HOLLISTON Public Schools

Subject Area: Wellness/Health	**Course:** 7th Health	
Unit 1 Title: Accessing Information and Services About Substance Use and Misuse	**Start Date:** September	**End Date:** November
Unit Summary: Students will learn how to find valid and reliable information and services on the internet and utilize this information to create tools to teach about substance use and misuse.		

Stage 1: Desired Results

Massachusetts Learning Standards

- **8.1.SU.3** Access valid and reliable information (from home, school, and community) about legal and illegal drugs (in regard to age of legal use or type of substance) and use it to understand and communicate the risks and dangers of drug use and misuse. [HE]
- **8.1.SU.4** Analyze factors (e.g., personal beliefs, source of substance, purpose of use) that may affect a decision to use legal or illegal substances.
- **8.1.SU.5** Analyze the potential negative effects of legal and illegal drug use on personal safety, physical activity, relationships with friends and families, school success, brain development, and attainment of present and future goals. [HPE]
- **8.1.SU.6** Develop positive norms regarding substance use (e.g., most people (including teens) do not use illegal drugs, most teens do not use nicotine or regularly consume alcohol, and most teens refrain from even trying marijuana). [HE]

Transfer (Authentic, relevant application of learning to new situations)

Students will be able to independently use their learning to…

- Create an informative graphic (poster, Google Slides, etc.) about a specific misuse of a particular substance

Meaning

Enduring Understandings	Essential Questions
Students will understand that… ● Choices related to health and	**Students will consider…** ● How do our choices impact our

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<td>wellness have far-reaching consequences that influence our overall quality of life, relationships, and future opportunities.
• External influences, such as peers, society, and media, shape our perceptions of behaviors and impact decision-making; developing self-awareness and critical thinking skills can help us make choices aligned with our values and well-being.
• Health is a multidimensional experience, and our physical, emotional, social, and intellectual well-being are interconnected.
• Being informed and educated empowers individuals to make responsible decisions and take control of their personal and collective health.
• Resisting negative influences and making conscious choices requires confidence, resilience, and the ability to communicate effectively.</td>
<td>well-being and future opportunities in ways we may not initially see?
• How can we critically evaluate the influences around us, from peers to the media, and decide what is truly beneficial for our health?
• In what ways can understanding the broader effects of our decisions help us make choices that align with our values and long-term goals?
• How does developing resilience and self-awareness help us navigate external pressures and stay true to our principles?
• What role does personal growth, reflection, and education play in shaping our decisions about substance use and overall wellness?
• How can we empower others to make informed, healthy decisions while maintaining empathy and respect for their experiences?
• How can we build skills in resisting peer pressure, making independent choices, and fostering positive environments for ourselves and others?</td>
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<tr>
<td colspan="2">Acquisition</td>
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<td>Knowledge

Students will know…
• The physical effects and social consequences of substance use
• Health and Wellness Dimensions
• Substance Misuse and Risks
• Legal and illegal substances,
• Impacts substances have on brain development, relationships, and future goals.</td>
<td>Skills

Students will be skilled at…
• Accessing valid and reliable information
• Sharing preventative health information about different substances
• Understanding that health is a holistic experience, including physical, emotional, social, and</td>
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• Peer Influence and Media • Health Promotion and Prevention • Healthy Norms and Values • Substance Types and Legal Implications	intellectual well-being. • Recognizing how societal norms, peer pressure, and media representations shape behaviors and attitudes toward substance use. • Understanding and promoting the idea that most teens do not misuse substances and that making health-conscious decisions leads to better outcomes. • Identifying strategies to prevent substance misuse, including setting personal boundaries, knowing when to ask for help, and accessing reliable health resources. • Knowing the difference between legal and illegal substances, the age restrictions for use, and the risks associated with misuse of both.