

Lesson Plan Title: **Mind Your Media – Substance Use and Abuse**

Created: 2014

Class/ Grade: **Grade 9 (PPL10) or Grade 10 (PPL20)**

Subject: **Healthy Active Living Education, Open**

Learning Targets: By the end of the lesson, students will know/be able to:

PPL10

Overall:

- Demonstrate personal strategies to deal effectively with the social influences that contribute to the use and abuse of alcohol, tobacco, and other drugs.

Specific:

- Explain the effects of the use and abuse of alcohol, tobacco, and other drugs
- 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
- Identify the school and community resources involved in education, prevention, and treatment with respect to alcohol, tobacco, and other drugs
- Demonstrate and use both decision-making and assertion skills with respect to media influences and peer pressure related to alcohol, tobacco, and other drugs

PPL20

Overall:

- Demonstrate understanding of the issues and coping strategies related to substance use and abuse.

Specific:

- Describe the factors that lead to substance dependence
- Describe the physiological and sociological effects of substance use
- Demonstrate knowledge of the legal aspects of substance use and abuse (e.g., regarding under-age drinking, impaired driving, the Tobacco Control Act).
- Analyse the impact of media and culture on decision making

Learning Skills

Δ Responsibility

Δ Organization

Δ Independent work

Δ Collaboration

Δ Initiative

Δ Self-regulation

(Describe how the learning skill connects to the learning target)

Coded Expectations:

PPL10 – HLV.03

PPL20 – HLV.03

Learning/ Lesson Activities

Warm-up

- Students will be shown a video created by Beal students ([Substance Use in Media](#))
- Create a 3 column list with the headings “Looks like...” “Feels like...” “Sounds like...”
- Allow students to fill in the columns based on the video

Lesson

- Review the PowerPoint – Substance Use – Alcohol
- Students will brainstorm factors that contribute to the use of alcohol. These may include peer pressure, media influences and attitudes.
- The focus may shift to media influences as students are exposed to all types of media everyday (Television, Internet, Twitter, Facebook). Students have easy access to all of their favorite celebrities and athletes who aren’t always providing a positive message in relation to alcohol. Examples of celebrity/athlete pictures and tweets can be used.

Activity

- Students will research community resources that deal with alcohol education, prevention and treatment with respect to alcohol. An excellent example that students may not be aware of is the presence of a police officer in their school.
- Students will create their own scenarios of dealing with alcohol abuse similar to the video shown at the beginning of class.
 - Students may want to act out the characters they saw in the video (e.g. Group 1 acts out a scenario with the dancer, Group 2 acts out a scenario with the fighter).
- Students will extend the scenarios to include a conflict and a resolution.
- Once students present their scenarios, the class will decide which scenarios/resolutions were the most effective in dealing with various situations.

Instructional Strategies:

- | | |
|-------------------------------------|--|
| △ Think/Pair/Share: Think/Pair/Draw | △ Brainstorming |
| △ Graphic Organizers | △ Rapid Writing |
| △ Co-operative Learning | △ Group Work/ Instructional Strategies |
| △ Direct Teaching | △ Demonstration |
| △ Hands-on activity | △ Other: <i>(describe)</i> |

Differentiated Instruction and/or Accommodations

- Students draw their scenarios
- Students record their scenarios at home to show in class

Extension

- Students can create their own videos

Success criteria:

- Students demonstrate personal strategies to deal effectively with the social influences that contribute to the use and abuse of alcohol, tobacco, and other drugs
- Students demonstrate understanding of the issues and coping strategies related to substance use and abuse