Making the Right Choice (Alcohol and Drug Prevention)

 By: Jordan Kochevar

Subject: Health Education/Social Studies

Topic: Preventing Alcohol and Tobacco Use

Grade: 2-5

Lesson Length: 45 Minutes

Lesson Outline (Objectives):

* Students will identify how harmful smoking and drinking can be, and identify refusal skills that can be used. Students will also learn about second hand smoke.
* Students will learn suggest different ideas rather than smoking or drinking.

Lesson Preview:

* Students will learn about how harmful alcohol and tobacco can be, and also learn about how harmful second hand smoke can be. Students will work with the teacher to come up with a list of refusal skills. Students will practice refusal skills with their classmates.

Procedure:

* Ask students what they know about smoking.
* Ask: What they know about smoking? Being around others that smoke (2nd Hand Smoke).
* Students will repeat after the teacher in modeling refusal skills.
* Students will practice suggestions that will help eliminate smoking/2nd hand smoke/alcoholism.
* Students will work together to give the teacher refusal skills to write on the board.
* Write down 3 reasons why smoking or drinking is bad (Individually at seat)

Assessment:

* 50% Participation in Group Discussions
* 50% For 3 Reasons (Seatwork)

References:

1) Lesson Plan #2028. Healthy Decision Making Towards Alcohol and Tobacco Use

**Mental Illness and Addiction: Tobacco and Alcohol Prevention**

*By: Jordan Kochevar*

Working as an aid in the school, I surprisingly see ways in which alcohol and tobacco use at home can have an effect on kids at school. I chose this topic, because just the other day I had a little girl (1st Grade) ask me during lunchtime if she would get sick if she was around her mom when she smoked. This was a tough one to answer, so I put a lot of thought into it afterward.

I don’t know anyone (Adult of Child) that has died from second hand smoke yet. I know people who have gotten very sick from it, and some who have had great difficulty breathing around it. The following site: <http://tobaccopreventionandcontrol.ncdhhs.gov/shs/index.htm> has some great suggestions for dealing with being around second hand smoke. It also gives suggestions to try to get the smokers in your life to quit.

The most important thing I found is to raise awareness. The more people that are educated about alcohol and tobacco (second hand smoke included), the more people can try to find ways to keep themselves and others healthy.

Work Cited:

Tobacco Prevention and Control Branch. (n.d.). Retrieved September 11, 2014.