



Grade 7 Health - Unit 2 - Influences on Health

Unit Focus

This unit focuses on the role of influences of family, friends, and media and their impact on health-related decisions. Students will be introduced to the lessons on drugs by reviewing what a drug is and identifying the benefits and potential harm of the most common drugs. Drug classification and schedules will be explored to categorize drugs for different medical and legal purposes. Students will identify the internal and external influences on their perception and decisions about drugs, including the influence of media messages received from various sources. Values that influence decisions about drugs will also be identified. Students will explore the harmful effects of commonly abused drugs through videos and websites and recognize the basic concepts of addiction. The basic human needs for survival, freedom, love & belonging, fun, and power will be explored to recognize how these needs influence some teens' decision to try/use drugs, and alternatives to drug use will be identified. Using the Natural High Drug Prevention program, videos and stories about successful individuals' natural highs will be used to encourage students to identify their own natural highs that meet their basic needs. Students will create a form of media depicting their natural highs while using media to positively influence and encourage their peers to find their own natural highs and make good decisions about drugs.

Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
Healthy and Balanced Living Curriculum Framework Health Education 6-8 - Identify healthy coping mechanisms and alternatives to substance use. (ANOD 1.1.8) - Describe situations that could lead to the first time use of alcohol and other drugs (ANOD 1.4.8) - Determine the benefits of being alcohol, nicotine and other drug-free. (ANOD 1.7.8) - Describe short- and long-term physical, social and emotional effects of using ANOD's (e.g., effects on organs, including brain, peer relationships, family relationships, self-esteem). (ANOD 1.9.8) - Explain how perceptions of norms influence healthy and unhealthy practices and behaviors. (INF 2.1.8) - Explain how personal values and beliefs influence personal health practices and behaviors. (INF 2.2.8) - Analyze how relevant influences of family, peers, culture, school, community, along with media and technology, affect personal health practices and behaviors. (INF 2.4.8) Madison Public Schools Profile of a Graduate - Product Creation: Effectively use a medium to communicate important information. (POG.3.2)	<i>Students will be able to independently use their learning to...</i> T1 Analyze risk factors and evaluate the consequences to self and others before taking action. T2 Respond to situational challenges and social interactions based on consideration of societal norms, safety, and belief systems.	
	Meaning	
	Understanding(s)	Essential Question(s)
	<i>Students will understand that...</i> U1 Students identify personal likes and dislikes and allot time to pursue their interests. U2 People develop self-confidence and self respect by identifying personal strengths and weaknesses and building upon them. U3 Individuals engage in stress reducing activities in order to maintain a balanced lifestyle. U4 Individuals can determine the degree of influence that others have on their own behaviors in order to anticipate negative or positive outcomes. U5 Individual actions can influence others thinking and actions.	<i>Students will keep considering...</i> Q1 How do I develop my best self in spite of social pressure? Q2 What control do I have over the path my life takes? Q3 Do my actions and/or decisions have a negative or positive impact on my self or others? Q4 How do my peers influence my thinking and actions? Q5 What strategies do I have to make health-enhancing decisions? Q6 Who in my life is impacted by my decisions?

Stage 1: Desired Results - Key Understandings

	Acquisition of Knowledge and Skill	
	Knowledge	Skill(s)
	<i>Students will know...</i> K1 Some of the influences are that encourage teens to try illegal drugs, and how attempting to meet the basic human needs for love & belonging, freedom, power, and fun can be influences K2 Some of the harmful effects of drugs are and how they can change the function of the brain and lead to addiction K3 That having a "natural high" can discourage drug use and help teens make healthy choices to avoid experimenting K4 The media has motivations to persuade, inform, and entertain, and being media literate can support healthy choices K5 Vocabulary: E-cigarettes, aerosol, e-liquid, propylene glycol, ethanol, cannabis, CBD, THC, opioids, heroin, fentanyl, addiction, tolerance, disease, mental health, drug use, drug abuse, withdrawal, basic human needs, norm, natural high	<i>Students will be skilled at...</i> S1 Identifying both internal and external influences on health behaviors S2 Determining a current "natural high" that supports a healthy lifestyle S3 Applying media literacy skills to recognize that teen drug use is not the norm