

**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 	<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. 	<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

<ul style="list-style-type: none"> ● Chemical interactions of substances (both prescription, over the counter, and illegal) ● The influence of Media & other Sources 	<ul style="list-style-type: none"> ● <i>Understand how substances both over the counter, legal, and illegal can interact and impact their health in order</i> <i>TBATIdentify facts vs. opinion. consider the source</i> ● <i>Analyze Media Messages of marijuana, E-cigarettes, and other drugs to understand how media influences their choices</i> 	
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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 style="text-align: center;"><i>The Students Will Be Able To...(TSWBAT)</i></p> <ul style="list-style-type: none"> ● <i>Identify and Demonstrate understanding of how marijuana, E-cigarettes, and other drugs are commonly misused.</i> ● <i>Identify and discuss both the risk & protective factors associated with marijuana, E-cigarettes, and other drugs.</i> ● <i>Analyze the societal impact of substance abuse on the individual, family, and community.</i> 	<ul style="list-style-type: none"> ● <u>Welcome to Herointown, New Jersey's 4th-largest city</u> ● <u>Alumni In Recovery</u> ● <u>Why are drugs so hard to quit?</u> ● <u>Decisional Balance Exercise.pdf</u>

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"> ● <i>Identify positive social practices to avoid being around marijuana, E-cigarettes, and other drugs.</i> ● <i>Identify personal alternatives to using marijuana, E-cigarettes, and other drugs.</i> ● Understand when & who to contact when there is a potential for crisis. ● <i>Familiarize themselves with the local network of resources available for concerns regarding marijuana, E-cigarettes, & other drugs.</i> 	<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