



AACPS School Counselor Lesson Plan

Modeled after the ASCA Lesson Plan

School Counselor:

Date:

AACPS Core Curriculum Topic: Substance Abuse

Grade(s): ___4___

*** Note this lesson is intended to be for a 50 minute lesson. Feel free to adapt to meet the needs of your classes. For example, you may need two class periods to research information, create posters, and share findings with the whole class.

[ASCA Mindsets & Behaviors](#) standards addressed:

- **B-LS 1.** Demonstrate critical-thinking skills to make informed decisions
- **B-SMS 9.** Demonstrate personal safety skills

Essential question and 21 Century Learning connection

- What is the difference between legal and illegal drugs?
- What is addiction?
- What can I do to combat drug abuse in my community?

Objectives/Outcomes:

- I will differentiate between legal and illegal drugs.
- I will examine examples of how drugs are presented in the media.
- I will explore addiction and explain why drug and substance abuse is a problem within our community.

Materials (please attach any supplemental materials referenced in the lesson):

- *How Common Drugs of Abuse Harm* Handout
- Poster /Chart paper for Products
- Markers/Colored pencils

Procedure (include how the instruction will be differentiated):

1. Begin by discussing what a drug is. **A drug is a chemical that is not food and that changes the way a person's body works.** Some drugs help you feel better, but illegal drugs or drugs not prescribed for you by your doctor can also be harmful.
2. Briefly share the Prescription/Non-Prescription Drugs Anchor Chart.
3. KWL Chart
 - a. What do they know about drugs that are abused by people?
 - b. What do they want to know?
 - c. Distribute *How Common Drugs of Abuse Harm*. Have students discuss in small groups. Ask what they have learned. Complete KWL and leave posted for next activity.
4. The students will find their productive partner and discuss with their partners how drugs are portrayed in society by the media? Discuss ads they have seen on television, on websites etc. Give students about 2 minutes to discuss and share with the group. Add any thoughts to KWL.
5. Ask the students what they think addiction is: The person feels like they have to take a drug or use a substance.
 - a. You may want to use a part of *Critters Cry Too* to help students understand addiction.

- b. Have students talk with their productive partners or small group about the people in our communities who have drug addictions. (Is it only rich/poor/ different ethnicities etc.?)
- c. It is important for students to understand that drug addiction/drug abuse affects everyone - it has nothing to do with your financial status, ethnicity, culture, etc.
- 6. Students will work in small groups to create an advertisement, poster or PSA to inform other young people of the dangers of drug abuse and addiction.
 - a. Each group will choose a substance to target.
 - b. In their product, they should give general information about the substance they chose and why it can be dangerous.
 - c. They may include the following in their product: Information about the substance, specifically, which parts of the body the substance can negatively impact, (Teeth rotten, etc.).

(You may want to have some ideas prepared to provide students. A great resource is Kidshealth.org).

Plan for Evaluation: Process Data/Perception Data used to measure understanding (i.e. high level questions, inventory, exit ticket, thumbs up and down):

Share products with the entire class. Allow students time to ask questions regarding their classmates' posters or other questions they may have.

Family Follow Up Activity:

Discuss *How Common Drugs of Abuse Harm* with your child. Ask about what they learned about addiction.

What Do We Know About Drugs That Are Abused By People?	What Do We Want To Know About Drugs That Are Abused By People?	What Have We Learned About Drugs That Are Abused By People?

Start Talking Maryland Fourth Grade Lesson: Family Take Home Activity

Today, in your child's class, we discussed drugs that are sometimes abused and how they can harm you. Please talk with your child about what he/she learned about these drugs.

You may want to review this chart about the effects of drugs of abuse with your child:

This chart details the effects and risks associated with the more common drugs of abuse. Study the chart to answer the questions in the Pop Quiz below.

Drug	Effects on the Body	Risks
CIGARETTES	<ul style="list-style-type: none"> stimulate and sedate the central nervous system cause kidneys to secrete epinephrine, a stress hormone 	<ul style="list-style-type: none"> can cause lung and heart disease, and cancer smoking while pregnant can cause birth defects
COCAINE	<ul style="list-style-type: none"> central nervous system stimulant releases brain chemical dopamine temporarily increases energy 	<ul style="list-style-type: none"> can cause fatal heart and lung failure, seizures, and strokes sharing needles to inject a liquid form of the drug increases risk of contracting HIV, Hepatitis B and C, and other infectious diseases
ECSTASY	<ul style="list-style-type: none"> overstimulates serotonin-producing nerve cells creates short-term feelings of pleasure and increases energy 	<ul style="list-style-type: none"> can cause nausea, fainting, and depression long-term use can cause memory problems and learning disabilities can cause a potentially fatal heat condition called hyperthermia
HEROIN	<ul style="list-style-type: none"> central nervous system depressant induces euphoria by releasing endorphins, hormones that block pain and anxiety 	<ul style="list-style-type: none"> can cause vomiting, respiratory failure, pneumonia, and miscarriage chronic users may develop collapsed veins, heart infections, and liver disease sharing needles to inject heroin increases risk of contracting HIV, Hepatitis B and C, and other infectious diseases
INHALANTS	<ul style="list-style-type: none"> stimulate the brain to give a temporary head rush, or high some inhalants dilate blood vessels, causing the heart to pump dangerously fast 	<ul style="list-style-type: none"> can damage the cardiovascular and nervous systems, causing headache, nausea, slurred speech, loss of coordination, and breathing difficulties can cause depression and memory loss can cause death from suffocation and heart failure
MARIJUANA	<ul style="list-style-type: none"> active ingredient THC creates feelings of mild euphoria and relaxation 	<ul style="list-style-type: none"> affects memory and coordination long-term use may cause lung disease
METHAMPHETAMINE	<ul style="list-style-type: none"> causes the release of high levels of the brain chemical dopamine, which creates an intense rush and feelings of euphoria 	<ul style="list-style-type: none"> can cause insomnia, confusion, tremors, convulsions, and aggressive behavior can damage blood vessels, cause respiratory problems, and irregular heartbeat damage to brain cells, over time, can result in a severe movement disorder
STEROIDS	<ul style="list-style-type: none"> disrupt normal hormonal balance can draw out masculine traits 	<ul style="list-style-type: none"> can cause aching joints, swollen feet, acne, balding, skin to yellow can stunt a teen's growth boys can develop breasts girls may sprout facial hair risk of heart failure and liver cancer

We also discussed addiction today. Please ask your child what he or she learned about addiction.