

15 Learn about Unhealthy Habits to Avoid

TRANSITION OBJECTIVE

Students will learn that it is important to avoid alcohol, drugs and nicotine.

RELEVANCE TO SUCCESSFUL TRANSITION

To live happy successful lives, we all must resist and overcome the lure of smoking, alcohol and drug use. It is important to understand addiction, both how to avoid it as well as how to possibly overcome it.

INSTRUCTIONAL SEQUENCE

❑ STEP 1: Update Journal

I can feel good without . . .

❑ STEP 2: Convene Roundtable

"When I am not in control of myself, I feel _____."

❑ STEP 3: Advance Organizer

"Today you will learn about smoking, alcohol and drugs and why you need to avoid these unhealthy habits."

❑ STEP 4: Activity - 10 Minutes

Ask students to brainstorm a list of unhealthy habits and write their responses on the board. Put the letters S, A, D on the board and ask students to guess which unhealthy habits are represented by these letters. As they guess write the words "Smoking," "Alcohol," and "Drugs," showing that the first letters of these words represent the word SAD. Talk for a moment about how these unhealthy habits can cause sadness for the people who have the habit, as well as those who love the person with the habit.

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LIFE MANAGEMENT: Unit 1
LESSON 15

SAD Facts

Make Informed Decisions It's your life!

Smoking Alcohol Drugs

Smoking and Nicotine: Consider the Facts!
Smoking is an addictive habit. The tobacco in cigarettes contains a drug called nicotine. Nicotine is addictive. Smoking is a very difficult habit to break.

How do we become addicted? Nicotine in tobacco gives us a lift. Some people say it keeps them from eating. Or it helps them stay awake and feels good. Once your body gets used to nicotine it starts needing more. It will need more and more to get the same feeling. Most teenagers say they started smoking because they were talked into it by a friend. Some start smoking because they want to be part of a group. Many teens start smoking to feel older or different.

Smoking damages many parts of the body. It can damage the lining of the nose, throat and lungs. Even tobacco companies have admitted that smoking is bad for our health. There is now proof that smoking is linked to many cancers. This is cancer of the lung, mouth, esophagus, stomach, kidney, liver, pancreas, uterus, cervix and bladder. In fact, smoking causes 85% of the lung cancer in the U.S. Smoking is also related to other diseases, such as stroke and heart attack.

New research shows that breathing second-hand smoke is bad for our health. Many public places have banned smoking because second-hand smoke is dangerous. Over 3,000 non-smokers die each year because of second-hand smoke. Chewing tobacco is also addictive and bad for our health. This can cause cancer of the mouth and throat.

Smoking e-cigarettes and vaping are not without their health risks. They have many of the same nicotine-related effects on health as smoking cigarettes. In the U.S., it is illegal for anyone under the age of 21 to purchase e-cigarettes and related products.

Death from smoking can be prevented. Most people get hooked on cigarettes as teenagers. This is why tobacco companies want teens to start smoking early. They become lifelong cigarette users.

If you smoke, your chances of dying from cancer are twice as high as a non-smoker. What will you decide?

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LIFE MANAGEMENT: Unit 1
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SAD Facts

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Smoking Alcohol Drugs

Alcohol and drinking: Consider the Facts!
Alcohol is a legal, addictive drug. Alcohol causes death through illness and traffic accidents. Alcohol causes more traffic accidents than anything else. In fact, a group called MADD, Mothers Against Drunk Drivers, was started to teach people about the dangers of drinking and driving. This education is really important for teenage drivers. Young drivers cause more car accidents from drinking than any other age group.

Heavy drinking for a long time will cause many health problems. These include birth defects, liver and heart problems, and overall poor health. Too much alcohol or mixing it with other drugs can cause immediate death. Car accidents and illness are just a part of the problem. It also causes emotional problems for families over a period of time.

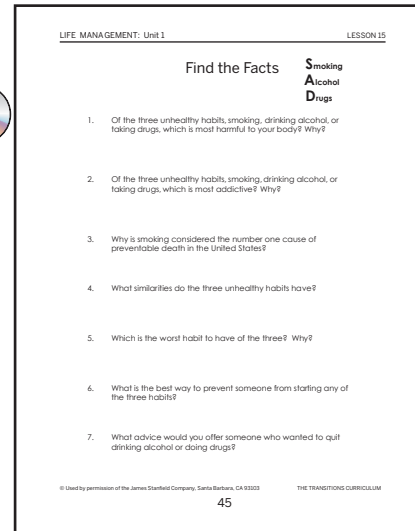
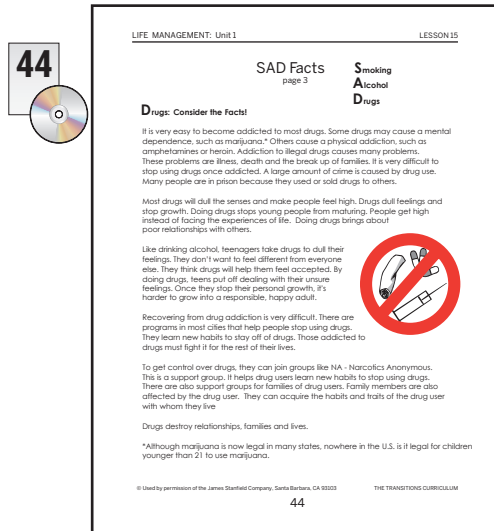
Alcohol dulls the senses and the emotions. It dulls the feelings when people are low or depressed. It also dulls feelings when people are happy. Teenagers drink to dull their feelings. They don't want to be different from everyone else. They want to be accepted by others. By drinking, teens feel more relaxed. They put off dealing with their bad feelings. By putting off their feelings, they don't grow and mature. The longer a teenager puts off growing up, the harder it is to become a responsible, happy adult.

Addiction to alcohol is called alcoholism. Recovering from alcoholism is very hard. Once an alcoholic, always an alcoholic. Alcoholics must fight the addiction for the rest of their lives. The best way to get control over alcohol is with AA or Alcoholics Anonymous. This is a support group that helps people learn new habits to stop drinking. Family members of alcoholics have support groups, too. Family members are also affected by alcoholism. They often acquire the habits and traits of the alcoholic relative.

Drinking can be risky. It can cause accidents or illness. Once addicted always addicted.

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□ STEP 5: Activity - 35 Minutes

Go over the handout **SAD Facts** with the class. Students can take turns reading aloud to the class or in small groups. After they have read the information, have groups of three answer the questions on the handout **Find the Facts**. After 10 minutes, have groups share their answers with the class.

□ STEP 6: Evaluate Outcomes

A reason I do not want to have a SAD habit is "_____."

□ STEP 7: Connecting Activity

Have students research negative effects of alcohol or an illegal drug on the Internet and report 5 facts.

KEY WORDS

addiction

alcoholism

abuse

anonymous

MATERIALS AND PREPARATION

- Student Handouts: **SAD Facts**, pages 42-44; **Find the Facts**, page 45.
- Prepare to brainstorm about unhealthy habits.
- Become familiar with the handout **SAD Facts**.
- Visit the drugabuse.gov website and click on "Children and Teens" to find out the latest information, handouts and videos concerning substance use and abuse to share with your students.

SCANS FOUNDATION SKILLS

- Basic Academic Skills: Reading, Writing, Listening
- Thinking Skills: Reasoning
- Personal Qualities: Responsibility, Self-Esteem, Self-Management