Colorado Teacher-Authored Instructional Unit Sample

Unit Title: Media Messages and Your Health

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BASED ON A CURRICULUM

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This unit was authored by a team of Colorado educators. The template provided one example of unit design that enabled teacher-authors to organize possible learning experiences, resources, differentiation, and assessments. The unit is intended to support teachers, schools, and districts as they make their own local decisions around the best instructional plans and practices for all students.

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# Colorado Teacher-Authored Sample Instructional Unit

## Content Area

<table>
<thead>
<tr>
<th>Course Name/Course Code</th>
<th>Comprehensive Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grade Level</td>
<td>6&lt;sup&gt;th&lt;/sup&gt; Grade</td>
</tr>
</tbody>
</table>

## Standard

<table>
<thead>
<tr>
<th>Standard</th>
<th>Grade Level Expectations (GLE)</th>
<th>GLE Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Physical and Personal Wellness</td>
<td>1. Access valid and reliable information, products, and services to enhance healthy eating behaviors</td>
<td>CH09-GR.6-S.2-GLE.1</td>
</tr>
<tr>
<td></td>
<td>2. Access valid and reliable information regarding qualities of healthy family and peer relationships</td>
<td>CH09-GR.6-S.2-GLE.2</td>
</tr>
<tr>
<td></td>
<td>3. Comprehend the relationship between feelings and actions</td>
<td>CH09-GR.6-S.2-GLE.3</td>
</tr>
<tr>
<td></td>
<td>4. Analyze how positive health behaviors can benefit people throughout their life span</td>
<td>CH09-GR.6-S.2-GLE.4</td>
</tr>
<tr>
<td>3. Emotional and Social Wellness</td>
<td>1. Understand how to be mentally and emotionally healthy</td>
<td>CH09-GR.6-S.3-GLE.1</td>
</tr>
<tr>
<td>4. Prevention and Risk Management</td>
<td>1. Analyze the factors that influence a person’s decision to use or not use alcohol and tobacco</td>
<td>CH09-GR.6-S.4-GLE.1</td>
</tr>
<tr>
<td></td>
<td>2. Demonstrate the ability to avoid alcohol, tobacco, and other drugs</td>
<td>CH09-GR.6-S.4-GLE.2</td>
</tr>
<tr>
<td></td>
<td>3. Demonstrate self-management skills to reduce violence and actively participate in violence prevention</td>
<td>CH09-GR.6-S.4-GLE.3</td>
</tr>
<tr>
<td></td>
<td>4. Demonstrate ways to advocate for safety, and prevent unintentional injuries</td>
<td>CH09-GR.6-S.4-GLE.4</td>
</tr>
</tbody>
</table>

## Colorado 21<sup>st</sup> Century Skills

**Critical Thinking and Reasoning:** Thinking Deeply, Thinking Differently

**Information Literacy:** Untangling the Web

**Collaboration:** Working Together, Learning Together

**Self-Direction:** Own Your Learning

**Invention:** Creating Solutions

The Colorado Academic Standards for Health describes what learners should know and be able to do as they develop proficiency in health. The utilization of knowledge and skills to enhance physical, mental, emotional and social well-being will be supported in each unit through the standard areas of Physical and Personal Wellness, Emotional and Social Wellness and Prevention and Risk Management.

## Unit Titles

<table>
<thead>
<tr>
<th>Unit Titles</th>
<th>Length of Unit/Contact Hours</th>
<th>Unit Number/Sequence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Media Messages and Your Health</td>
<td>2 weeks</td>
<td>3</td>
</tr>
</tbody>
</table>
### Media Messages and Your Health

<table>
<thead>
<tr>
<th>Focusing Lens(es)</th>
<th>Information/Awareness</th>
<th>Standards and Grade Level Expectations Addressed in this Unit</th>
<th>CH09-GR.6-S.4-GLE.1, CH09-GR.6-S.4-GLE.2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inquiry Questions (Engaging-Debatable):</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• If everyone had the most accurate information available, would they still use alcohol or tobacco? (CH09-GR.6-S.4-GLE.1-IQ.1)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• What would you say to a friend to ask you to have a cigarette? (CH09-GR.6-S.4-GLE.2-EO.b;IQ.2)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Unit Strands
- Prevention and Risk Management

### Concepts
- Risks, Effects, Decision-making, Influences, Media, Behaviors, Information, Choice, Perception, Reality, Refusal Skills, Communication, Wellness

### Generalizations
- My students will Understand that...

<table>
<thead>
<tr>
<th>Guiding Questions</th>
<th>Factual</th>
<th>Conceptual</th>
</tr>
</thead>
<tbody>
<tr>
<td>Media and advertising can powerfully influence individuals’ decision-making around alcohol or tobacco use. (CH09-GR.6-S.4-GLE.1-EO.d)</td>
<td>What do advertisements mean when they say “drink responsibly?” (CH09-GR.6-S.4-GLE.1-EO.e)</td>
<td>Who has the greatest influence over your decisions about tobacco and alcohol use? (CH09-GR.6-S.4-GLE.1-EO.b,d)</td>
</tr>
<tr>
<td>Media and social perceptions/portrayals may or may not depict the realities and consequences of alcohol use and abuse. (CH09-GR.6-S.4-GLE.1-EO.f)</td>
<td>What type of influences do social networks provide about alcohol and tobacco use? (CH09-GR.6-S.4-GLE.1-RA.1)</td>
<td>What is your perception of the effects of tobacco, alcohol and other drugs on your physical and mental health?</td>
</tr>
<tr>
<td>Refusal skills can result in positive outcomes for individuals’ social and personal wellness (CH09-GR.6-S.4-GLE.2-EO.a,b,e)</td>
<td>What are some positive alternatives to substance use? (CH09-GR.6-S.4-GLE.2-EO.d)</td>
<td>What type of refusal skills do you use to avoid alcohol, tobacco and other drugs?</td>
</tr>
<tr>
<td>Positive interpersonal communications/relationships require accurate information and the development of refusal, conflict resolution, and decision-making skills (CH09-GR.6-S.4-GLE.2-EO.d;N.2)</td>
<td>How may substance use and abuse affect relationships? (CH09-GR.6-S.4-GLE.2-EO.c)</td>
<td>Why is it important to be accountable for decisions about substance use? (CH09-GR.6-S.4-GLE.2-EO.a;IQ.1)</td>
</tr>
<tr>
<td>Critical Content: My students will Know...</td>
<td>Key Skills: My students will be able to (Do)...</td>
<td></td>
</tr>
<tr>
<td>------------------------------------------</td>
<td>-----------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>• Decision-making skills (CH09-GR.6-S.4-GLE.2-EO.a)</td>
<td>• Develop positive decision-making skills (CH09-GR.6-S.4-GLE.2-EO.a)</td>
<td></td>
</tr>
<tr>
<td>• Positive alternatives (CH09-GR.6-S.4-GLE.2-EO.d)</td>
<td>• Identify positive alternative to substance use (CH09-GR.6-S.4-GLE.2-EO.d)</td>
<td></td>
</tr>
<tr>
<td>• Substance free (CH09-GR.6-S.4-GLE.2-EO.a)</td>
<td>• Analyze skills to remain substance free (CH09-GR.6-S.4-GLE.2-EO.a)</td>
<td></td>
</tr>
<tr>
<td>• Internal and external influences (CH09-GR.6-S.4-GLE.1-EO.a,b)</td>
<td>• Discuss internal and external influences pertaining to choices about tobacco, alcohol and other drug use. (CH09-GR.6-S.4-GLE.1-EO.a,b)</td>
<td></td>
</tr>
<tr>
<td>• Information on tobacco, alcohol and drug use (CH09-GR.6-S.4-GLE.1-d,e,f;IQ.2)</td>
<td>• Use accurate information about alcohol and tobacco effects on the body. (CH09-GR.6-S.4-GLE.1-d,e,f;IQ.2)</td>
<td></td>
</tr>
</tbody>
</table>

Critical Language: includes the Academic and Technical vocabulary, semantics, and discourse which are particular to and necessary for accessing a given discipline.

EXAMPLE: A student in Language Arts can demonstrate the ability to apply and comprehend critical language through the following statement: "Mark Twain exposes the hypocrisy of slavery through the use of satire."

A student in __________ can demonstrate the ability to apply and comprehend critical language through the following statement(s):

I will develop positive decision-making skills to obtain accurate information about the short-term and long-term effects on the body from tobacco, alcohol and other drug use.

Academic Vocabulary: Risks, Effects, Validity, Decision-making, Influences, Media, Behaviors, Information, Choice, Communication

Technical Vocabulary: Perception, Reality, Refusal skills
# Colorado Teacher-Authored Sample Instructional Unit

## Unit Description:
This unit looks at alcohol and tobacco use through the lens of informational awareness, skill building, and positive decision making. During this 3-4 week unit, students will examine and differentiate between media/social portrayals and the realities of alcohol, tobacco, and other drug use and abuse. Students will also reflect on how media and advertising influence their personal decisions while gaining skills to critically analyze powerful media influences.

## Considerations:
Sixth grade students should have a working knowledge of the effects and dangers of tobacco, alcohol and other drugs. This is a sensitive unit however, and teachers should be aware that:
- Not all students will have the same access to the same media outlets
- Some parents may openly use substances at home
- Some students may already be negatively affected by their own personal experiences

## Unit Generalizations

### Key Generalization:
Positive interpersonal communications/relationships require accurate information and the development of refusal, conflict resolution, and decision-making skills.

### Supporting Generalizations:
- Media and advertising can powerfully influence individuals’ decision-making around alcohol or tobacco use
- Media and social perceptions/portrayals may or may not depict the realities and consequences of alcohol use and abuse
- Refusal skills can result in positive outcomes for individuals’ social and personal wellness

## Performance Assessment: The capstone/summative assessment for this unit.

### Claims:
(Required generalization(s) to be mastered and demonstrated through the capstone assessment.)

| Positive interpersonal communications/relationships require accurate information and the development of refusal, conflict resolution, and decision-making skills. |

### Stimulus Material:
(Engaging scenario that includes role, audience, goal/outcome and explicitly connects the key generalization)

| As a student group of health advocates, you have been asked to create interactive performance-based presentations designed to encourage your peers to consider seriously the effects and consequences of alcohol, tobacco, and/or drug use/abuse and to help them see the power they have to establish and defend healthy lifestyle choices. You will work with a small group of fellow advocates to choose the focus of your presentation (i.e., alcohol, tobacco, or drug use/abuse) and address the following: health consequences of abuse, (un)lawfulness of use/abuse, relationship consequences of use/abuse, and effective strategies for self-advocacy to refuse use/abuse. Throughout your presentation you will emphasize the need for and usefulness of accurate information and its connection to maintain healthy interpersonal relationships by allowing your peers to consider these questions: |
| 1. Why is obtaining accurate information about use/abuse of alcohol, tobacco, or other drugs essential? |
| 2. Why are skills in conflict resolution and decision-making regarding alcohol, tobacco, or other drugs essential in fostering positive peer interactions and relationships? |

### Product/Evidence:
(Expected product from students)

| The students will produce a written script and perform a live skit, recorded commercial, or Public Service Announcement (PSA). Project elements could include research notes, bibliography, script/rubric and/or evidence of assigned roles for each group member. The student will conclude with a personal reflection on how they will use their learning experience to make healthy personal choices. |
Colorado Teacher Authored Sample Instructional Unit

Differentiation:
(Multiple modes for student expression)

The presentation may take the form of:
- Video presentations (moviemaker, iMovie)
- Voicethread

Each student will be responsible for the construction of the presentation (using and citing appropriate evidence, constructing a compelling argument/case for self-advocacy, the consequences of use/abuse, etc.) During production, however, students may assume different roles that could include:
- Presenter
- Videographer/technician
- Graphic/visual artist

Texts for independent reading or for class read aloud to support the content

<table>
<thead>
<tr>
<th>Informational/Non-Fiction</th>
<th>Fiction</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Alcohol</em> - by Rachel Lynette (Lexile band 850-920)&lt;br&gt;<em>Say No and Know Why: Kids Learn About Drugs</em> – by Wendy Wax (Lexile band 850-920)</td>
<td><em>Izzy, Willy-Nilly</em> by Cynthia Voight – A story about the risks of drinking and driving (Lexile band 850-920)&lt;br&gt;<em>My Incredibly Wonderful, Miserable Life: An Anti-Memoir</em> by Adam Nimoy (Lexile band 850-920)&lt;br&gt;<em>Lockdown</em> by Walter Dean Myers (Lexile level 730)&lt;br&gt;<em>No Thanks, but I'd Love To Dance: Choosing To Live Smoke-free</em> – by Jackie Reimer (Lexile band 850-920)</td>
</tr>
</tbody>
</table>

Ongoing Discipline-Specific Learning Experiences

<table>
<thead>
<tr>
<th></th>
<th>Description:</th>
<th>Teacher Resources:</th>
<th>Student Resources:</th>
</tr>
</thead>
</table>

Skills: Determining internal and external influences pertaining to choices about tobacco, alcohol and other drug use

Assessment: Advocacy word wall: http://www.schoolexpress.com/wordwalls/wordwalls.php (Site to create word-wall flash cards)

Students will add words and phrases to the wall as they pursue goals/outcomes of the unit.
### Prior Knowledge and Experiences

The individual learning experiences build upon a presumed student working knowledge of concepts such as risks, effects, decision-making and communication. However, the development of refusal skills to combat the dangers of alcohol, tobacco, and other drugs on the body, along with understanding social beliefs regarding these substances will be a focus of this unit.

### Learning Experience # 1

The teacher may brainstorm with students the ways in which media portrays alcohol, tobacco and drug use so students can begin critically analyzing how media glamorizes the use of these substances.

**Generalization Connection(s):** Positive interpersonal communications/relationships require accurate information and the development of refusal, conflict resolution, and decision-making skills

**Teacher Resources:**
- [www.youtube.com](http://www.youtube.com) (Influence of drugs and alcohol in the media)

**Student Resources:**
- [www.youtube.com](http://www.youtube.com) (Influence of drugs and alcohol in the media)
## Assessment:

## Differentiation:
(Multiple means for students to access content and multiple modes for student to express understanding.)

<table>
<thead>
<tr>
<th>Access (Resources and/or Process)</th>
<th>Expression (Products and/or Performance)</th>
</tr>
</thead>
<tbody>
<tr>
<td>The teacher may provide a graphic organizer with two of the examples filled in <a href="http://www.eduplace.com/graphicorganizer/pdf/cluster_web3.pdf">http://www.eduplace.com/graphicorganizer/pdf/cluster_web3.pdf</a> (Semantic web graphic organizer)</td>
<td>Students may complete a semantic web graphic organizer with media portrayals in the center and depict at least five ways the media romanticizes substance use</td>
</tr>
</tbody>
</table>

## Extensions for depth and complexity:

<table>
<thead>
<tr>
<th>Access (Resources and/or Process)</th>
<th>Expression (Products and/or Performance)</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.schoolexpress.com/wordwalls/wordwalls.php">http://www.schoolexpress.com/wordwalls/wordwalls.php</a> (Site to create word-wall flash cards)</td>
<td>Students may begin constructing a word wall with vocabulary related to tobacco, alcohol and drugs</td>
</tr>
</tbody>
</table>

## Critical Content:
- Information on tobacco, alcohol and drug use

## Key Skills:
- Use accurate information about alcohol and tobacco effects on the body.

## Critical Language:
- Information, accurate, inaccurate, awareness

## Learning Experience # 2

The teacher may bring in examples of commercials and advertisements aimed at adolescents so students can begin to examine and analyze particular marketing strategies used to influence alcohol consumption.

## Generalization Connection(s):
Media and advertising can powerfully influence individuals’ decision-making around alcohol or tobacco use

## Teacher Resources:
- [http://www.youtube.com](http://www.youtube.com) (Commercial Resources)
- [http://library.thinkquest.org/C0111500/proptech.htm](http://library.thinkquest.org/C0111500/proptech.htm) (Advertising techniques)
- [http://www.understandmedia.com/topics/media-theory/110-how-to-analyze-a-television-commercial](http://www.understandmedia.com/topics/media-theory/110-how-to-analyze-a-television-commercial) (How to analyze a commercial)

## Student Resources:
- [http://library.thinkquest.org/C0111500/proptech.htm](http://library.thinkquest.org/C0111500/proptech.htm) (Advertising techniques)
- [http://www.understandmedia.com/topics/media-theory/110-how-to-analyze-a-television-commercial](http://www.understandmedia.com/topics/media-theory/110-how-to-analyze-a-television-commercial) (How to analyze a commercial)

## Assessment:
Students will watch television for a particular block of time and identify alcohol commercials to analyze marketing strategies and determine what advertising techniques are being used.  [http://library.thinkquest.org/C0111500/proptech.htm](http://library.thinkquest.org/C0111500/proptech.htm) (Advertising techniques)  [http://www.understandmedia.com/topics/media-theory/110-how-to-analyze-a-television-commercial](http://www.understandmedia.com/topics/media-theory/110-how-to-analyze-a-television-commercial) (How to analyze a commercial)
### Differentiation:
(Multiple means for students to access content and multiple modes for student to express understanding.)

<table>
<thead>
<tr>
<th>Access (Resources and/or Process)</th>
<th>Expression (Products and/or Performance)</th>
</tr>
</thead>
<tbody>
<tr>
<td>N/A</td>
<td>Students may watch commercials in their home language and complete the assignment</td>
</tr>
</tbody>
</table>

### Extensions for depth and complexity:

<table>
<thead>
<tr>
<th>Access (Resources and/or Process)</th>
<th>Expression (Products and/or Performance)</th>
</tr>
</thead>
<tbody>
<tr>
<td>The teacher may provide examples of commercials in order to provide ideas for students</td>
<td>Students may use the data gathered for the assessment to construct an opinion piece regarding the most persuasive advertising techniques</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Critical Content:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Decision-making skills</td>
</tr>
<tr>
<td>• Internal and external influences</td>
</tr>
<tr>
<td>• Information on alcohol</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Key Skills:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Develop positive decision-making skills</td>
</tr>
<tr>
<td>• Discuss internal and external influences pertaining to choices about tobacco, alcohol and other drug use.</td>
</tr>
<tr>
<td>• Use accurate information about alcohol and tobacco effects on the body.</td>
</tr>
</tbody>
</table>

### Critical Language:
Media, decision-making, influences, perception, reality, reflection

### Learning Experience # 3

The teacher may show examples of current Public Service Announcements (PSAs) so students can critique the elements of a quality PSA.

### Generalization Connection(s):
Media and advertising can powerfully influence individuals’ decision-making around alcohol or tobacco use

<table>
<thead>
<tr>
<th>Teacher Resources:</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://ctb.ku.edu/en/table-of-contents/participation/promoting-interest/public-service-announcements/main">http://ctb.ku.edu/en/table-of-contents/participation/promoting-interest/public-service-announcements/main</a> (Preparing Public Service Announcements)</td>
</tr>
<tr>
<td><a href="http://en.wikipedia.org/wiki/Public_service_announcement">http://en.wikipedia.org/wiki/Public_service_announcement</a> (Definition of Public Service Announcement)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Student Resources:</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://en.wikipedia.org/wiki/Public_service_announcement">http://en.wikipedia.org/wiki/Public_service_announcement</a> (Definition of Public Service Announcement)</td>
</tr>
<tr>
<td><a href="http://adcouncil.org/Our-Work/The-Classics">http://adcouncil.org/Our-Work/The-Classics</a> (Ad Council Public Service Announcements)</td>
</tr>
<tr>
<td><a href="http://adcouncil.org/Our-Work/(offset)/24">http://adcouncil.org/Our-Work/(offset)/24</a> (Ad Council Public Service Announcements)</td>
</tr>
</tbody>
</table>
### Colorado Teacher-Authored Sample Instructional Unit

#### Assessment:
Students will watch television for a particular block of time and identify public service announcements to analyze essential components and determine the effectiveness of PSAs related to preventing tobacco and drug use. [http://mediaeducationlab.com/stand-lesson-2-understand-genre-public-service-announcements](http://mediaeducationlab.com/stand-lesson-2-understand-genre-public-service-announcements) (Analyzing components of PSAs)

#### Differentiation:
(Multiple means for students to access content and multiple modes for student to express understanding.)

<table>
<thead>
<tr>
<th>Access (Resources and/or Process)</th>
<th>Expression (Products and/or Performance)</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.eduplace.com/graphicorganizer/pdf/4column.pdf">http://www.eduplace.com/graphicorganizer/pdf/4column.pdf</a> (Four column organizer-audience/purpose/topic/emotions)</td>
<td>Students may complete a graphic organizer to categorize audience, purpose/topic, and emotions after watching several PSAs</td>
</tr>
</tbody>
</table>

#### Extensions for depth and complexity:

<table>
<thead>
<tr>
<th>Access (Resources and/or Process)</th>
<th>Expression (Products and/or Performance)</th>
</tr>
</thead>
<tbody>
<tr>
<td>The teacher may provide students with a list of PSA’s</td>
<td>Students may use the data gathered for the assessment to construct an opinion piece regarding the most persuasive PSAs</td>
</tr>
</tbody>
</table>

#### Critical Content:
- Decision-making skills
- Internal and external influences
- Information on alcohol

#### Key Skills:
- Develop positive decision-making skills
- Discuss internal and external influences pertaining to choices about tobacco, alcohol and other drug use
- Use accurate information about alcohol and tobacco effects on the body

#### Critical Language:
Decision-making, influences, media, information, wellness, positive, advertisement, public service announcements

### Learning Experience # 4

**The teacher may identify the effects of tobacco use (with videos, news stories, etc.) so students can categorize and describe the addictive properties of nicotine.**

#### Generalization Connection(s):
Media and advertising can powerfully influence individuals’ decision-making around alcohol or tobacco use

#### Teacher Resources:
- [www.thetruth.com](http://www.thetruth.com) (Anti-tobacco campaign)
- [http://www.cdc.gov/](http://www.cdc.gov/) (Center for Disease Control & Prevention)
- [www.drugfree.org](http://www.drugfree.org) (Partnership for a Drug Free America)
- [http://learntobehealthy.org/parents-teachers/educational-materials/tobacco-inhalants/?gclid=CNT81KiV27wCFa47Mgod0xAAtQ](http://learntobehealthy.org/parents-teachers/educational-materials/tobacco-inhalants/?gclid=CNT81KiV27wCFa47Mgod0xAAtQ) (Tobacco prevention)

#### Student Resources:
- [www.kidshealth.org/teen](http://www.kidshealth.org/teen) (Tobacco use and risks)
- [www.coquitline.org](http://www.coquitline.org) (Support for quitting smoking)

#### Assessment:
## Critical Content:
- Information

## Key Skills:
- Use accurate information about alcohol and tobacco effects on the body.

## Critical Language:
- Effects, risks, wellness, decision-making, addictive

### Learning Experience # 5

The teacher may identify the effects of alcohol (by using videos, news stories, etc.) so students can discuss how alcohol may impact decision making and self-management.

### Generalization Connection(s):
Media and social perceptions/portrayals may or may not depict the realities and consequences of alcohol use and abuse

### Teacher Resources:
- [www.cdc.org](http://www.cdc.org) (Center for Disease Control)
- [www.drugfree.org](http://www.drugfree.org) (Strategies and support for a drug free America)
- [www.abovetheinfluence.org](http://www.abovetheinfluence.org) (Drugs and alcohol prevention site)
- [www.fatalvision.org](http://www.fatalvision.org) (Purchase drunk goggles)

### Student Resources:
- [www.kidshealth.org/teen/drug_alcohol/](http://www.kidshealth.org/teen/drug_alcohol/) (Health resource site for teens, articles that provide data and risks of substance use & abuse)
- [www.abovetheinfluence.org](http://www.abovetheinfluence.org) (Drugs and alcohol prevention site)
- [www.compelledtoact.com/tragic_listing/spady.htm](http://www.compelledtoact.com/tragic_listing/spady.htm) (Article about a young college girl’s binge drinking death)

### Assessment:
Students will identify 5 short term and 5 long term effects of alcohol use.

### Differentiation:
(Multiple means for students to access content and multiple modes for student to express understanding.)

<table>
<thead>
<tr>
<th>Access (Resources and/or Process)</th>
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</thead>
</table>

<table>
<thead>
<tr>
<th>Expression (Products and/or Performance)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students may visually depict causes and effects of alcohol use. Students may work with a partner to complete the thinking map.</td>
</tr>
</tbody>
</table>
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<table>
<thead>
<tr>
<th>Extensions for depth and complexity:</th>
<th>Access (Resources and/or Process)</th>
<th>Expression (Products and/or Performance)</th>
</tr>
</thead>
</table>

## Critical Content:
- Internal and external influences
- Information about alcohol

## Key Skills:
- Discuss internal and external influences pertaining to choices about tobacco, alcohol and other drug use.
- Use accurate information about alcohol and tobacco effects on the body.

## Critical Language:
Influences, media, perception, consequences, choice, effects, information

## Learning Experience # 6

The teacher may introduce categories and forms of drugs so students can organize and synthesize the effects of drug use and abuse.

### Generalization Connection(s):
Positive interpersonal communications/relationships require accurate information and the development of refusal, conflict resolution, and decision-making skills

### Teacher Resources:
- [www.abovetheinfluence.com](http://www.abovetheinfluence.com) (Drug, tobacco, and alcohol prevention)
- [www.drugfree.org](http://www.drugfree.org) (Anti-drug/prevention)
- [http://www.dshs.wa.gov/ca/fosterparents/training/drugs/drugs03.htm](http://www.dshs.wa.gov/ca/fosterparents/training/drugs/drugs03.htm) (The Dope on Drugs)
- [http://casapalmera.com/top-8-drug-categories/](http://casapalmera.com/top-8-drug-categories/) (Top 8 drug categories)

### Student Resources:
- [www.abovetheinfluence.com](http://www.abovetheinfluence.com) (Drug, tobacco, and alcohol prevention)
- [http://www.dshs.wa.gov/ca/fosterparents/training/drugs/drugs03.htm](http://www.dshs.wa.gov/ca/fosterparents/training/drugs/drugs03.htm) (The Dope on Drugs)

### Assessment:
Students will categorize (up to ten) different drugs; documenting their nature (e.g., barbiturates, hallucinogen, amphetamine etc.) and their effects.

### Differentiation:
(Multiple means for students to access content and multiple modes for student to express understanding.)

**Access (Resources and/or Process):**
- The teacher may provide partially filled in graphic organizer (e.g., with names of drugs listed)

**Expression (Products and/or Performance):**
- Students may complete graphic organizer
- Students may choose a lesser number of drugs
**Extensions for depth and complexity:**

<table>
<thead>
<tr>
<th>Access (Resources and/or Process)</th>
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<tbody>
<tr>
<td><a href="http://www.eisd.net/cms/lib04/TX01001208/Centricity/Domain/599/DoubleBubbleMap.pdf">http://www.eisd.net/cms/lib04/TX01001208/Centricity/Domain/599/DoubleBubbleMap.pdf</a> (Compare and contrast thinking map)</td>
<td>Students may select two specific drugs from different categories to compare and contrast their symptoms and physical effects on the body</td>
</tr>
<tr>
<td><a href="http://www.abovetheinfluence.com">www.abovetheinfluence.com</a> (Drug, tobacco, and alcohol prevention)</td>
<td></td>
</tr>
</tbody>
</table>

**Critical Content:**

- Decision-making skills
- Internal and external influences

**Key Skills:**

- Develop positive decision-making skills
- Discuss internal and external influences pertaining to choices about tobacco, alcohol and other drug use.

**Critical Language:**

- Consequences, decision-making, perception, reality, influences

---

**Learning Experience # 7**

The teacher may use various sources (e.g., guest speakers) to address drug prevention and risk management options so students can ask questions and gather information regarding healthy lifestyles and choices.

**Generalization Connection(s):**

Positive interpersonal communications/relationships require accurate information and the development of refusal, conflict resolution, and decision-making skills

**Teacher Resources:**

- [http://www.coloradofop.org/](http://www.coloradofop.org/) (Contact for police officer guest speakers)
- [http://www.denverda.org/Prosecution_Units/juvenile_diversion/juvenile_diversion.htm](http://www.denverda.org/Prosecution_Units/juvenile_diversion/juvenile_diversion.htm) (Contact for juvenile diversion speakers)
- [http://www.colorado.gov/cs/Satellite/CDHS-ChildYouthFam/CBON/1251580877620](http://www.colorado.gov/cs/Satellite/CDHS-ChildYouthFam/CBON/1251580877620) (Contact for juvenile justice guest speakers)
- [http://www.colorado.gov/cs/Satellite/CDHS-BehavioralHealth/CBON/1251581448773](http://www.colorado.gov/cs/Satellite/CDHS-BehavioralHealth/CBON/1251581448773) (Contact for youth services speakers)

**Student Resources:**

N/A

**Assessment:**

Students will construct a journal entry reflecting on the guest speaker and synthesizing the information provided in the presentation.

**Differentiation:**

(Multiple means for students to access content and multiple modes for student to express understanding.)

<table>
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<tbody>
<tr>
<td><a href="http://www.presentationmagazine.com/weekly-calendar-template-605.htm">http://www.presentationmagazine.com/weekly-calendar-template-605.htm</a> (Blank journal page for student energy log-with teacher-added sentence stems)</td>
<td>Students may complete journal entries using sentence stems</td>
</tr>
</tbody>
</table>

**Extensions for depth and complexity:**

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<tbody>
<tr>
<td>N/A</td>
<td>Students may interview a trusted school or community member about drug prevention/risk management and write a summary of the interview</td>
</tr>
</tbody>
</table>
## Colorado Teacher-Authored Sample Instructional Unit

| Critical Content: | • Decision-making skills  
• Internal and external influences  
• Information |
| --- | --- |

| Key Skills: | • Develop positive decision-making skills  
• Discuss internal and external influences pertaining to choices about tobacco, alcohol and other drug use.  
• Use accurate information about alcohol and tobacco effects on the body. |
| --- | --- |

<table>
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<tr>
<th>Critical Language:</th>
<th>Risks, effects, decision-making, influences, behaviors, choice, internal, external</th>
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</thead>
</table>

### Learning Experience # 8

The teacher may discuss conflict resolution skills using (“I statements” and “You statements”) so students can set personal goals for resolving conflicts.

<table>
<thead>
<tr>
<th>Generalization Connection(s):</th>
<th>Positive interpersonal communications/relationships require accurate information and the development of refusal, conflict resolution, and decision-making skills</th>
</tr>
</thead>
</table>

[www.urbantech.org/cms/conflictresolution](http://www.urbantech.org/cms/conflictresolution)  
[www.aimhigh101tips.com](http://www.aimhigh101tips.com) (Life Changing Teen Tips)  
[www.learningpeace.com/pages/LP_04.htm](http://www.learningpeace.com/pages/LP_04.htm) (Steps for conflict resolution)  
*Let's Talk about Alcohol: The Role of Interpersonal Communication and Health Campaigns* |
| --- | --- |

[www.urbantech.org/cms/conflictresolution](http://www.urbantech.org/cms/conflictresolution) (conflict resolution)  
[www.aimhigh101tips.com](http://www.aimhigh101tips.com) (Life Changing Teen Tips)  
*Let's Talk about Alcohol: The Role of Interpersonal Communication and Health Campaigns* |
| --- | --- |

| Assessment: | Students will create (or be supplied with) several "you" and "I" statements around a conflict (see examples in teacher resources).  
Students will complete a thinking map comparing and contrasting the statements,  
| --- | --- |

<table>
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<th>Differentiation:</th>
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</tr>
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</table>

| Access (Resources and/or Process) | The teacher may provide “you” and “I” statements and a partially filled in thinking map.  
| --- | --- |

| Expression (Products and/or Performance) | Students may tell the teacher their statements verbally.  
Students may use a graphic organizer to “fill in the blanks” |
### Colorado Teacher-Authored Sample Instructional Unit

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<tr>
<td>N/A</td>
<td>Students may write and/or act out a skit for the class wherein “I statements” are used in place of “you statements”.</td>
<td></td>
</tr>
</tbody>
</table>

**Critical Content:**
- Decision-making skills
- Substance free

**Key Skills:**
- Develop positive decision-making skills
- Analyze skills to remain substance free

**Critical Language:**
Communication, conflict resolution, healthy, unhealthy, interpersonal, decision-making, “I” statements, “You” statements

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**Learning Experience # 9**

The teacher may provide examples (videos, role play) where personal boundaries are/are not respected so students can reflect on their own boundary setting skills.

**Generalization Connection(s):**
Refusal skills can result in positive outcomes for individuals’ social and personal wellness

**Teacher Resources:**
- [www.drugfree.org](http://www.drugfree.org) (Teen options to stay drug free)
- [http://www.abovetheinfluence.com/](http://www.abovetheinfluence.com/) (Teen videos-How to avoid peer pressures)
- [http://csefel.vanderbilt.edu/resources/strategies.html](http://csefel.vanderbilt.edu/resources/strategies.html) (Videos, stories, models of boundaries, social stories)

**Student Resources:**
- [http://www.abovetheinfluence.com/](http://www.abovetheinfluence.com/) (Teen videos-How to avoid peer pressures)
- [http://cleverclassroomblog.blogspot.com/p/social-skills.html](http://cleverclassroomblog.blogspot.com/p/social-skills.html) (Boundary Setting)

**Assessment:**
Students will work with partners to create and perform a scenario that depicts a situation where personal boundaries are not respected. Classmates will analyze and document the story that was told.
- [http://www.abcteach.com/free/p/port_26pt_line_story.pdf](http://www.abcteach.com/free/p/port_26pt_line_story.pdf) (Blank, lined paper with room to write and visually document the stories told in the scenarios)

**Differentiation:**
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<td>Students may illustrate and dictate the story from the scenario to a peer or teacher</td>
</tr>
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<tr>
<td><a href="http://www.enchantedlearning.com/graphicorganizers">www.enchantedlearning.com/graphicorganizers</a> (Story frame graphic organizer)</td>
<td>Students may write a short story in which they describe a situation when they have had to use personal space</td>
</tr>
</tbody>
</table>
| Critical Content: | • Positive alternatives  
• Substance free  
• Decision-making skills |
|-------------------|-------------------------------------------------------------------|
| Key Skills:       | • Identify positive alternative to substance use  
• Analyze skills to remain substance free  
• Develop positive decision-making skills |
| Critical Language:| Positive alternatives, refusal skills, communication, wellness |

**Learning Experience # 10**

The teacher may model the usage of refusal skills so students can consider and analyze effective ways to respond in difficult situations.

**Generalization Connection(s):**
Refusal skills can result in positive outcomes for individuals’ social and personal wellness

**Teacher Resources:**
- [www.drugfree.org](http://www.drugfree.org) (Drug facts)
- [www.healthedco.com](http://www.healthedco.com) (Instructional resources for purchase)
- [www.chesterfieldsafe.org](http://www.chesterfieldsafe.org) (Refusal skills)
- [http://health4everyone.wikispaces.com/file/history/Chapter+2+Lesson+6+Peer+Pressure+%26+Refusal+Skills.doc](http://health4everyone.wikispaces.com/file/history/Chapter+2+Lesson+6+Peer+Pressure+%26+Refusal+Skills.doc) (General refusal skills tips)
- [http://www.intheknowzone.com/test-your-knowledge-33.html](http://www.intheknowzone.com/test-your-knowledge-33.html) (Refusal skill quiz)

**Student Resources:**
- [www.drugfree.org](http://www.drugfree.org) (Drug Facts)
- [www.chesterfieldsafe.org](http://www.chesterfieldsafe.org) (Refusal skills)

**Assessment:**
Students will work with partners to create and act out scenes that require the use of refusal skills. Classmates will analyze and document the story that was told. [http://www.abcteach.com/free/p/port_26pt_line_story.pdf](http://www.abcteach.com/free/p/port_26pt_line_story.pdf) (Blank, lined paper with room to write and visually document the stories told in the scenarios)

**Differentiation:**
(Multiple means for students to access content and multiple modes for student to express understanding.)

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<td>Students may illustrate and dictate the story/skills from the scenario to a peer or teacher</td>
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<tr>
<td><a href="http://www.enchantedlearning.com/graphicorganizers">www.enchantedlearning.com/graphicorganizers</a> (Story frame graphic organizer)</td>
<td>Students may construct a short story in which they describe a situation when they have successfully or unsuccessfully utilized refusal skills</td>
</tr>
</tbody>
</table>

### Critical Content:

- Substance free
- Decision-making skills

### Key Skills:

- Analyze skills to remain substance free
- Develop positive decision-making skills

### Critical Language:

Refusal skills, influences, wellness, physical wellbeing, mental wellbeing, social wellbeing