

## NJDOE MODEL CURRICULUM

|                             |                   |                        |                                                     |
|-----------------------------|-------------------|------------------------|-----------------------------------------------------|
| <b>CONTENT AREA: Health</b> | <b>GRADE: 3-5</b> | <b>UNIT #: Unit II</b> | <b>UNIT NAME: Alcohol, Tobacco, and other Drugs</b> |
|-----------------------------|-------------------|------------------------|-----------------------------------------------------|

| #         | STUDENT LEARNING OBJECTIVES                                                                                                                                         | CORRESPONDING NJCCCS              |
|-----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|
| <b>1</b>  | Identify decision making skills and how they relate to decisions involving the use of alcohol, tobacco, and other drugs. 3                                          | (2.2.4.B.1)                       |
| <b>2</b>  | Describe how the decision-making process could be used to avoid substance use, misuse and abuse when being influenced by others. 4                                  | (2.2.4.B.1, 2.2.4.B.2, 2.2.4.B.3) |
| <b>3</b>  | Determine effective decision making strategies that would assist in choices involving alcohol, tobacco, and other drugs. 5                                          | (2.2.6.B.1)                       |
| <b>4</b>  | Interpret a medicine label and identify pertinent information provided for responsible use. 3                                                                       | (2.3.4.A.1, 2.3.4.A.2)            |
| <b>5</b>  | Identify the possible side effects that medicines may cause even when used appropriately. 4                                                                         | (2.3.4.A.2)                       |
| <b>6</b>  | Compare and contrast short and long term physical and behavioral effects of substance use and abuse caused by over the counter and prescribed medication. 5         | (2.3.6.A.1)                       |
| <b>7</b>  | Identify the laws associated with the illegal use of alcohol, tobacco, and other drugs. 3                                                                           | (2.3.4.B.1)                       |
| <b>8</b>  | Discuss the possible short/long term effects and consequences that the use and abuse of alcohol, tobacco and other drugs or inhalants could have on one's health. 4 | (2.3.4.B.2, 2.3.4.B.4, 2.3.4.B.5) |
| <b>9</b>  | Describe situations or environments where second hand smoke could impact the health of nonsmokers. 4                                                                | (2.3.4.B.3)                       |
| <b>10</b> | Compare the effects and consequences of laws, policies, and procedures on people who use and abuse substances to those who do not. 5                                | (2.3.6.B.3)                       |
| <b>11</b> | Determine how laws/policies can have an effect on the health of both smokers and nonsmokers. 5                                                                      | (2.3.6.B.2, 2.3.6.B.3)            |
| <b>12</b> | Identify the warning signs or symptoms that a person might exhibit if they are abusing alcohol, tobacco, or other drugs. 3                                          | (2.3.4.C.1)                       |

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|-----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|
| <b>13</b> | Differentiate between drug use, misuse, and abuse. Determine factors (prescriptions use, not following prescribed direction, addiction) that may lead to each, and identify potential consequences. 4 | ( 2.3.4.C.2, 2.3.4.C.3)          |
| <b>14</b> | Summarize the signs and symptoms of a person who is abusing alcohol, tobacco and other drugs, and determine how it affects personal wellness both short term and long term. 5                         | (2.3.6.B.2,2.3.6.C.1, 2.3.6.C.2) |

| Code #                                     | NJCCCS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|--------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2.2-<br>Integrated<br>Skills               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| B. Decision-<br>Making and<br>Goal Setting | <p>4 Many health-related situations require the application of a thoughtful decision-making process.</p> <p>2.2.4.B.1 Use the decision-making process when addressing health-related issues.</p> <p>2.2.4.B.2 Differentiate between situations when a health-related decision should be made independently or with the help of others.</p> <p>2.2.4.B.3 Determine how family, peers, technology, culture, and the media influence thoughts, feelings, health decisions, and behaviors.</p> |
|                                            | <p>6 Every health-related decision has short- and long-term consequences and affects the ability to reach health goals.</p> <p>2.2.6.B.1 Use effective decision-making strategies.</p>                                                                                                                                                                                                                                                                                                     |
| 2.3- Drugs and<br>Medicines                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |

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|---------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| A. Medicines                                                                                            | 4 Medicines come in a variety of forms (prescription medicines, over-the-counter medicines, medicinal supplements), are used for numerous reasons, and should be taken as directed in order to be safe and effective. |
|                                                                                                         | 2.3.4.A.1 Distinguish between over-the-counter and prescription medicines.                                                                                                                                            |
|                                                                                                         | 2.3.4.A.2 Determine possible side effects of common types of medicines.                                                                                                                                               |
|                                                                                                         | 6 Medicines come in a variety of forms (prescription medicines, over-the-counter medicines, medicinal supplements), are used for numerous reasons, and should be taken as directed in order to be safe and effective. |
|                                                                                                         | 2.3.6.A.1 Compare and contrast short- and long-term effects and the potential for abuse of commonly used over-the-counter and prescription medicines and herbal and medicinal supplements.                            |
| B. Alcohol, Tobacco, and other Drugs                                                                    | 4 Use of drugs in unsafe ways is dangerous and harmful.                                                                                                                                                               |
|                                                                                                         | 2.3.4.B.1 Explain why it is illegal to use or possess certain drugs/substances and the possible consequences.                                                                                                         |
|                                                                                                         | 2.3.4.B.2 Compare the short- and long-term physical effects of all types of tobacco use.                                                                                                                              |
|                                                                                                         | 2.3.4.B.3 Identify specific environments where second-hand/passive smoke may impact the wellness of nonsmokers.                                                                                                       |
|                                                                                                         | 2.3.4.B.4 Summarize the short- and long-term physical and behavioral effects of alcohol use and abuse.                                                                                                                |
|                                                                                                         | 2.3.4.B.5 Identify the short- and long- term physical effects of inhaling certain substances.                                                                                                                         |
|                                                                                                         | 6 There is a strong relationship between individuals who abuse drugs and increased intentional and unintentional health-risk behaviors.                                                                               |
| 2.3.6.B.1 Explain the system of drug classification and why it is useful in preventing substance abuse. |                                                                                                                                                                                                                       |
| 2.3.6.B.2 Relate tobacco use and the incidence of disease.                                              |                                                                                                                                                                                                                       |
| 2.3.6.B.3 Compare the effect of laws, policies, and procedures on smokers and nonsmokers.               |                                                                                                                                                                                                                       |
| C. Dependency, Addiction, and                                                                           | 4 Substance abuse is caused by a variety of factors.                                                                                                                                                                  |
|                                                                                                         | 2.3.4.C.1 Identify signs that a person might have an alcohol, tobacco, and/or drug use problem.                                                                                                                       |

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Drugs**

Treatment

2.3.4.C.2 Differentiate between drug use, abuse, and misuse.

2.3.4.C.3 Determine how advertising, peer pressure, and home environment influence children and teenagers to experiment with alcohol, tobacco, and other drugs.

6 Substance abuse is caused by a variety of factors.

2.3.6.C.1 Summarize the signs and symptoms of a substance abuse problem and the stages that lead to dependency/addiction.

2.3.6.C.2 Explain how wellness is affected during the stages of drug dependency/addiction.