

Health II

Strand 4: Substance Abuse Prevention

Substance Abuse Prevention (SAP) improves health by teaching students the knowledge and skills to make choices to avoid substance abuse. Students will practice resisting peer pressure and investigate the consequences of substance abuse as well as how to manage prescription medications.

Goal: Students will evaluate decisions and influences about substance use. Students will also learn to speak with health care providers, research legal consequences, and analyze facts and resources for substance abuse.



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 II Strand 4 Substance Abuse Prevention

Standard	Possible Activities	Past, Related, and Future Standards
Standard HII.SAP.1: Explore risk and protective factors for making healthy decisions about substance use.	<ul style="list-style-type: none"> • Botvin LST Lesson. • Separate into groups to list risk factors of substance abuse. • Discuss protective factors, and other measures to support a substance-free lifestyle. • Discuss how increased independence adds to individual responsibility. • Construct methods to resist negative peer pressure and positively influence others to make healthy choices. • Develop a plan with positive alternatives to substance use when experiencing stress, adversity or peer pressure. 	Past: Standard HI.SAP.1 Related: Standard HII.HF.1, 3, 4 & 5
Teacher Resources for Further Professional Learning		
Risk and Protective Factors: Youth.gov website describing risk and protective factors for mental, emotional, and behavioral disorders during adolescence.		
CDC: Protective Factors: Center for Disease Control and Prevention page defining protective factors with resources for schools, parents, and adolescents.		
Adverse Childhood Experiences (ACES): Center for Disease Control and Prevention page explaining ACES and the impact for youth.		
National Institute on Drug Abuse Latest science—based information about health effects and consequences of drug use and addiction resources.		
Red Ribbon Week Toolkit: Toolkit from the Utah PTA for schools and educators with resources for a meaningful Red Ribbon Week.		
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.		
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.		

Health II Strand 4 Substance Abuse Prevention

Standard	Possible Activities	Past, Related, and Future Standards
Standard HII.SAP.2: Evaluate media and marketing tactics used to promote alcohol, tobacco, nicotine, and other drug products.	<ul style="list-style-type: none"> • Botvin LST Lesson. • Compare and contrast media ads, identify target audience. • Create ad (video, poster, song) showing the truth about the substances or anti-drug campaign. 	Past: Standard HI.SAP.2 Related: Standard.MEH.2 Standard HII.N.3 & 5
Teacher Resources for Further Professional Learning		
Parents Empowered: 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.		
Alcohol Advertising: Federal Trade Commission webpage on alcohol advertising.		
Operation Prevention: 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.		
Beyond Advertising: Article from PRWatch investigation on celebrity endorsements for brand-name drugs.		
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.		

Health II Strand 4 Substance Abuse Prevention

Standard	Possible Activities	Past, Related, and Future Standards
<p>Standard HII.SAP.3: Discuss how substance use alters brain development and function and research the link between genetics and addiction.</p>	<ul style="list-style-type: none"> • Discuss neurotransmission and how addiction occurs. • Guided worksheet. • Epigenetics and drugs role in passing of traits. Teach students how receptors in the brain work and how the receptors change with the use of drugs. • Use the Utah Department of Health resource and CDC website for current info to use in the classroom discussion. • Mouse Party. • Analyze the impact alcohol, nicotine and other drugs have on the developing teen brain. 	<p>Past: Standard HI.SAP.4 Related: Standard HII.HD.1 & 9b</p>
Teacher Resources for Further Professional Learning		
<p>Drug Use and the Brain: National Institute on Drug Abuse for Teens website. It is a trusted source for science-based information on teen drug use and its effects.</p>		
<p>Alcohol and Public Health: Center for Disease Control and Prevention page on alcohol, excessive use, and underage drinking.</p>		
<p>Smoking and Tobacco Use: Center for Disease Control and Prevention page on smoking and tobacco, including information on e-cigarettes.</p>		
<p>Risks of E-Cigarettes: Center for Disease Control and Prevention page dedicated to risks of e-cigarettes for kids, teens, and young adults.</p>		
<p>Genes and Addiction: University of Utah publication on genes and addiction.</p>		
<p>The Science of Addiction: University of Utah’s Genetic Science Learning Center page for The Science of Addiction: Genetics and the Brain.</p>		
<p>Drugs and the Brain: National Institute on Drug Abuse publication on drugs and the human brain.</p>		
<p>National Institute of Drug Abuse Latest science—based information about health effects and consequences of drug use and addiction resources.</p>		
<p>Opidemic.org: Information on opioid misuse, Utah specific opioid use rates, and resources for help if you or someone you know is demonstrating opioid misuse.</p>		
<p>Red Ribbon Week Toolkit: Toolkit from the Utah PTA for schools and educators with resources for a meaningful Red Ribbon Week.</p>		
<p>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.</p>		
<p>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.</p>		

Health II Strand 4 Substance Abuse Prevention

Standard	Possible Activities	Past, Related, and Future Standards
Standard HII.SAP.4: Evaluate the physical, mental, emotional, social, legal, and financial impacts of the use or abuse of alcohol, tobacco, nicotine and other drugs on self, families, and communities.	<ul style="list-style-type: none"> • Have the students work in groups, where each group will choose a different category of substances and create presentations or posters that address each of these consequences. • Have the students as individuals, or in groups of 2, choose a type of drug to write a song about the drug and its effects. • Identify environments with higher risks of smoking, drinking and substance abuse. • Assign groups to break down the cost of alcohol, tobacco, vaping, etc. per day, week, month, year, 5 years, and 15 years. What else could someone do with that money? 	Past: Standard HI.SAP.4 Related: Standard.HII.HF.3 Standard HII.HF.4b Standard HII.MEH.5 Standard HII.HD.9b
Standard HII.SAP.4a: Explain driving under the influence (DUI) and not-a-drop laws.	<ul style="list-style-type: none"> • Show short video clips of vehicle crashes that happen while under the influence. Explain there are many people affected due to the poor choices of the driver. Discuss the not a drop law and the consequences of being in the age category for the not a drop law. 	Past: Standard HI.SAP.4
Standard HII.SAP.4b: Research the legal consequences of driving under the influence of alcohol and other substances.	<ul style="list-style-type: none"> • Invite drug task force officer or other officer to talk about the law and consequences of driving under the influence. • Guided online research of Utah laws and prosecution of DUI. 	Past: Standard HI.SAP.4
Teacher Resources for Further Professional Learning		
The Facts on E-Cigarette Use: Discovery Education and CDC examine the science behind e-cigarettes and the impact they can have on teenager’s health.		
Just Think Twice: DEA website with updated drug info, news & media, stories, consequences, and facts &stats.		
Know the Risks E-Cigarette: Surgeon General Advisory on e-cigarettes and young people.		
Social Consequences of Using Drugs: JustThinkTwice.gov resource for social consequences of substance use.		
Drug Use and the Brain: National Institute on Drug Abuse for Teens. It is a trusted source for science-based information on teen drug use and its effects.		
Drug Addiction & Legal Consequences: Information on some legal consequences of drug use.		
Financial Toll of Addiction: Article outlining some of the financial consequences of drug use.		
Parents Empowered: 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.		
Utah Tobacco Laws: This website has laws around tobacco, including Tobacco 21, which by 2021 raises the legal age to 21 for tobacco use.		
Tobacco 21: Google folder with information about Utah’s Tobacco 21 laws.		
Impaired Driving: Zero Fatalities module on impaired driving.		
Utah Dept of Public Safety: Laws on DUI for different ages.		
Hard Facts: Fact sheet on DUIs, including alcohol and drug related DUIs.		
National Institute of Drug Abuse Latest science—based information about health effects and consequences of drug use and addiction resources.		
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.		

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Standard	Possible Activities	Past, Related, and Future Standards
Standard HII.SAP.5: Identify community resources available to support individuals impacted by substance abuse and addiction, recognizing that recovery from addiction is possible.	<ul style="list-style-type: none"> Using the jigsaw model, have certain groups of students' research resources in the community, and share their findings with the other students. Lead a discussion that identifies community programs that deal with substance abuse and addiction. Have students become aware of hot lines and other resources that are available to them for assistance. 	Past: Standard HI.SAP.5 Related: Standard HII.SDP.5
Teacher Resources for Further Professional Learning		
Utah Division of Substance Abuse and Mental Health: DSAMH's page for addiction treatment.		
UNI Hospital Inpatient Treatment: University of Utah treatment page.		
Addiction Center: AddictionCenter.com is a referral service that provides information about addiction treatment practitioners and facilities.		
Just Think Twice: DEA website with updated drug info, news & media, stories, consequences, and facts & stats.		
National Institute of Drug Abuse Latest science—based information about health effects and consequences of drug use and addiction resources.		
Substance Use Disorder Resources: Provided by United Ways of Utah, list of mental health and addiction resources.		
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.		
Way to Quit: Resource from Utah Department of Health on quitting tobacco products.		

Standard	Possible Activities	Past, Related, and Future Standards
Standard HII.SAP.6: Demonstrate how to talk with a health care provider about prescription options, effectiveness, side effects, and interactions of medications.	<ul style="list-style-type: none"> Role play a patient speaking with their healthcare provider about options for non-addictive painkillers, other medications, and complete mock patient history forms. List guidelines for proper disposal of medication. Research prescriptions and write about the effectiveness, side effects, and interactions of the medication. Explain how and where to look up drug information. 	Past: Standard HI.SAP.3 Related: Standard HII.MEH.4 Standard HII.SDP.6b
Teacher Resources for Further Professional Learning		
National Consumer League: Talk before you take: The importance of doctor-patient communication before starting a new medication.		
National Institute of Drug Abuse Latest science—based information about health effects and consequences of drug use and addiction resources.		
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.		
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.		

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