Drugs & Alcohol

Carone Learning Category: Lifestyle
Subject: Elective
Recommended Grade Level: 9-12
Course Credit: One semester, 0.5 credits (5 units in CA)
Recommended Pre-Requisites: None

Course Description

This course delves into the types and effects of drugs, including alcohol, tobacco, steroids, over the counter drugs, marijuana, barbiturates, stimulants, narcotics, and hallucinogens. Students learn about the physiological and psychological effects of drugs, as well as the rules, laws, and regulations surrounding them. The difference between appropriate and inappropriate drug use will also be discussed. In addition, students will learn about coping strategies, healthy behaviors, and refusal skills to help them avoid and prevent substance abuse, as well as available resources where they can seek help.

Units & Tasks

This course is divided into the following Units and Sections.

- ***Course Introduction***
- ***Unit 1: Drugs***
    - *1.1 Drug Use*
    - *1.2 Effects of Drugs*
    - *1.3 Over the Counter*
- ***Unit 2: Commonly Abused Drugs***
    - *2.1 Steroids*
    - *2.2 Alcohol*
    - *2.3 Tobacco*
    - *2.4 Marijuana*
- ***Unit 3: Illicit Drugs***
    - *3.1 Stimulants*
    - *3.2 Depressants & Barbiturates*
    - *3.3 Narcotics*
    - *3.4 Hallucinogens*
- ***Unit 4: Drug Interventions***
    - *4.1 Refusal Skills*
    - *4.2 Coping Skills*
    - *4.3 Stages of Change*
    - *4.4 Interventions & Therapy*

Within each section students will find the following tasks to view or complete:

1. ***Checklist***—an outline of tasks for that section
2. ***Lessons***—multimedia online lesson(s) about the section topic

3. *Field Trip*—links to other online sites with additional fitness information
4. *Reflection**—a journal reflecting on material learned
5. *Discussion**—class discussion on an assigned topic
6. *Assignment **—section assignment
7. *Vocab Check*—assessment
8. *Quiz**—assessment of lesson comprehension

The items noted with an asterisk above are those that must be submitted for a grade. A unit exam will be found at the end of every unit, as well as a comprehensive final exam at the end of the course.

Pacing
There are 16 sections in this course. Each section is designed to be completed in about one week's time. However, students may take more or less time as needed. A recommended pacing guide is provided within the course.

Parent & Teacher Guides
Parent and teacher guides available.

Materials
There are no required materials for this course.

Technical Requirements
An internet connection and computer or tablet hardware is required. Software requirements include a PDF reader, word-processing application (such as Word), MP4/video player, and Flash player (optional). Free downloadable software is available for each of these.