

High School Curriculum Topics and Lesson Outline



- Learning sessions are based on a 50-minute class period.
- Animation and video lesson alignment is included in the second table of this document.
- *My Notes, Ideas, and Things to Remember*, student note-taking sheet is included with each lesson.
- Each lesson has a slide presentation to support instruction.
- The High School Scope and Sequence includes the student "I can..." Statements and alignment to standards for each grade level lesson.
- Collaborative, project-based activities are included in many of the lessons, with opportunities for students to do their own research.

Curriculum Topic and Lesson Outline

Lesson Title	Brief Lesson Description	Learning Sessions
My Body		
1.0 - My Body Review Lesson (Optional lesson)	This review lesson pulls content from the middle school curriculum into one lesson for review in preparation for the high school lessons in this topic area.	1
1.1 My Body - Response to Stress	Explore the body's response to stress, how stress impacts our body's normal and healthy functions, and discuss supporting healthy habits and choices to alleviate the stress that impacts us in negative ways.	1
1.2 My Body - Response to Substances	This lesson will examine some common substances and the impact that they have on the major body systems of the central nervous system, circulatory system, and digestive system.	1-2
My Brain		
2.0 My Brain Review Lesson (Optional lesson)	This review lesson pulls content from the middle school curriculum into one lesson for review in preparation for the high school lessons in this topic area.	1
2.1 My Brain - Response to Stress	This lesson will explore the brain's response to stress and how stress impacts the brain's normal and healthy functions. Discussion includes supporting healthy habits and choices to alleviate the stress that impacts us in negative ways.	1
2.2 My Brain - Response to Substances	Examine some common substances and the impact that they have on the brain's system, development, and ability to send important messages to the body with the discussion and activities in this lesson.	1-2

Emotions		
3.0 Emotions Review Lesson (Optional lesson)	Review lesson that pulls content from the middle school curriculum into one lesson for review in preparation for the high school lessons in this topic area.	1
3.1 Emotions - Connecting the Dots	This lesson focuses on identifying emotions, defining them, and identifying thoughts, actions, or experiences that trigger those emotions or make us feel that emotion. We are going to "connect the dots" of our emotions.	1
3.2 Emotions - Keeping Them Healthy	This lesson supports learning how to recognize emotional and stressful triggers, practicing healthy strategies to deal with these emotions and stress, and knowing who can support you. This knowledge can help in challenging situations and will also help create positive self-esteem, confidence, and build resiliency.	1
3.3 Emotions - Emotions, Self-esteem, and Resiliency	It is easy to "fall" into the shame cycle when we are triggered by a challenging situation, an awkward or embarrassing moment, or when we feel negative about ourselves. Having strategies and tools to help address these feelings can help us get out of the shame cycle and focus on healthy emotional responses.	2
3.4 Emotions - Stigma, Stereotypes, and Emotions	This lesson provides students with the ability to define and identify the difference between stereotypes and stigma. Discussion supports reflection on the role we can have in eliminating stereotypes and stigma.	1-2
Pressures		
4.0 Pressures Review Lesson (Optional lesson)	This review lesson pulls content from the middle school curriculum into one lesson for review in preparation for the high school lessons in this topic area.	1
4.1 Pressures - Handle With Care	This lesson explores internal and external pressure. Students will develop an understanding of recognizing and exploring the "invisible backpack" we all carry, and how that plays a part in our decision-making.	1-2
4.2 Pressures - What's At Stake - Inside/Outside	Exploring the decisions that we make and how we make those decisions can impact the goals we have. This lesson will include practicing strategies that will help us when we have to make tough decisions and develop short and long-term goals.	1
4.3 Pressures - Pressures and Choices - The Why	This lesson explores the factors that impact peer pressure and the decisions that we make. Understanding the difference between being assertive and being aggressive when making decisions is a lifelong skill.	1
Your Health/My Health		
5.0 Your Health/My Health Review Lesson (Optional lesson)	This review lesson pulls content from the middle school curriculum into one lesson for review in preparation for the high school lessons in this topic area.	1

5.1 Your Health/My Health - Healthy Habits	Students will explore the importance of practicing healthy habits and using life-saving tools to keep themselves and others safe mentally, physically, and socially.	1
5.2 Your Health/My Health - Social Media - The Good and the Bad	Students will take a deeper look at the daily use of social media and review the use of social media in their daily lives. Discussion of both the positive and the negative sides of social media will support understanding of the impact it can have on health and decision-making.	1
5.3 Your Health/My Health - My Communities	To take care of ourselves and others in our circle, we must be educated community members. Explore the resources the community has and access to programs that are geared toward adolescence, mental health, and overall well-being.	1
Medication Safety		
6.0 Medication Safety Review Lesson (Optional lesson)	Review lesson that pulls content from the middle school curriculum into one lesson for review in preparation for the high school lessons in this topic area.	1
6.1 Medication Safety - Medications - Helpful vs Harmful	This lesson will review the safe use of over-the-counter and prescription medications, the body's intended and unintended or paradoxical responses to medication. Students will have the opportunity to practice reading the label and directions for medication to better understand how to use them safely.	1
6.2 Medication Safety - The REALity of the Fake	Through discussion of the dangers of fake pills and the fact that one pill can kill, listening to personal stories of loss due to fake pills obtained through social media. Interviews with families who have experienced this loss reinforce the dangers and loss due to fake pills. Students will have the opportunity to reflect and journal after each story.	1-2
6.3 Medication Safety - Lifesaving-Tools and Strategies	This lesson focuses on the discussion of life-saving tools and how to use them in the case of an overdose. The lesson includes why the use of naloxone/Narcan can help save a life, and how to use it effectively.	1
My Brain on Substances		
7.1 My Brain on Substances - Ins and Outs of Pharmacokinetics	Explore how the human body is designed to break down substances, take the parts, build those parts into useful substances for the human body, and then expel the waste materials. The science of pharmacokinetics is explored as students learn how substances travel through the body.	1
7.2 My Brain on Substances - Substances and Their Effects	This lesson focuses on the way the brain and the brain's reward system respond to substances. There is an increased focus on the substances of alcohol, nicotine and vaping, cannabis, and opioids, and the effect that these substances have on the still-developing brain.	2-3
7.3 My Brain on Substances - Use,	Discussion on the use and misuse of legal and illegal drugs, including regulated and unregulated substances, as it relates to	1-2

Misuse, Legal, and Illegal	kratom, 7-OH, and other synthetic substances that may be commonly found in the community. A focus on exploring the legal, physical, and social-emotional consequences of using these substances gives students a real-life look at the outcome of substance use.	
7.4 My Brain on Substances - A Deeper Dive into the Dangers of Cannabis and the Developing Brain	This lesson takes a deeper look at the dangers of cannabis and the developing brain. Videos from experts in the field and families with personal stories share information on how the use of cannabis can impact your body, brain, and life and the serious and dangerous outcomes it can have.	1-2
Substance Use Disorder		
8.1 Substance Use Disorder - Understanding SUD	Understanding what a substance use disorder (SUD) is can support a decrease in stigma. Understanding our protective and risk factors can help us make healthy decisions to avoid substance use disorder.	1
8.2 Substance Use Disorder - Understanding Stigma	This lesson takes a closer look at the stigma of substance use disorder and how it can impact one's ability to get help. Discussion and reflection on the words and actions that we can control to help decrease stigma with substance use disorder are presented.	1
8.3 Substance Use Disorder - Treatment and Recovery	This lesson looks at the treatment and recovery options that support individuals with substance use disorder in regaining control of their lives and overcoming the stigma of substance use disorder.	1

Informational Animations and Videos Lesson Alignment

The following will provide the animation or video title, the lesson they are currently incorporated in, and suggestions for additional lessons where they could be used appropriately.

Animation/Video	Included in Lesson(s) #	Optional/Additional Use
Speaking Through Me (Video Documentary)	3.2 Emotions - Keeping Them Healthy 7.4 My Brain on Substances - A Deeper Dive into the Dangers of Cannabis	3.1 Emotions - Connecting the Dots 3.3 Emotions - Emotions, Self-Esteem, and Resiliency
Under Pressure: What Drives our Choices? (Animation)	4.3 Pressures - Pressures and Choices - The Why	
Scroll Smart: What You Don't See Can Hurt You (Animation)	5.2 Your Health/My Health - Social Media - The Good and the Bad	6.2 Medication Safety - The REALity of the FAKE
The Dangers of Fentanyl: Alexander Neville's Story (Video)	5.2 Your Health/My Health - Social Media - The Good and the Bad	
It's A Personal Experience (Video)	6.2 Medication Safety - The REALity of the FAKE	
Straight Talk with an Addiction Doc - Naloxone (Video)	6.3 Medication Safety - Life-Saving Tools and Strategies	
A Teen's Tragic Story - Kelcy Orr (Video)	6.3 Medication Safety - Life-Saving Tools and Strategies	
The Journey Inside - How Substances Travel Through Your Body - (Animation)	7.1 My Brain on Substances - Ins and Outs of Pharmacokinetics	2.2 My Brain - Response to Substances
The Developing Brain and Cannabis: What You Need to Know (Animation)	7.2 My Brain on Substances - Substances and Their Effect 7.4 My Brain on Substances - A Deeper Dive into the Dangers of Cannabis	2.2 My Brain - Response to Substances
Straight Talk with an Addiction Doc - Cannabis (Video)	7.2 My Brain on Substances - Substances and Their Effect 7.4 My Brain on Substances - A Deeper Dive into the Dangers of Cannabis	2.2 My Brain - Response to Substances
Dr. Anand - Teen Brain and Cannabis (Video)	7.2 My Brain on Substances - Substances and Their Effect 7.4 My Brain on Substances - A Deeper Dive into the Dangers of	2.2 My Brain - Response to Substances

Animation/Video	Included in Lesson(s) #	Optional/Additional Use
	Cannabis	
Marijuana's Impact on the Developing Brain (Video)	7.4 My Brain on Substances - A Deeper Dive into the Dangers of Cannabis	2.2 My Brain - Response to Substances
Cannabis Induced Psychosis: A Silent Epidemic (Video Documentary)	7.4 My Brain on Substances - A Deeper Dive into the Dangers of Cannabis	2.2 My Brain - Response to Substances
Speaking Through Me (Video Documentary)	7.4 My Brain on Substances - A Deeper Dive into the Dangers of Cannabis	
Shining a Light on Addiction (Animation)	8.1 Substance Use Disorder - What is SUD? 8.3 Substance Use Disorder - Treatment & Recovery	8.2 Substance Use Disorder - Understanding Stigma and SUD
TEDxUSD - Dr. Melissa Dittberner - Addiction, Stigma, Peer Support (Video)	8.2 Substance Use Disorder - Understanding Stigma and SUD	
Megan's Story of Recovery with Medication-Assisted Treatment (video)	8.3 Substance Use Disorder - Treatment & Recovery	

Note:

There may be additional videos or podcasts that are included in the Resources section of several lessons that can be used as additional educator and parent resources.