

Analyzing Effects of Drugs on the Body

Learning Objectives

- I can identify the effects of alcohol, tobacco, nicotine, inhalants, and other drugs on my body, both short and long term.

Teacher Notes

- Here are the Run-a-bout station signs: [Click Here](#)
- Make sure to print the handout and have it ready to go for each student at the beginning of the lesson to use during the learning activity.

Lesson Steps: Video Outline [3.2i Video](#)

Step 1 Introduction

- The video instructor will be working in her office when the client comes in to learn more about the effects that drugs have on her body after being offered a cigarette. The instructor will pose two questions to the students, trying to engage them in the learning and assess what they already know about types of drugs, and what parts of the body types of drugs can affect.

Step 2 Activity

- From here, the video instructor will educate her client on how things like alcohol, tobacco, nicotine, inhalants, and other drugs affect our bodies if used in high quantities over longer periods of time. Then, the video instructor will describe the learning activity. The teacher will have the stations already set up around the gym for the students to visit. The students will move through the stations with the handout and fill in the blanks to learn more about the effects of drugs on the body. After they fill in the blanks, they will complete the exercise on the paper to show they are doing positive things for their bodies, not negative.

Step 3 Closure

- Once the activity has concluded, the teacher will have students come back and unpause the video. The video instructor will close the lesson by having students turn in their handout to the teacher to assess what they learned during the activity today.

Assessments

- Pre-Assessment: The students will answer the questions and have a discussion with the teacher about how it affects the body, as well as what areas of the body it has an affect on. This will let the teacher know how much they remember from the previous lesson.
- Post-Assessment: The teacher will collect the handouts from the students to use as a post-assessment of what they learned in class today.

Extensions/Connections/Applications

- Extension: The teacher could speak to the general education teacher about having the students conduct research to extend their knowledge of how the body reacts to these types of drugs when used over a long period of time.

Resources/References

- https://www.doe.virginia.gov/testing/sol/standards_docs/health/index.shtml

Handout

- See next page.

Fill it in and Work it out!

- **Alcohol can permanently damage the _____, _____ and _____ and more depending on the amount and the frequency with which it is being used/abused.**
- **Tobacco can damage the _____, _____, _____, and other parts of the body depending on how it is being ingested. Tobacco smoke can also be harmful to nonsmokers.**
- **_____ is a drug found in tobacco smoke that stimulates the adrenal glands to produce epinephrine. This increases the user's heart rate and blood pressure while constricting the blood vessels. It is extremely _____.**
- **_____ is a drug in certain foods and drinks that make people feel more awake. It speeds up your heart rate and may upset your _____.**
- **Inhalants are substances that give off _____. They may cause people to become violent, headache, sneezing, slowed breathing, nose bleeds, coughing, brain damage, slowed heart rate, and upset stomach. They may injure the lungs, olfactory system (nose), brain, nervous system, heart, and stomach. They may also cause _____.**
- **Marijuana use may cause lung and _____ problems.**
- **Cocaine use has been connected to confusion, nervousness, anger, lung issues, brain problems, stroke, and _____.**



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