

# Healthy B.A.S.I.C.S. Lesson Plan

## Make Smart Choices: Avoid Tobacco, Alcohol & Drugs

### OBJECTIVES:

- Students will identify one (1) negative consequence each of using tobacco, alcohol and drugs.
- Students will describe two (2) positive activities to engage in instead of using tobacco, alcohol and drugs.
- Students will list one (1) way to resist peer pressure about tobacco, alcohol and drugs while maintaining friendships.

### TIME FRAME:

- 60 minutes, longer with use of optional activities.
- Time frame will vary with number and age of students.

### GRADE LEVEL:

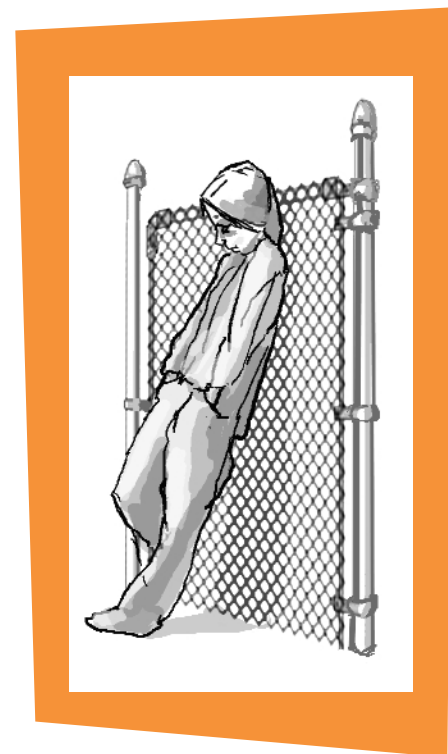
- Middle school

### SUGGESTED MATERIALS:

- Healthy B.A.S.I.C.S. brochure, Make Smart Choices: Avoid Tobacco, Alcohol and Drugs (5th grade reading level)
- Poster paper or large sheet of paper
- Computer web access

### LEARNING ACTIVITIES:

- Divide the class into three small groups and distribute the Healthy B.A.S.I.C.S. brochure, Make Smart Choices to each group. Assign each group one of the following topics: tobacco, alcohol or drugs. Study the brochure illustrations and list some of the appeals, as well as, short term and long term consequences of the assigned substance. Some examples:  
Appeals: feels more grown up, more accepted by peers, feels good  
Possible consequences: health problems, legal problems, isolation, depression, addiction, death  
Present the findings to the entire class.
- As a class, create a realistic list of positive activities or "smart choices" as alternatives. For some examples, see the brochure. List on poster paper and display in classroom.



(over)

- From the American Council on Drug Education website ([www.acde.org](http://www.acde.org)) go to the “Educators” section, and choose the “Age Appropriate Lesson Plans” for 4–6th graders, and select “Making Decisions”. This lesson plan helps students learn how to make decisions based on scientific reasoning (state problem, state alternative choices, gather information about choices, make decision from alternatives). Pertinent vignettes are provided for classroom discussion.



## OPTIONAL ACTIVITIES:

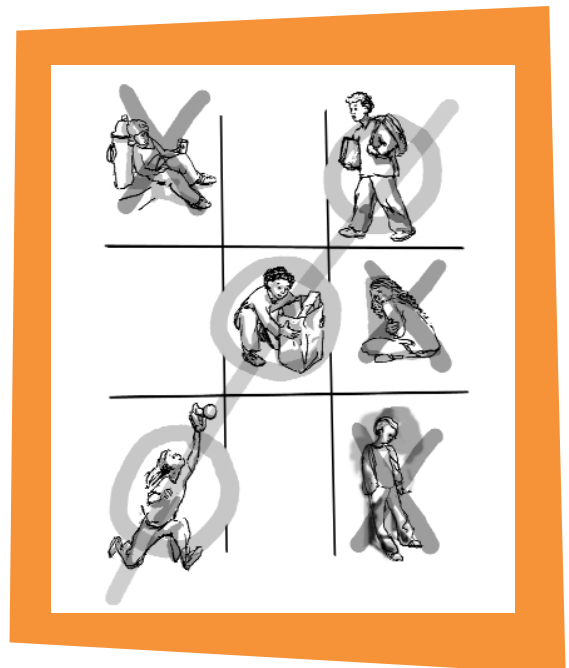
- From the American Council on Drug Education website ([www.acde.org](http://www.acde.org)) go to “Educators” section, choose “Basic Facts about Drugs”. Share current statistics with students. Lead discussion on these findings and applications for the school and local community.

## FOLLOW UP:

- Post the Healthy B.A.S.I.C.S. brochure in the classroom to reinforce the importance of making smart choices to avoid tobacco, drugs and alcohol. *Note: The brochure is available in Spanish.*
- Be available as non judgmental resource to students. Identify additional resources such as school counselors, health services or community resources available for students dealing with substance abuse.

## REFERENCES AND ADDITIONAL RESOURCES:

- American Council for Drug Education  
204 Monroe Street, Suite 110, Rockville, MD 20850  
(800) 488-DRUG [www.acde.org](http://www.acde.org)
- National Institute on Drug Abuse  
National Institutes of Health  
6001 Executive Boulevard, Room 5213  
Bethesda, MD 20892  
(301) 443-1124 [www.nida.nih.gov](http://www.nida.nih.gov)
- Partnership for A Drug-Free America  
405 Lexington Ave, Suite 1601  
New York, NY 10174  
(212) 922-1560 [www.drugfreeamerica.org](http://www.drugfreeamerica.org)
- Additional Healthy B.A.S.I.C.S. brochures and lesson plans are available in ready to use format from: [www.childrenshealthfund.org](http://www.childrenshealthfund.org) or by contacting: The Children’s Health Fund  
317 E. 64th Street, New York, NY 10021, (212) 535-9400



Healthy B.A.S.I.C.S. (Building Active Strategies to Inform Children in School) is a project devoted to bringing simple, engaging and culturally relevant health materials to elementary and middle school children.

The lesson plans and the English and Spanish brochures were created by clinicians of the National Children’s Health Project Network of The Children’s Health Fund.

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