

SUBSTANCE ABUSE—TO USE OR NOT TO USE

Purpose: This lesson informs students of the effects of alcohol and other drug use and abuse as it relates to career choices and lifestyles.

Time Required for Lesson: 50 minutes

Grade Level: 10

Missouri Comprehensive Guidance Strand: Personal and Social Development

Big Idea: PS.3. Applying Personal Safety Skills and Coping Strategies

Concept: PS.3.A. Safe and healthy choices

ASCA Standards:

Domain: Personal Social Development

C. Students will understand safety and survival skills

Materials: Butcher paper; Markers

Comprehensive Guidance Program Curriculum Unit/Lesson links

Grade 10

Unit: Personal Safety Skills and Coping Strategies

Concept: PS 3. A



Show Me Standards: Performance Goals (check one or more that apply)

X	Goal 1: gather, analyze and apply information and ideas
	Goal 2: communicate effectively within and beyond the classroom
X	Goal 3: recognize and solve problems
X	Goal 4: make decisions and act as responsible members of society

This lesson supports the development of skills in the following academic content areas.

Academic Content Area(s)

Specific Skill(s)

X	Communication Arts	6. Participating in formal and informal presentations and discussions of issues and ideas.
	Mathematics	
X	Social Studies	6. Relationships of the individual and groups to institutions and cultural traditions.
	Science	
X	Health/Physical Education	5.Methods used to assess health, reduce risk factors, and avoid high risk behaviors (such as violence, tobacco, alcohol and other drug use) 7. Responses to emergency situations.
	Fine Arts	

Enduring Life Skill(s)

X	Perseverance	X	Integrity	X	Problem Solving
X	Courage	X	Compassion	X	Tolerance
	Respect	X	Goal Setting		

Lesson Assessment acceptable evidence of what learners will know and be able to do as a result of this lesson:

Students write a paragraph on how drug use could affect their career interests and relationships.

Lesson Preparation

Essential Questions: What are some reasons people abuse drugs? How can substance abuse affect career choices and relationships?

Engagement (Hook): Ask students: What are the 'horrors' of substance abuse ?

Procedures

<i>Professional School Counselor Procedures:</i>	<i>Student Involvement:</i>
1. State: "To use or not to use that is the question."	1. Students listen
2. Divide students into groups of four or five and distribute butcher paper and markers	2. Students divide into groups of four or five
3. Have each group fold their paper into four sections	3. Each group folds paper into four sections
4. Ask students to list reasons why high school students use drugs in one section	4. Students list reasons why high school students use drugs in one section
5. Ask students to list reasons why some adults may use drugs in another section of their paper	5. Student list reasons why some adults may use drugs in another section of their paper.
6. Ask students to list their career interests and the type of lifestyle they would like to have in another section.	6. Students list their career interests and the type of lifestyle they would like to have in another section of the paper
7. Have students compare their lists with each other and discuss similarities and differences	7. Students compare their list with each other and discuss similarities and differences
8. In the last section of the paper, have student's list reasons for not using drugs. Students should include the legal penalties that result from substance abuse	8. In the last section of the paper, student's list reasons for not using drugs. Students should include the legal penalties that result from substance abuse.
9. Have student write a paragraph on how substance abuse could affect their career interest and relationships	9. Students write a paragraph on how substance abuse could affect their career interest and relationships.