

For the 1st three assignments, simply create a google doc and email it to your PE teacher. The vaping assignment is already a google doc, you will need to make a copy of it before doing your work to email to your PE teacher.

ALCOHOL PLAN

6th Grade - Read article "Tobacco" - <https://teenshealth.org/en/teens/alcohol.html>

7th & 8th Grade - Read article "Binge Drinking" - <https://teenshealth.org/en/teens/binge-drink.html>

All Grades - Answer the following questions:

1. Describe any alcohol ads you've seen. How do the people in the ads appear? Discuss how this portrayal might affect people who see the ads. What information about alcohol is missing from these depictions?
2. You walk into a friend's basement, and someone offers you a drink. What do you do? What issues do you weigh? What factors are important to you?
3. Kids and teens who have strong self-esteem are less likely to drink alcohol than those with low self-esteem are. Why do you think this is?

DRUG PLAN

All Grades - Read the three articles:

1. "Drugs, What to Know" - <https://teenshealth.org/en/teens/know-about-drugs.html>
2. "Prescription Drug Abuse" - <https://teenshealth.org/en/teens/prescription-drug-abuse.html>
3. "Dealing with Addiction" - <https://teenshealth.org/en/teens/addictions.html>

All Grades - Answer the following questions:

1. We've all heard warnings about illegal drugs and how dangerous they can be. What can drugs really do to the body and mind? Why are they so dangerous?
2. One problem with using drugs is that they're addicting. Why is it so difficult for people to stop using drugs once they're addicted? What happens to the body? In what ways can people get help with drug problems?
3. List 3 reasons people abuse drugs.
4. Name 2 reasons drugs can be dangerous.
5. When people are dependent on a drug, they are _____.
6. List 4 signs that someone is abusing drugs.

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TOBACCO PLAN

All Grades - Read the three articles:

1. "Smoking" - <https://teenshealth.org/en/teens/smoking.html>
2. "Smokeless Tobacco" - <https://teenshealth.org/en/teens/smokeless.html>
3. "Secondhand Smoke" - <https://teenshealth.org/en/teens/secondhand-smoke.html>

All Grades - Answer the following:

1. If smoking is so dangerous, why do people do it?
2. List the ways smoking harms the body, including diseases it's linked to.
3. Smoking is addictive and difficult to give up. What can a smoker do to quit?

6th Grade - Complete the assignment "Money Going Up In Smoke" -

https://classroom.kidshealth.org/classroom/6to8/problems/drugs/smoking_handout1.pdf

7th & 8th Grade - Complete the quiz -

https://classroom.kidshealth.org/classroom/6to8/problems/drugs/smoking_quiz.pdf

VAPING PLAN

All Grades -

Read the article "The Health Impacts of E-Cigarettes" -

https://www.scholastic.com/youthvapingrisks/healthrisksofcigarettes_studentarticle_A.pdf

Read the "Vaping Misperceptions Infographic" -

https://www.scholastic.com/youthvapingrisks/VapingMisperceptions_infographic_middleschool.pdf

Look over the interactive tool - <https://www.scholastic.com/youthvapingrisks/interactive/>

All Grades - Complete the assignment "Decoding the Message" -

<https://docs.google.com/document/d/1MRSrWWdWlo1-2C-xqhcn8zABV9nAnYstAGTyE78tSKs/edit>