

DRUG ABUSE

3.20.2019

Subject

SOCIAL STUDIES

Prepared By

[Instructor Name]

Grade Level

3

Overview

This lesson plan covers teaching content for:

1. Names of commonly abused drugs.
2. Drug addiction.
3. Risks in drug abuse.
4. Effects of drugs on family, friends, jobs etc.

Objectives

By the end of this unit, students should be able to:

1. To learn about various drugs.
2. To identify risk factors and protective factors associated with substance abuse (drugs and alcohol).
3. To discuss what addiction is and the consequences of it.

Activity Starter/Introduction

1. Students will learn about various drugs (including short and long-term health impacts)
2. Students will recognize protective and risk factors associated with substance abuse and addiction and learn the importance of resilient factors.
3. Students will examine the consequences of addiction on all facets of life.

Teacher Guide

Day 1/Lesson 1–10Mins

1. Explain to students that different types of drugs have different effects on our bodies.
2. Explain the effects of the use and abuse of alcohol, tobacco, and other drugs.
3. Identify the major factors (e.g., environmental influences such as peer pressure, media influences, adolescent attitudes) that contribute to the use of alcohol, tobacco, and other drugs.

Guided Practice

Day 2/Lesson 2–20Mins

1. Have students create a Venn diagram with overlapping circles comparing illegal and legal drugs.
2. In the area where the circles meet, let them list drugs that can be illegal and legal.
3. Follow with a discussion about why a drug can be both legal and illegal based on how it is used.
4. Have students create posters with a promise to stay drug-free. To gather the information, they will need to read this [KidsHealth.org](http://kidshealth.org) article, “What You Need to Know About Drugs,” with a partner and complete the “Show What You Know About Drugs” handout.
5. But first, have them read the questions on the handout, and while they’re reading the article, have them highlight information in the article that will help them answer the questions in the handout.
6. After they complete the handout, they’ll get back together as a class to discuss the questions as a group.

Materials Required

- A worksheet.
- Poster board
- Markers
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Additional Resources

- <http://www.rcmp-grc.gc.ca/cycp-cpcj/cpl/index-eng.htm>
- <https://bestdrugrehabilitation.com/addresources/lessons-activities-teaching-kids-about-drug-abuse/>

Additional Notes

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4. Let students know that most drugs can be broken down into three categories:
- **Stimulants:** Drugs that make the user hyper and alert.
 - **Depressants:** Drugs that cause a user's body and mind to slow down.
 - **Hallucinogens:** Drugs that disrupt a user's perception of reality and cause them to imagine experiences and objects that seem real.
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Day 3/Lesson 3–20Mins

1. Ask students to define what addiction is as well as the substances a person can become addicted to.
 2. Make sure to include that both drugs and alcohol can be addictive.
 3. Explain to students that addiction is an ongoing process. Addiction may present its challenges at different times over many years in a user's life.
 4. Write each stage on a different piece of paper. Ask for 5 volunteers to come to the front of the class and give each student a stage.
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Day 4/Lesson 3–20Mins

1. Separate the students into 5 different groups.
 2. Have the students get into their groups and give each group a piece of chart paper. Assign each of the five groups one of the topics: (1) Family, (2) Friends & Recreation, (3) School & Jobs, (4) Physical & Emotional Health, and (5) Financial.
 3. Have each group write the topic on their piece of chart paper.
 4. Ask each group to brainstorm and record the consequences of an addiction relating to their topic.
 5. Give the groups 5 minutes to come up with a hashtag that represents how they might be affected in that aspect of their life.
 6. Discuss answers with the group.
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Assessment Activity

1. What's a drug?
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2.What kinds of drugs
are illegal?

3.Why do some kids and
teens use illegal drugs
even though they're
dangerous?

4.What's an addiction?

5.Why do some people
get addicted to drugs?

Summary
