



## SAMPLE LESSON PLANS

### Grade 2 – Alcohol, Tobacco, or Other Drugs

#### Unit 1

##### **SOLs:**

- 2.1.G Describe the harmful effects of medicine, alcohol, and tobacco, to include poor concentration; impaired balance, vision, and memory; shortness of breath; cancer; lung and heart disease; and changes to the way a person feels, thinks, and acts.
- 2.2.H Recognize the harmful effects of drugs, alcohol, and tobacco.
- 2.2.I Recognize that tobacco smoke is harmful to health and should be avoided.
- 2.2.J Describe the use of refusal skills to make good decisions.
- 2.3.F Explain why it is dangerous to sniff, taste, or swallow unknown substances.

##### **Title:        Avoiding Alcohol, Tobacco, or Other Drugs**

**Objectives/ Goals:** Students will learn about the harmful effects of alcohol, tobacco, and other drugs and will also learn avoidance and refusal strategies.

##### **Materials:**

- KidsHealth.org Pre-K -2 Teacher’s Guides: (1) Alcohol, (2) Drugs, (3) Smoking; Virginia ABC Elementary Guide; NIDA Brain Power curriculum and videos; National Crime Prevention Council Alcohol, Tobacco, and other Drugs (ATOD) Grades 2-3 lesson plan

##### **Procedure:**

Engage in the discussion and activities in the KidsHealth.org Teacher’s Guides (*Alcohol, Drugs, Smoking*) referenced below. These lessons help children think through who are trusted adults, provide an overview of harmful effects, and provide scenarios for young people to analyze how they would act. Emphasize to students that they have the power to say no and exit from the situation (e.g., saying “no, I have something else to do”).

The National Institute on Drug Abuse (NIDA) *Brain Power Curriculum* and videos, while developed for Science Classes, offer additional activities and reinforcement to these lessons. *Brain Power* includes videos that describe the harmful effects and provides instructions for an activity that demonstrates how dirty cigarette smoke makes the lungs.

An additional simple lesson plan from the National Crime Prevention Council (NCPC) is included below. This lesson also reinforces students' understanding of trusted adults, as well as ways of refusing alcohol, tobacco, or other drugs.

### **Assessment Ideas:**

Students successfully complete the activities in the KidsHealth.org lessons. They can also complete the worksheets in the Virginia Department of Alcoholic Beverage Control *Health and Safety Activity Book* in-class or at home.

### **References:**

National Crime Prevention Council <http://www.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/alcohol-tobacco-and-other-drugs-grades-2-3>

Kids Health.Org <https://kidshealth.org/classroom/prekto2/problems/drugs/smoking.pdf>  
<https://kidshealth.org/classroom/prekto2/problems/drugs/alcohol.pdf>  
<https://kidshealth.org/classroom/prekto2/problems/drugs/drugs.pdf>

National Institute on Drug Abuse Brain Power <https://www.drugabuse.gov/brain-power>  
Department of Alcoholic Beverage Control <https://www.abc.virginia.gov/education/publications>

# Alcohol, Tobacco, and Other Drugs: Grades 2 - 3

*Objective - To identify adults in the community who care for the students - To strengthen positive relationships with . . .*

## Objective

- To identify adults in the community who care for the students
- To strengthen positive relationships with adults

## Activity

- Ask students to think about something they care about (such as a younger sibling, pet, or special toy).
- Ask students how they take care of those things. Discuss the ways people protect and care for things that are important to them.
- Ask students to think of all the people in their lives who care for them. This may include parents, relatives, teachers, coaches, babysitters, etc.
- Explain to your students that all these caring adults work to keep them safe. Ask students to name some rules those adults have to keep them safe.
- Share that one rule that keeps them safe is that they should never use alcohol, tobacco, or drugs. Remind students why adults would be disappointed if a child did something unsafe.
- Pass out sheets of blank paper and crayons. Have your students draw a picture that includes them and all the adults in their lives who care about them. Display the pictures to remind students of people who care about them.

## Additional Activity

### Safe Choices

Help students recognize healthy, fun activities. For each situation below, ask students which option is the safe choice and why. As you work through the situations, explain why using alcohol, tobacco, and drugs is dangerous. After discussing the situations, have students draw a picture of a safe option.

Situation 1: Donna was bored after school...

- Option A...so she started hanging out with kids who drink alcohol.
- Option B...so she started going to the community center.

Situation 2: Kevin's best friend was away for the weekend...

- Option A...so he went to the library and got a book he could read by himself.
- Option B...so he went to the park with some kids who were smoking cigarettes.

Situation 3: An older kid at the park asked Debbie if she wanted to try some pills...

- Option A...so she took them.
- Option B...so she said "No way!" and went to play basketball with her friends.