

LESSON 10

Get High on Your Future

Topic

Content Area

Impact of alcohol and other drug use on goals

Content Statement/Concept Statement

Identify goals as a way to avoid risky situations involving alcohol and other drug use

Content Outline

1. Using alcohol or other drugs can negatively impact a person's ability to achieve short- and long-term **goals**.
2. Long-term goals often consist of a series of short-term goals.
3. A good goal should have a definite outcome and requires a plan.

Standards of Education

Related National Health Education Standards

Students will comprehend concepts related to health promotion and disease prevention (NHES 1.0).

Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks (NHES 3.0).

Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health (NHES 6.0).

Related State Standards

Refer to attached state standards.

Objectives/Expected Learner Outcomes

Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death (NHES 1.1).

Describe ways to reduce risks related to adolescent health problems (NHES 1.6).

Distinguish between safe and risky or harmful behaviors in relationships (NHES 3.3).

Predict how decisions regarding health behaviors have consequences for self and others (NHES 6.3).

Apply strategies and skills needed to attain personal health goals (NHES 6.4).

Lesson and Strategies

Student Group Targeted

7th Grade

Time Required

Teacher Preparation: 5 minutes

Activity: 30 minutes

Assessment: 15 minutes

Materials and Resources

Risk `n Roll Bottle™

Life Path Game Strategies Transparency T11

Life Path Diagram Handout

Reach for Your Goals Handout

Activity Supplies (coin—not provided)

Key Terms/Vocabulary

Goals are things people want to do in life.

Motivation and Explanations

Students need to understand that alcohol and other drug use can negatively affect their ability to achieve goals. Making this connection will help students develop a lifestyle free from alcohol and drug abuse.

Questioning Strategies/Discussion

In this lesson, students will learn how alcohol and other drug use can affect the achievement of short- and long-term goals. One strategy to facilitate discussion is to get students to examine how the lesson content impacts their own lives by asking these types of discussion questions: What are some of your goals? Do you think your goals are short-term or long-term? What are some steps you will have to accomplish to achieve your goals?

Teacher Preparation

Before class, make a copy of the Reach for Your Goals handout for each student. The Life Path Diagram handout is used in this activity; however, you do not need to make a copy of it. Draw the Life Path Diagram on the classroom whiteboard or chalkboard to create a game board.

Activity: Risk `n Roll

Introduce yourself as the marketing director for the Has-Been Brothers Game Manufacturing Company. Your company has selected this class to test a new educational game for teens called Life Path. Life Path is a game designed to help teens set good goals. If manufactured, Life Path will come in several editions that deal with making good goals for several areas in life. However, this version will deal with the consequences of alcohol and drug use.

Use the Life Path Game Strategies transparency T11 to help students develop the goal-setting tactics needed to play the game successfully. In addition, encourage students to recall various consequences of alcohol and other drug use from Lesson 6 and incorporate these consequences into the game.

Have students select three long-term goals—one health goal, one education goal, and one career goal. For example: “Maintain a healthy weight,” “graduate from college,” and “become an archaeologist.” Write each goal in the appropriate game circle. Each step along the Life Path Diagram represents a short-term goal that a person would need to accomplish in order to achieve each long-term goal. Have students brainstorm these steps and write them in the appropriate boxes of the diagram. Make sure students include realistic steps, such as “make the basketball team,” “finish high school,” or “avoid alcohol and drug use.” In the “You Are Here” circle, write “7th Grade.”

Divide the class into two teams. Half of the class will be Team Sober, and the other half will be Team Alcohol and Drug Abuse. Write these names on the board along with a symbol to represent each team.

Each member of Team Sober will take turns flipping a coin to determine how far he or she can move (heads—move ahead one space; tails—move ahead two spaces). Before flipping the coin, each student must read the short-term goal that his or her team is currently on and share one thing that could stop someone from achieving that goal. Instead of flipping the coin, each player from Team Alcohol and Drug Abuse will consult the Risk ‘n Roll Bottle™ to see whether he or she will achieve the goal and move on, forfeit a turn, or go backward. Players can’t move backward past the starting circle.

At the end of the game, have students discuss what the game represents. The objective is to help students understand how people who are addicted to alcohol and other drugs have a much more difficult time achieving goals. Alcohol and other drug use can have negative effects on all areas of a person’s life.

Assessment

Have students complete the Reach for Your Goals handout. When they finish, ask for volunteers to share their goals with the class.

Assessment Strategies

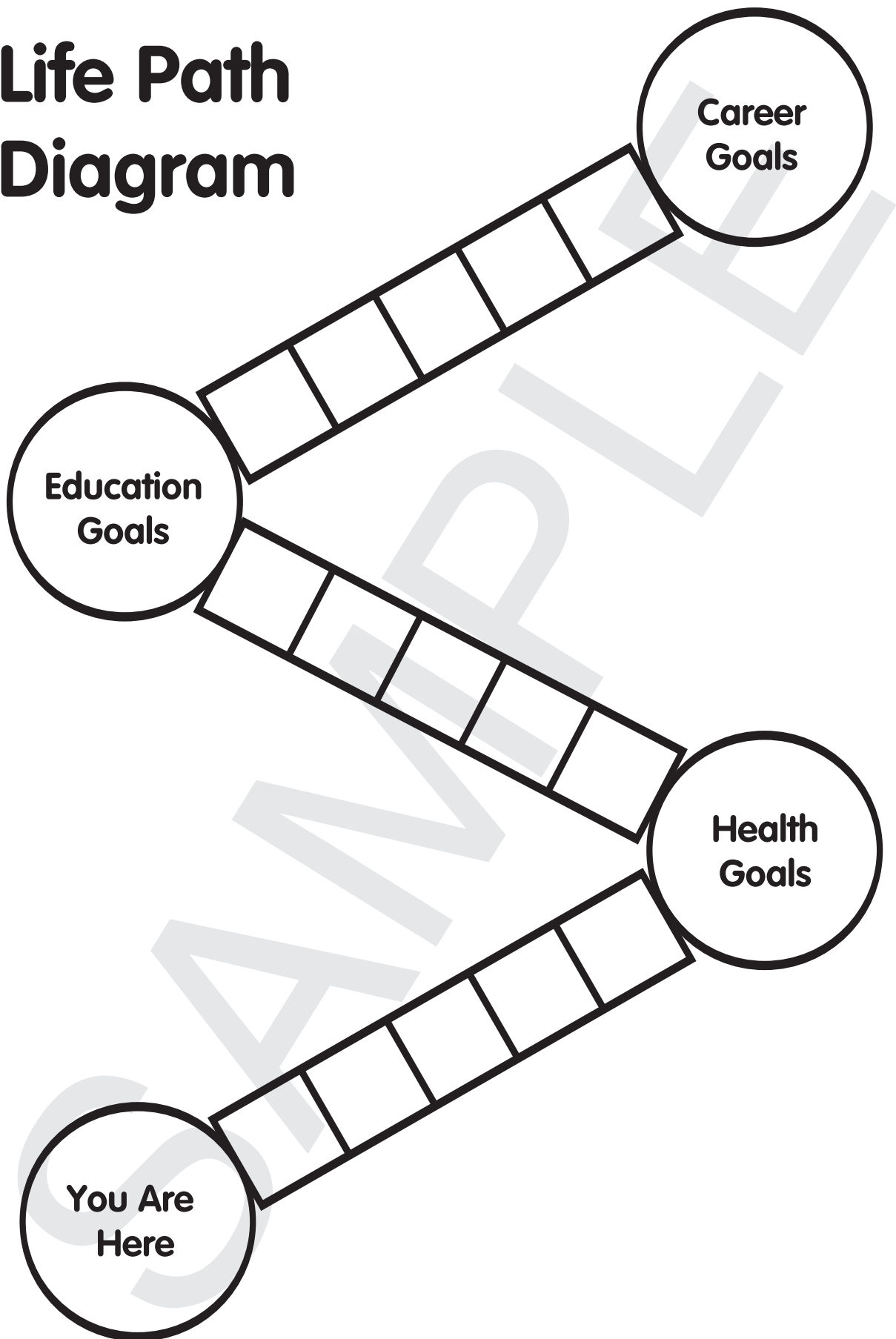
Students will design a plan to achieve their short-term and long-term goals and then examine the impact of alcohol and other drug use on those goals. You will know that students have achieved the lesson objectives when they successfully complete the Reach for Your Goals handout. An alternative assessment option is to have the students create a skit, soap opera, short story, or song about two friends who share the same long-term goal. Have students develop a series of short-term goals that will help the characters achieve their long-term goal. In the story, one friend should make the choice to abuse alcohol or other drugs while the other friend makes the choice to refuse. Students should show how each friend’s choice to abuse or refuse alcohol or other drugs affects his or her goal plan and their friendship.

Supplemental Resources

<http://www.HealthEdcoCurriculum.com>
<http://www.HealthEdco.com>

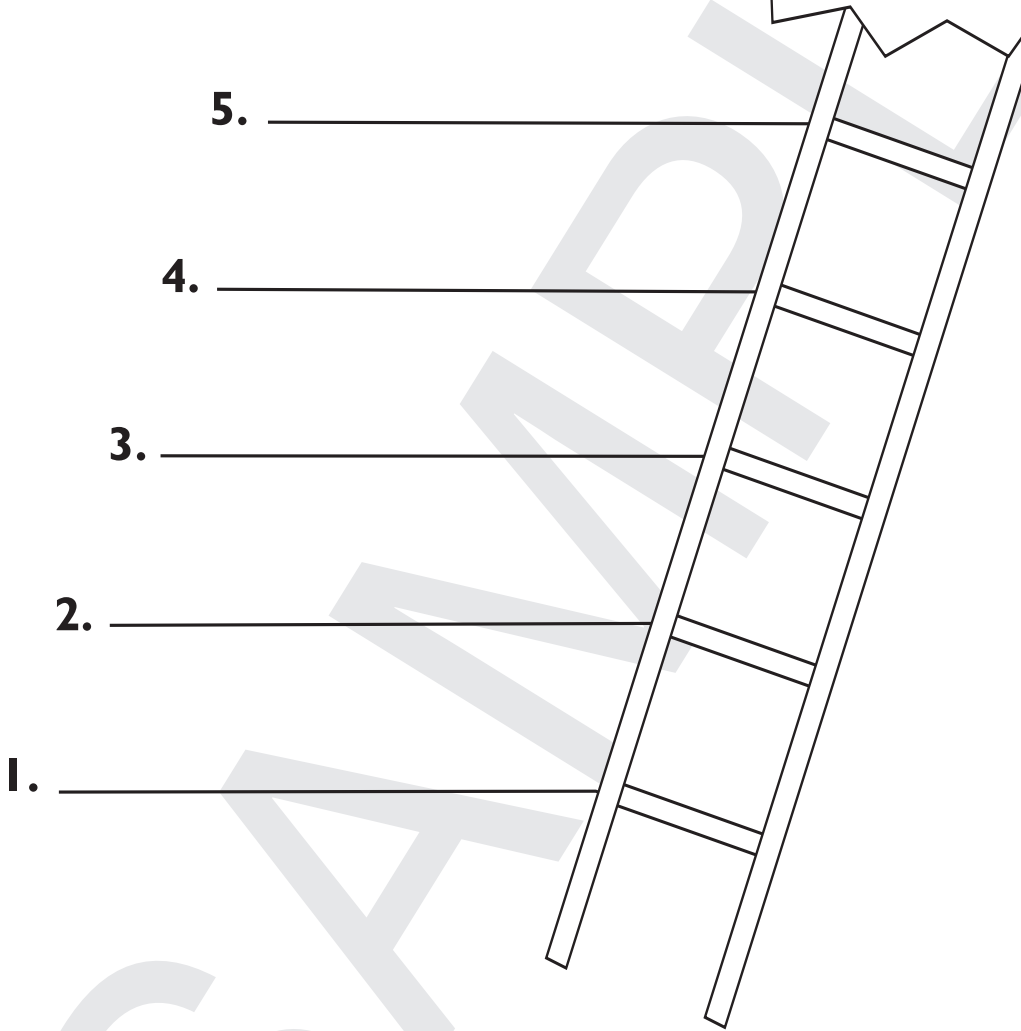
Additional products available through HEALTH EDCO® that complement this lesson:
Drugs Are a Losing Game!
Drug Awareness and Positive Choices Quizmo

Life Path Diagram



Reach for Your Goals

Write one of your long-term goals in the star. Think of five steps you will need to complete in order to reach your goal. Write one step next to each rung of the ladder in the order the steps will need to be completed.



Explain how avoiding alcohol and other drug use will help you reach your goal.
