

A Project on Aspects of Addiction

Lesson Plan

Grade Level: 6-8

Curriculum Focus: Controlled Substances

Lesson Duration: Three class periods

Student Objectives

- Give a report based on the Drugs & Alcohol section of <http://www.kidshealth.org>.
- Create a poster that warns of the dangers of drugs and alcohol.

Materials

- Discovery School video on *unitedstreaming: Managing Your Health: Addiction*
Search for this video by using the video title (or a portion of it) as the keyword.

Selected clips that support this lesson plan:

- Detox
 - Magic Pill?
 - Brain Under Siege
 - Nicotine
 - The Lungs
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- Computer with Internet access
 - Poster paper
 - Markers

Procedures

1. Discuss with students what they learned from the video, including information they found surprising, unsettling, gross, or meaningful to their lives.
2. Tell students they are going to prepare group reports and posters on drugs and alcohol based on material found on the Web site <http://www.kidshealth.org>. The reports should include background information and focus on addiction and overcoming an addiction.
3. Divide the class into groups. Have each visit the site <http://www.kidshealth.org>, click on "Enter Teens," and then select the section on Drugs & Alcohol.
4. Have students note the four categories on the Drugs & Alcohol page. Then assign groups to these categories: Tobacco, Alcohol, Drugs, and Getting Help.

5. Have the Tobacco group print out the article “Smoking Cutting through the Hype”; the Alcohol group print out “Alcohol; the Drugs group print out “What Teens Should Know about Drugs”; and the Getting Help group “Dealing with Addiction.”
6. Tell students they will base their reports to the class on these articles. Work with each group as they read through their articles. Suggest or approve material to eliminate or add. The reports should be long enough so that each student in a group reads part of an article.
7. When the groups have finished preparing their reports, have them create posters with a message related to their assigned subject. Have them brainstorm ideas for eye-catching illustrations and short, clever messages. You may wish to give students the option of writing and performing a song or a skit or preparing another type of presentation.
8. When the groups have finished with their creative presentations, have each read their reports to the class and then share their poster, song, or other invention.
9. After all the groups have performed and read their reports, lead a class discussion on the subject of addiction. Have students consider the following:
 - The use of alcohol and other drugs in our society
 - The availability of these drugs
 - Peer pressure among teens
 - The costs of drug use and addiction to society (in terms of monetary value as well as lost productivity, emotional and personal problems, and other issues)

Assessment

Use the following three-point rubric to evaluate students’ work during this lesson.

- **3 points:** Students showed a clear understanding of the Internet as a research tool; worked cooperatively and creatively in their groups to present a report to the class; actively participated in class discussions..
- **2 points:** Students showed an understanding of the Internet as a research tool; worked somewhat cooperatively and creatively in their groups to present a report to the class; participated somewhat in class discussions.
- **1 point:** Students had difficulty understanding the Internet as a research tool; did not work cooperatively or creatively in their groups to present a report to the class; did not participate in class discussions.

Vocabulary

addiction

Definition: Physiological dependence on a drug

Context: Conquering an addiction takes hard work, determination, and a willingness to get help.

drugs

Definition: Substances such as alcohol, nicotine, marijuana, and cocaine that are unhealthy, often illegal, and can lead to addiction

Context: Tens of millions of Americans are addicted to such legal everyday drugs as alcohol and nicotine.

genetic

Definition: Tending to occur among members of a family, usually through heredity

Context: Some scientists believe that the compulsion to abuse drugs and become addicted is genetic.

peers

Definition: A group of people of the same age, grade, and social standing

Context: As young people move from childhood into adolescence, they become more dependent on and involved with their peers.

peer pressure

Definition: The strong influence that young people have on each other

Context: Many adults worry that peer pressure may lead teenagers to experiment with drugs.

toxic

Definition: Of or relating to or caused by a toxin or other poison

Context: Alcohol is toxic and can eventually destroy liver cells.

Academic Standards

National Academy of Sciences

The National Science Education Standards provide guidelines for teaching science as well as a coherent vision of what it means to be scientifically literate for students in grades K-12. To view the standards, visit <http://books.nap.edu>.

This lesson plan addresses the following science standards:

- Science in Personal and Social Perspectives: Personal health; Risks and benefits

Mid-continent Research for Education and Learning (McREL)

McREL's Content Knowledge: A Compendium of Standards and Benchmarks for K-12 Education addresses 14 content areas. To view the standards and benchmarks, visit link:

<http://www.mcrel.org/compendium/browse.asp>

This lesson plan addresses the following national standards:

- Health— Knows environmental and external factors that affect individual and community health; Understands aspects of substance use and abuse



- Language Arts – Reading: Uses reading skills and strategies to understand and interpret a variety of informational texts
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Support Materials

Develop custom worksheets, educational puzzles, online quizzes, and more with the free teaching tools offered on the [Discoveryschool.com](http://www.discoveryschool.com) Web site. Create and print support materials, or save them to a Custom Classroom account for future use. To learn more, visit

- <http://school.discovery.com/teachingtools/teachingtools.html>

