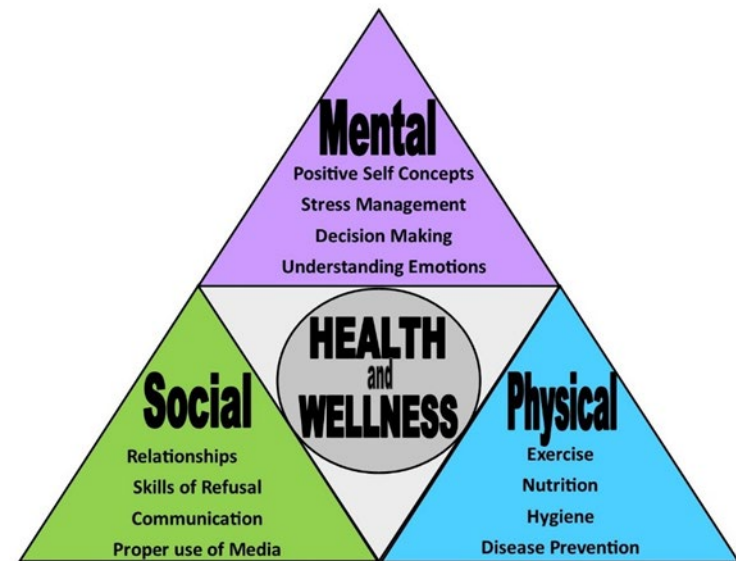


# Health I

## Strand 4: Substance Abuse Prevention

**Substance Abuse Prevention (SAP)** provides students with the knowledge and skills to make choices to avoid substance abuse. Students will practice resisting peer pressure and investigate the consequences of substance abuse.

**Goal:** Students will learn how substances affect the developing brain, practice ways to resist peer pressure, and examine consequences of substance use.



The academic success of Utah's students is strongly linked to their health. The goal of Health Education is to support parents and families in developing healthy, responsible students who have the knowledge, skills, and dispositions to work together in an inclusive manner to think critically and participate in a variety of activities that lead to lifelong healthy behaviors. The inclusion of health in a student's education positively contributes to their ability to learn, focus, and achieve health and wellness throughout their lives. The Utah Core Standards for Health Education focus on overall health which includes physical, mental, emotional, and social health in each of the six strands.

The Health Triangle is a tool to show how the three elements of health are interconnected and need to be balanced to achieve overall health and wellness. The image below has some examples of mental, physical, and social health. The Health Education Core Standards are designed to incorporate each area of the triangle within each strand.

## Health I Strand 4 Substance Abuse Prevention

Standard	Possible Activities	Past, Related, and Future Standards
<b>Standard HI.SAP.1:</b> Practice methods to resist peer pressure with regards to alcohol, tobacco, nicotine, and other substances, including the misuse of prescription drugs.	<ul style="list-style-type: none"> <li>• Create “escape” plan activity practicing various situations.</li> <li>• Botvin LST Lessons.</li> <li>• Explore positive alternatives to substance use when experiencing stress, adversity, or peer pressure.</li> <li>• Practice strategies to stand up to pressures and influences to engage in unhealthy behaviors.</li> </ul>	<b>Past:</b> Standard 6.SAP.1 <b>Related:</b> Standard HI.HF.2, 3b, & 4 Standard HI.HD.8b & 9c <b>Future:</b> Standard HII.SAP.1
<b>Teacher Resources for Further Professional Learning</b>		
<a href="#">Dealing with Peer Pressure:</a> KidsHealth.org module with strategies to deal with peer pressure.		
<a href="#">National Institute on Drug Abuse for Teens:</a> Resistance tips for teens from NIDA.		
<a href="#">Red Ribbon Week Toolkit:</a> Toolkit from the Utah PTA for schools and educators with resources for a meaningful Red Ribbon Week.		
<a href="#">Parents Empowered:</a> ParentsEmpowered.org is a media and education campaign funded by the Utah Legislature and designed to prevent and reduce underage drinking in Utah. Website has resources on addiction, effects on brain development, behavior, laws, and prevention.		
<a href="#">Adverse Childhood Experiences (ACES):</a> Center for Disease Control and Prevention page explaining ACES and the impact for youth.		

Standard	Possible Activities	Past, Related, and Future Standards
<b>Standard HI.SAP.2:</b> Analyze media and marketing tactics used to promote alcohol, tobacco, nicotine, and other drug products.	<ul style="list-style-type: none"> <li>• Watch and analyze commercials from on-line, and printed media. Discuss common advertising techniques.</li> <li>• Botvin LST Lessons.</li> <li>• “How they should have done it - Ad redo”. Take an ad with blatant or unethical tactics and give them a reboot.</li> </ul>	<b>Past:</b> Standard 6.SAP.1 <b>Related:</b> Standard HI.SDP.3 Standard HI.N.3 <b>Future:</b> Standard HII.SAP.2
<b>Teacher Resources for Further Professional Learning</b>		
<a href="#">Parents Empowered:</a> ParentsEmpowered.org is a media and education campaign funded by the Utah Legislature and designed to prevent and reduce underage drinking in Utah. Website has resources on addiction, effects on brain development, behavior, laws, and prevention.		
<a href="#">National Institute on Drug Abuse for Teens:</a> Find FREE science-based classroom lessons and multimedia activities on teens and drugs – all funded or created by NIDA.		
<a href="#">Adverse Childhood Experiences (ACES):</a> Center for Disease Control and Prevention page explaining ACES and the impact for youth.		
<a href="#">Opidemic.org:</a> Information on opioid misuse, Utah specific opioid use rates, and resources for help if you or someone you know is demonstrating opioid misuse.		
<a href="#">Utah SHARP Survey Data:</a> View the 2019 SHARP survey with data broken into region, student demographic, or view the entire report. Has 2019 Utah data on student self-reported substance use.		

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Standard	Possible Activities	Past, Related, and Future Standards
<b>Standard HI.SAP.3:</b> Examine the safe use and potential risks of prescription medications, over-the-counter (OTC) medications and herbal or dietary supplements.	<ul style="list-style-type: none"> <li>• Graphic organizer with various OTC’s &amp; safe vs. abuse.</li> <li>• Guest speaker: Pharmacist.</li> <li>• Use a flow chart to demonstrate side effects of prescription and over-the-counter medications.</li> <li>• Stations asking the students to find side effects, date issued, how many pills in each bottle, etc.</li> </ul>	<b>Past:</b> Standard 4.SAP.4 <b>Related:</b> Standard HI.HF.1 Standard HI.SDP.2 <b>Future:</b> Standard HII.SAP.6
<b>Teacher Resources for Further Professional Learning</b>		
<a href="#">National Institute on Drug Abuse for Teens:</a> National Institute on Drug Abuse for Teens website. It is a trusted source for science-based information on teen drug use and its effects.		
<a href="#">Herbs at a Glance:</a> A series of brief fact sheets that provide basic information about specific herbs or botanicals—common names, what the science says, potential side effects and cautions, and resources for more information. From the National Institutes of Health.		
<a href="#">Safe Use, Disposal of Prescriptions:</a> Use Only as Directed site dedicated to prevention and reducing the misuse and abuse of prescription pain medications in Utah by providing information and strategies regarding safe use, safe storage, and safe disposal.		
<a href="#">National Institute on Drug Abuse</a> Latest science—based information about health effects and consequences of drug use and addiction resources.		
<a href="#">Operation Prevention:</a> Operation Prevention's classroom resources provide educators with engaging tools that are aligned to national health and science standards and integrate seamlessly into classroom instruction. Through a series of hands-on investigations, these resources introduce students to the science behind opioids and their impact on the brain and body.		
<a href="#">Naloxone Training: Bystander Intervention:</a> Utah.gov site featuring Naloxone 101, a training describing opioids, what naloxone is and how it works, and the laws in Utah related to naloxone.		
<a href="#">Adverse Childhood Experiences (ACES):</a> Center for Disease Control and Prevention page explaining ACES and the impact for youth.		
<a href="#">Utah Dept of Public Safety:</a> Laws on DUI for different ages.		
<a href="#">Utah SHARP Survey Data:</a> View the 2019 SHARP survey with data broken into region, student demographic, or view the entire report. Has 2019 Utah data on student self-reported substance use.		

## Health I Strand 4 Substance Abuse Prevention

Standard	Possible Activities	Past, Related, and Future Standards
<p><b>Standard HI.SAP.4:</b> Investigate potential short and long-term consequences (for example, physical, mental and emotional, social, legal, financial) of alcohol, tobacco, nicotine, and other substance use, including the misuse of prescription drugs.</p>	<ul style="list-style-type: none"> <li>• Research and create flip charts with long- and short-term effects of various substances.</li> <li>• <a href="#">Warning-Take Only As Directed video</a>.</li> <li>• Show &amp; discuss Foundation for Drug-free World videos.</li> <li>• Describe how substance use affects brain development (discussion, PPT, TedTalks).</li> <li>• Botvin LST Lessons.</li> <li>• Examine the myths and realities of substance use.</li> <li>• Use <a href="#">Utah's presentation</a> and videos associated with the opioid epidemic in Utah.</li> <li>• Analyze the legal consequences of underage use and possession of alcohol, tobacco and nicotine products, and illegal drugs.</li> </ul>	<p><b>Past:</b> Standard 6.SAP.2 &amp; 3 <b>Related:</b> Standard HI.HF.1 Standard HI.SDP.2 <b>Future:</b> Standard HII.SAP.4</p>
<b>Teacher Resources for Further Professional Learning</b>		
<a href="#">Discovery Education: E-Cigarettes</a> : Discovery Education and CDC examine the science behind e-cigarettes and the impact they can have on a teenager's health.		
<a href="#">Quick Facts on E-Cigarettes</a> : Center for Disease Control and Prevention page dedicated to risks of e-cigarettes for kids, teens, and young adults.		
<a href="#">Know the Risks: E-Cigarettes</a> : Surgeon General Advisory on e-cigarettes and young people.		
<a href="#">National Institute on Drug Abuse for Teens</a> : A website that is a trusted source for science-based information on teen drug use and its effects.		
<a href="#">Learn Genetics: Drugs of Abuse</a> : University of Utah's Genetic Science Learning Center page for The Science of Addiction: Genetics and the Brain.		
<a href="#">Foundation for a Drug-Free World</a> : The Foundation for a Drug-Free World is a nonprofit public benefit corporation that empowers youth and adults with factual information about drugs so they can make informed decisions and live drug-free.		
<a href="#">Operation Prevention</a> : Operation Prevention's classroom resources provide educators with engaging tools that are aligned to national health and science standards and integrate seamlessly into classroom instruction. Through a series of hands-on investigations, these resources introduce students to the science behind opioids and their impact on the brain and body.		
<a href="#">CDC: Alcohol and Public Health</a> : Center for Disease Control and Prevention page on alcohol, excessive use, and underage drinking.		
<a href="#">CDC: Smoking and Tobacco Use</a> : Center for Disease Control and Prevention page on smoking and tobacco, including information on e-cigarettes.		
<a href="#">Tobacco 21</a> : Google folder with information about Utah's Tobacco 21 laws.		
<a href="#">Parents Empowered</a> : ParentsEmpowered.org is a media and education campaign funded by the Utah Legislature and designed to prevent and reduce underage drinking in Utah. Website has resources on addiction, effects on brain development, behavior, laws, and prevention.		
<a href="#">National Institute of Drug Abuse</a> : Latest science—based information about health effects and consequences of drug use and addiction resources.		
<a href="#">Naloxone Training: Bystander Intervention</a> : Utah.gov site featuring Naloxone 101, a training describing opioids, what naloxone is and how it works, and the laws in Utah related to naloxone.		
<a href="#">Adverse Childhood Experiences (ACES)</a> : Center for Disease Control and Prevention page explaining ACES and the impact for youth.		
<a href="#">Utah Dept of Public Safety</a> : Laws on DUI for different ages.		
<a href="#">Utah SHARP Survey Data</a> : View the 2019 SHARP survey with data broken into region, student demographic, or view the entire report. Has 2019 Utah data on student self-reported substance use.		

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Standard	Possible Activities	Past, Related, and Future Standards
<b>Standard HI.SAP.5:</b> Explain how addiction is a disease and understand the need for professional intervention.	<ul style="list-style-type: none"> <li>• <a href="#">The Reward Circuit.</a></li> <li>• <a href="#">Drug Use and the Brain.</a></li> <li>• Discuss the reward mechanism in the brain and how the brain develops during adolescence. Have students identify, define, and discuss.</li> <li>• Botvin LST Lessons.</li> </ul>	<b>Related:</b> Standard HI.MEH.2 <b>Future:</b> Standard HII.SAP.5
<b>Standard HI.SAP.5a:</b> Identify and recognize the warning signs of addiction.	<ul style="list-style-type: none"> <li>• Define addiction and identify and discuss what negative life consequences include.</li> <li>• Addiction Posters (Addiction isn't only for drugs/ pornography).</li> <li>• Bill Nye addiction video.</li> <li>• <a href="#">Sobriety Assignment.</a></li> </ul>	<b>Future:</b> Standard HII.SAP.5
<b>Standard HI.SAP.5b:</b> Identify community resources available to support individuals impacted by substance abuse and addiction.	<ul style="list-style-type: none"> <li>• Have students research local resources and present.</li> <li>• Research free meetings in your area (NA, OA, HA, AA, Alateen, Alanon).</li> <li>• Law enforcement or other guest speaker to discuss substance abuse and addiction.</li> </ul>	<b>Related:</b> Standard HI.MEH.2 <b>Future:</b> Standard HII.SAP.5
<b>Standard HI.SAP.5c:</b> Recognize that recovery from addiction is possible.	<ul style="list-style-type: none"> <li>• Guest speakers in recovery.</li> <li>• Discuss quitting and prevention strategies (examples: nicotine replacement, detox and withdrawal, support groups, counseling).</li> <li>• Have students research addiction and addiction types and create a checklist of warning signs and effects (could work with pornography, social media, food, etc.).</li> </ul>	<b>Related:</b> Standard HI.SDP.5 <b>Future:</b> Standard HII.SAP.5

### Teacher Resources for Further Professional Learning

- [National Institute on Drug Abuse for Teens:](#) National Institute on Drug Abuse for Teens website. It is a trusted source for science-based information on teen drug use and its effects.
- [National Institute on Drug Abuse – Addiction:](#) Drugs, Brains, and Behavior: The Science of Addiction.
- [National Institute of Drug Abuse](#) Latest science—based information about health effects and consequences of drug use and addiction resources.
- [Recovery Resources:](#) Utah Department of Human Services – Substance Abuse & Mental Health site with resources for support, education to support recovery.
- [Substance Use Disorder Resources:](#) Provided by United Ways of Utah, list of mental health and addiction resources.
- [Way to Quit:](#) Resource from Utah Department of Health on quitting tobacco products.
- [Naloxone Training: Bystander Intervention:](#) Utah.gov site featuring Naloxone 101, a training describing opioids, what naloxone is and how it works, and the laws in Utah related to naloxone.
- [Adverse Childhood Experiences \(ACES\):](#) Center for Disease Control and Prevention page explaining ACES and the impact for youth.
- [Utah SHARP Survey Data:](#) View the 2019 SHARP survey with data broken into region, student demographic, or view the entire report. Has 2019 Utah data on student self-reported substance use.
- [211utah.org:](#) Utilize to find support in your area, if you or someone you know needs help of any kind. 211 is able to help with substance misuse and mental health needs.