

Teacher Guide Contents

Welcome to <i>HealthSmart</i>[®]	vii
--	-----

Lessons

Lesson 1: Teens & Drug Use	1
Lesson 2: Drug Misuse, Abuse & Addiction	15
Lesson 3: Prescription & Over-the-Counter Drugs: Get the Facts. . . .	27
Lesson 4: Tobacco: Get the Facts	41
Lesson 5: The Benefits of Quitting Tobacco Use	55
Lesson 6: Alcohol: Get the Facts.	67
Lesson 7: Marijuana: Get the Facts	83
Lesson 8: Drugs & the Law	93
Lesson 9: Getting Help for Drug Problems.	103
Lesson 10: Analyzing Influences on Tobacco, Alcohol & Other Drug Use.	117
Lesson 11: Countering Media Influences.	131
Lesson 12: Making Decisions About Drugs	139
Lesson 13: My Drug-Free Future	155
Lesson 14: Saying NO to Drugs	167
Lesson 15: Resisting Drug Pressures: Roleplay Practice	179
Lesson 16: Advocating for Being Drug Free	187

Unit Assessment

Activity 1: What I Know About Tobacco, Alcohol & Other Drugs . . .	199
Activity 2: Read All About It: A Newsletter to Help Keep Teens Off Drugs	209

Scoring Rubrics	217
------------------------------	-----

Health Terms Glossary	237
------------------------------------	-----

CD Contents

Slides (PowerPoint and PDF)

1. Drug Definition
2. Risk Factors for Drug Use
3. Protective Factors Against Drug Use
4. Drug Misuse & Abuse
5. What Is Drug Addiction?
6. Prescription & Over-the-Counter Drug Labels
7. Denial & Enabling
8. Recovery from Drug Addiction
9. Evaluating the Quality of a Program
10. Sample Drug Treatment Center Web Page
11. The Truth About Teens & Drugs
12. Decision-Making Steps
13. Setting a Goal
14. Saying NO to Drug Pressure
15. Advocacy Skills

Note

In addition to slides and masters, CD contents include the student journal and digital copies of the teacher keys, scoring rubrics and the glossary. All digital resources can also be found on the *HealthSmart* website at www.etr.org/healthsmart under MyHealthSmart.

Masters

1. Family Letter
- 2A. Drug Category Cards
- 2B. What It Is Cards
- 2C. What It Does Cards—Short Term
- 2D. What It Does Cards—Long Term
3. Teens & Tobacco: What Do You Think?
- 4A. Tobacco: Short-Term Physical Effects
- 4B. Tobacco: Long-Term Physical Effects
- 4C. Tobacco: Personal & Social Consequences
- 4D. Tobacco: Secondhand Smoke Effects
5. Time to Talk: Family Rules About Drug Use

CD Contents *(continued)*

Masters *(continued)*

6. What's the Influence?
7. Time to Talk: My Dreams & Wishes for You
8. To Drink or Not to Drink—*Ineffective Version*
9. To Drink or Not to Drink—*Effective Version*
- 10A. Resisting Drug Pressure 1
- 10B. Resisting Drug Pressure 2
- 10C. Resisting Drug Pressure 3
- 10D. Resisting Drug Pressure 4
- 10E. Resisting Drug Pressure: Original Scenario
11. What I Know About Tobacco, Alcohol & Other Drugs
12. Read All About It: Creating a Newsletter
13. Draft Newsletter Article
14. Newsletter Article: Peer Review Form