

Union County Educational Services Commission

Substance Use Mini-Unit

Standards

- *2.1.12.PGD.2: Predict how healthy and unhealthy behaviors can affect brain development and impact physical, social and emotional stages of early adulthood.*
- *PS:C1.8 Learn about the emotional and physical dangers of substance use and abuse*
- *PS:C1.7 Apply effective problem-solving and decision-making skills to make safe and healthy choices*
- *PS:C1.5 Differentiate between situations requiring peer support & situations requiring adult professional help*
- *2.1.12.CHSS.1: Analyze the opportunities available at home, in school, and in the community to support the mental health of oneself or an individual.*

Neurological Impact		
Content	Skills	Resources
<ul style="list-style-type: none"> Facts vs Fiction - Debunking the myths Perceived Risk vs Perceived Benefit Vulnerability on adolescent brains Short & Long term effects 	<p style="text-align: center;"><i>The Students Will Be Able To...(TSWBAT)</i></p> <ul style="list-style-type: none"> Compare myths and truths about the use of marijuana, E-cigarettes, and other drugs in order to Differentiate facts vs. opinions. Identify the effects & potential health risks of marijuana, E-cigarettes, and other drugs on adolescent brain development Explain how the brain and body respond to the use of marijuana, E-cigarettes, and other drugs. 	<ul style="list-style-type: none"> Stanford Medicine Cannabis Awareness & Prevention Toolkit Mind Matters: Drugs & the Brain Mind Matters: The Body's Response to Marijuana National Institute on Drug Abuse Stanford Medicine Cannabis Awareness & Prevention Toolkit Lesson #1

Substance Safety		
Content	Skills	Resources
<ul style="list-style-type: none"> The potency of marijuana today and what that means Consequences of use including physical, mental, social, & legal Chemical interactions of substances (both prescription, over the counter, and illegal) The influence of Media & other Sources 	<p style="text-align: center;"><i>The Students Will Be Able To...(TSWBAT)</i></p> <ul style="list-style-type: none"> Identify various consequences of the use of marijuana, E-cigarettes, and other drugs. Understand how substances both over the counter, legal, and illegal can interact and impact their health in order to Identify facts vs. opinion. consider the source Analyze Media Messages of marijuana, E-cigarettes, and other drugs to understand how media influences their choices 	<ul style="list-style-type: none"> Cannabis the facts you need to know 15 things the Cannabis industry doesn't want you to know NIDA - Drugs & your brain/body

Addiction vs Dependency		
Content	Skills	Resources
<ul style="list-style-type: none"> Addiction vs Dependency vs Misuse Social, psychological, emotional factors of substance use Risk factors vs Protective factors Self-Assessment 	<p><i>The Students Will Be Able To...(TSWBAT)</i></p> <ul style="list-style-type: none"> Identify and Demonstrate understanding of how marijuana, E-cigarettes, and other drugs are commonly misused. Identify and discuss both the risk & protective factors associated with marijuana, E-cigarettes, and other drugs. Analyze the societal impact of substance abuse on the individual, family, and community. 	<ul style="list-style-type: none"> Welcome to Herointown. New Jersey's 4th-largest city Alumni In Recovery Why are drugs so hard to quit? Decisional Balance Exercise.pdf

Coping & Resources		
Content	Skills	Resources
<ul style="list-style-type: none"> How do we manage stress, anxiety, sadness, etc. Negative vs Positive coping skills How can I identify or recognize when it is important to get help? Where can I get help? What resources or support services are at my disposal? 	<p><i>The Students Will Be Able To...(TSWBAT)</i></p> <ul style="list-style-type: none"> Identify positive social practices to avoid being around marijuana, E-cigarettes, and other drugs. Identify personal alternatives to using marijuana, E-cigarettes, and other drugs. Understand when & who to contact when there is a potential for crisis. Familiarize themselves with the local network of resources available for concerns regarding marijuana, E-cigarettes, & other drugs. 	<ul style="list-style-type: none"> Free Online Vision Board Maker Alateen SU Resources for Families - NJ Children's System of Care Smart Recovery for Teens Flyer for Teen Smart Recovery Nar Anon Family Support Groups 2nd Floor Youth Helpline call or text 24/7(888-222-2288) Union County PES: 908-994-7131 (24/7) Suicide and Crisis Lifeline-988

Possible Activities/Assessments

Brief Surveys, Lists, Summaries to share knowledge, Exit Tickets, Venn Diagram, Hand in Pass out, Mini Whiteboards, Role-Play, Creative constructs - posters, collages, short, ABC stories, Google Forms, Padlet, Quizlet, Quizzizz, & Kahoot Quizzes