugs and understand why some drugs are illegal
Peer pressure/refusal skills	Demonstrate the ability to say "no" firmly to drug use Demonstrate how to use honest talk with someone who uses harmful drugs
Self esteem/personal responsibility	Recognize each choice has a consequence Understand every person must assume personal responsibility for their own behavior Develop personal goals related to prevention
Activities:	Performance Assessments:
Habit project Media current events Role play Class discussion Journal Entries	Test Project Class participation Worksheet completion Journal completion

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 5

Unit: Alcohol

PA Standard: 10.1

Topics:	Skills:
Alcohol awareness and prevention	Recognize alcohol as a depressant drug Identify body systems affected by alcohol use Understand signs of alcoholism Identify steps of a recovery program Recognize harmful effects to the unborn fetus caused by alcohol use
Activities:	Performance Assessments:
Video Worksheet Class discussion Textbook question and answer	Class participation Worksheet completion Teacher-made test

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 5

Unit: Tobacco

PA Standard: 10.1

Topics: Tobacco awareness and prevention	Skills: Recognize harmful effects of tobacco on the systems of the body Identify reasons to stay away from second-hand smoke Recognize harmful effects to the unborn fetus caused by tobacco products
Activities: Video Project Class discussion Current events Textbook reading/question and answer	Performance Assessments: Teacher-made test Class participation Project completion Worksheet completion

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 5

Unit: Illegal Drug Use

PA Standard: 10.1

Topics:	Skills:
Stimulants	<p>Identify certain stimulants as legal, others as illegal</p> <p>Understand that certain stimulants have a medical purpose and are illegal without a prescription</p> <p>Recognize the effects of stimulants on the mind and body</p>
Depressants	<p>Identify a depressant as a drug which slows down body functions</p> <p>Recognize the effects of depressants on the mind and body</p> <p>Understand that certain depressants have a medical purpose and are illegal with out a prescription</p>
Marijuana	<p>Identify marijuana as an illegal drug which greatly effects mood and short term memory</p> <p>Recognize harmful effects of marijuana on mind and body</p>
Narcotics	<p>Identify a narcotic as a drug that slows down the nervous system and relieves pain</p> <p>Recognize legal/illegal narcotics and their effects on the mind and body</p>
Hallucinogens	<p>Recognize hallucinogens as illegal drugs which cause hallucinations</p> <p>Identify certain "club" drugs and discuss hazardous effects on the mind and body</p>
Steroids	<p>Recognize that some steroids are prescribed to reduce lung inflammation</p> <p>Understand anabolic steroids are drugs that act like testosterone</p> <p>Understand anabolic steroids are illegal without prescription</p> <p>Recognize that steroid use enhances athletic performance and makes competition in sporting events unfair</p>
Activities:	Performance Assessments:
<p>Video</p> <p>Current events</p> <p>Worksheet</p> <p>Classroom discussion</p>	<p>Teacher made test</p> <p>Class participation</p> <p>Worksheet completion</p>

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 6

Unit: Drug Awareness & Prevention

PA Standard: 10.1.6.D
10.2.6.D
10.2.6.D

<p>Topics:</p> <p>Drug awareness</p> <p>Decision making</p> <p>Self-esteem</p>	<p>Skills:</p> <p>List substances commonly considered to be drugs</p> <p>Describe some of the characteristics of chemical dependency.</p> <p>To choose to be substance free</p> <p>To discover fun, safe alternatives to using substances</p> <p>Discuss laws that regulates substance use</p>
<p>Activities:</p> <p>Role play</p> <p>Posters</p> <p>Worksheets</p>	<p>Performance Assessments:</p> <p>Teacher observation</p> <p>Small group activities</p> <p>Participation in class discussion</p> <p>Written evaluations</p> <p>Role play scenarios</p>

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 6

Unit: Tobacco

PA Standard: 10.1.6
10.2.6.D
10.2.6.E

Topics: Nicotine and tobacco	Skills: Identify nicotine as the stimulant drug found in tobacco and list other harmful substances Describe the harmful effects of smoking and second hand smoke on the body Describe ways to break addiction to tobacco
Activities: Activity worksheet Class discussion Video Textbook reading/questions	Performance Assessments: Class participation Teacher observation Written evaluation Role play scenarios

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 6

Unit: Alcohol

PA Standard: 10.1.6.D

Topics: Alcohol Alcoholism	Skills: Identify that drinking alcohol is a bad decision for young people Review information about drugs, chemical dependency, and skills Identify situations in which they might be asked to use alcohol
Activities: Role play	Performance Assessments: Teacher observation Participation Written evaluations

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 6

Unit: Marijuana and Other Drugs

PA Standard: 10.1.6.D

Topics:	Skills:
Marijuana	Describe the physiological and behavioral effects of marijuana Discuss the consequences of smoking marijuana
Cocaine	Describe the physiological effects of using cocaine and the behavioral effects of using cocaine
Steroids	Describe the harmful effects of steroids
Inhalants	Describe the harmful effects of inhalants
Ecstasy	Describe the harmful effects of ecstasy
Activities:	Performance Assessments:
Activity worksheets Class discussion Video Textbook reading/questions	Class participation Teacher observation Written evaluation Role play scenarios

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 7

Unit: Tobacco

PA Standard: 10.2.9.B

Topics: Tobacco	Skills: To examine ways that tobacco use can effect young people's lives To analyze tobacco ads and counter their pro-drug messages with the facts
Activities: Activity worksheets Posters – show positive, tobacco free ways to meet needs and goals	Performance Assessments: Journal entries Participation in group and discussions Written evaluations

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 7

Unit: Alcohol

PA Standard: 10.2.9.C

Topics:	Skills:
Alcohol	To understand the misconceptions and learn the facts about alcohol To examine how alcohol can effect a young person's life To analyze alcohol ads and counter their pro-drug messages with the facts
Activities:	Performance Assessments:
Analyze situations Correct common myths Role play situations	Journal entry Group participation Class participation Written evaluation

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 7

Unit: Marijuana

PA Standard: 10.2.9.C

Topics:	Skills:
Marijuana	To consider ways marijuana use can effect a young person's life
Activities:	Performance Assessments:
THC activity Survey worksheet Facts sheet	Class participation Written evaluation Activity worksheets

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 7

Unit: Illegal Drugs

PA Standard: 10.2.9.D

Topics: Inhalants Cocaine Ecstasy Other Drugs	Skills: To examine/recognize the ways that a certain drug can effect a young person's life Describe the harm in using illegal substances
Activities: Role play Workbook	Performance Assessments: Class participation

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 7

Unit: Productive Healthy Life
Styles

PA Standard: 10.1.9.D
10.2.9.D

Topics:	Skills:
Decision making Self-esteem	To examine the influences and pressure that effect young people's choices and actions To consider ways that certain drugs can effect a young person's life To consider effective and assertive ways to handle peer pressure to use drugs To demonstrate using assertiveness skills in refusing drugs To practice healthy ways to handle stress To identify positive goals and possible obstacles for successful adolescence and adulthood
Activities:	Performance Assessments:
Journal entries Workbook Assertiveness Deep breathing Identifying positive activities	Journal entries Written evaluations Participation in class discussions and in group

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 8

Unit: Drug Awareness &
Prevention

PA Standard:

Topics:	Skills:
Advertising Techniques	Recognize what advertising is and the certain types Identify where advertising is used
Activities:	Performance Assessments:
Review and analyze advertisements	Class participation

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 8

Unit: Alcohol

PA Standard:

Topics:	Skills:
Alcohol	Identify forms and types of alcoholic drinks Describe how alcohol is made Understand the effects on the mind and body Identify illness from excessive alcohol use Understand effects on behavior and judgment Identify problems with pregnancy and alcohol use Recognize dangers when alcohol is mixed with other drugs Practice effective refusal skills Understand legal consequences
Activities:	Performance Assessments:
Note taking Open discussion Role play/refusal skills Games/Activities Videos/Movies Pictures/Charts Project alert role plays	Class participation Teacher made tests/quizzes Grading of notes Oral written reports

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 8

Unit: Tobacco

PA Standard:

Topics:	Skills:
Tobacco	Identify original uses of nicotine Identify various forms of tobacco Recognize effects on the body and health Identify effects on behavior Understand danger of second hand smoke, dangers to non smokers Practice effective refusal skills Consider future consequences of a current decision Information about risks and consequences to themselves Know legal consequences when underage
Activities:	Performance Assessments:
Note taking Open discussions Role play/refusal skills Games/activities Videos/movies Pictures/charts	Class participation Teacher made test/quizzes Grading of notes Oral written reports

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 8

Unit: Stimulants

PA Standard:

Topics:	Skills:
Stimulants	Describe the types of stimulants and forms they come in Know the effects on a person's body and health Understand the fact and be able to apply information about the risks and consequences to themselves Recognize the effects on a person's behavior and judgment Practice and implement refusal skills
Activities:	Performance Assessments:
Note taking Open discussions Role play/refusal skills Games/activities Videos/movies Pictures/charts	Class participation Teacher made test/quizzes Grading of notes Oral written reports

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 8

Unit: Depressants

PA Standard:

Topics: Depressants	Skills: Understand description, types, and where derived from Recognize the effects on the body and health Understand facts about depressants Recognize effects on a person's behavior Understand the benefit of not using drugs Practice and implement refusal skills Consider future consequences of a current decision Consider applying information about risks and consequences of themselves
Activities: Note taking Open discussions Role play/refusal skills Games/activities Videos/movies Pictures/charts	Performance Assessments: Class participation Teacher made test/quizzes Grading of notes Oral written reports

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 8

Unit: Inhalants

PA Standard:

Topics:	Skills:
Inhalants	Describe what household products are considered inhalants Recognize the effects of inhalants on the body Identify the effects on a person's behavior and judgment Understand facts and information on hallucinogens Utilize the ability to apply facts about inhalants in order to make a knowledge and healthy decision Practice effective refusal skills Understand consequences of drug use to society and understand legal consequences
Activities:	Performance Assessments:
Note taking Open discussions Role play/refusal skills Games/activities Videos/movies Pictures/charts	Class participation Teacher made test/quizzes Grading of notes Oral written reports

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 8

Unit: Marijuana

PA Standard:

Topics:	Skills:
Marijuana	Understand where derived from Identify forms and types of use Recognize the effects on the body Recognize what category marijuana comes under Understand how marijuana effects behavior Practice refusal skills Apply information about risks and consequences to themselves Recognize and consider future consequences of a current decision Know legal consequences of using marijuana
Activities:	Performance Assessments:
Note taking Open discussions Role play/refusal skills Games/activities Videos/movies Pictures/charts	Class participation Teacher made test/quizzes Grading of notes Oral written reports

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 8

Unit: Cocaine/Crack

PA Standard: 10.1

Topics:	Skills:
Cocaine/Crack	Describe what cocaine/crack is, where it comes from Identify which category of drug it falls under Recognize the effects on the body and health Consider the effects on personal behavior Practice refusal skills Know legal consequences of using cocaine/crack
Activities:	Performance Assessments:
Note taking Open discussions Role play/refusal skills Games/activities Videos/movies Pictures/charts	Class participation Teacher made test/quizzes Grading of notes Oral written reports

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 8

Unit: Hallucinogens

PA Standard:

Topics:	Skills:
Hallucinogens	Know description, types, history of hallucinogens Recognize the effects on the body and health Understand the effects on behavior, facts on hallucinogens Apply facts about hallucinogens in order to make good decisions Demonstrate proper and effective refusal skills Recognize a potential situation before it happens Understand legal consequences of using hallucinogens
Activities:	Performance Assessments:
Note taking Open discussions Role play/refusal skills Games/activities Videos/movies Pictures/charts	Class participation Teacher made test/quizzes Grading of notes Oral written reports

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 8

Unit: Designer Drugs/Look A Likes

PA Standard:

Topics:	Skills:
Designer drugs/look a likes	Understand what designer drugs are, forms they come in, how used Understand the history of Recognize places and situations where designer drugs are popular Recognize the effects on the body and health Know facts on designer drugs Understand the effects designer drugs have on behavior Practice refusal skills Take information and be able to apply to risks and consequences to themselves
Activities:	Performance Assessments:
Note taking Open discussions Role play/refusal skills Games/activities Videos/movies Pictures/charts	Class participation Teacher made test/quizzes Grading of notes Oral written reports

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 8

Unit: Steroids

PA Standard:

Topics:	Skills:
Steroids	Understand what steroids are and the effects on the body and health Recognize the effects on a person's behavior Recognize the difference between legally prescribed and illegal Apply information about steroids in order to make a healthy decision Assess the legal consequences to a athlete caught using steroids Apply appropriate refusal skills Know effects of steroids o sports performance
Activities:	Performance Assessments:
Note taking Open discussions Role play/refusal skills Games/activities Videos/movies Pictures/charts	Class participation Teacher made test/quizzes Grading of notes Oral written reports

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 8

Unit: Video Resource List

PA Standard:

Topics:	Skills:
Activities:	Performance Assessments:
<u>Cambridge Educational</u> Steroids – 24 minutes Inhalants – 20 minutes Stimulants – 39 minutes Narcotics – 20 minutes PCP & Retamine – 17 minutes Sedatives – 32 minutes THC – 30 minutes Psychedelics & Hallucinogens – 29 minutes ABC Movie of Week – Purple Haze – 105 minutes	

Wallenpaupack Area School District

Course: Wellness I

Grade Level: Grade 9

Unit: Drug Awareness &
Prevention
Healthy Lifestyle Choices

PA Standard: 10.1.9.D
10.2.9.D

<p>Topics:</p> <p>Decision making</p> <p>Self esteem</p> <p>Stress management</p> <p>Suicide</p> <p>STD's and AIDs Abstience</p>	<p>Skills:</p> <p>To define healthy behaviors/risky behaviors and the results of these behaviors on an individual's life To examine and analyze the influences and pressures that effect young people's choices</p> <p>To examine and analyze effective ways to handle peer pressure</p> <p>To identify drug use as a major cause of teenage stress To identify healthy strategies for stress management</p> <p>Recognition of drug related behaviors that may contribute to thoughts of suicide Recognize potential dangerous situations in relationships to suicide</p> <p>Understand the relationship between decision-making, use of drugs and alcohol and sexual behaviors</p>
<p>Activities:</p> <p>Note taking Activity sheets Videos Group Work Projects</p>	<p>Performance Assessments:</p> <p>Class participation in group discussions Written evaluations Activity sheet completion Projects Tests/quizzes</p>

Wallenpaupack Area School District

Course: Wellness II

Grade Level: Grade 10

Unit: Driving Under the Influence

PA Standard: 10.1.10

Topics:	Skills:
<p>Alcohol and other drugs Preventing drunk driving DUI and the law Drugs Laws</p> <p>Decision making</p>	<p>Understand what determines a person's B.A.C. Describe the physiological effects of alcohol Understand how alcohol affects judgment Understand what happens when drugs are combined Describe the role of peer pressure in driving under the influence Understand how to avoid drunk drivers on the road Understand what it means to be charged with D.U.I. Understand the different laws dealing with D.U.I. Understand the penalties for D.U.I.</p> <p>To identify skills needed to avoid the use of drugs To identify skills needed to resist peer pressure To identify the importance of maintaining a healthy life style</p>
Activities:	Performance Assessments:
<p>Decision making skills Class discussion Current events Poster Videos Crossword puzzle</p>	<p>Test Poster (How alcohol affects the body) Observation-Discussion</p>

Wallenpaupack Area School District

Course: Wellness III &
Wellness III/Personal Fitness

Grade Level: Grade 11

Unit: Healthy Relationships
Drug Awareness & Decision
Making Skills

PA Standard: 10.1.9.D
10.1.12.D
10.1.12.E
10.2.12.D

Topics:	Skills:
<ul style="list-style-type: none"> Risk management Causes of death Communication & relationships Decision-making Refusal skills Dating and date rape drugs/alcohol Healthy families Coping with family problems Chemical addiction/drugs and alcohol Problems and effects on families Source of help 	<ul style="list-style-type: none"> Understand the elements and the importance of healthy communications, decision-making and being responsible for their own self-esteem Recognize productive and viable ways to solve problems Understand the relationships between the use of drugs and bad decisions Make responsible decisions concerning the use of alcohol, and other drugs Understand the relationship between drug use and mental, emotional, and social problems Recognize the overall effects of alcohol, tobacco, and other drugs on the family
Activities:	Performance Assessments:
<ul style="list-style-type: none"> Role play Discussion and activity sheets Narrative writing for problem analysis Participate in school/hospital health fair Videos Create poster 	<ul style="list-style-type: none"> Class participation Written evaluation Oral presentation