

## MONTHLY INTRODUCTION

### May: National Substance Abuse

Although we talk about substance Abuse in other months, in May, we address the problem from a more national, social, and systematic view. Previous months take a preventive approach. Through the month of May, we explore substance abuse interventions as well. These additional topics and components addressed are:

- Signs and symptoms of a substance abuse problems
- Summarize the signs and symptoms of inhalant abuse
- Relate injected drug use to the incidences of diseases such as HIV/AIDS and hepatitis.
- Stages that lead to dependency/addiction
- Explain how wellness is affected during the stages of drug dependency/addiction
- Determine effective strategies to stop using alcohol, tobacco and other drugs.
  1. A strong personal commitment
  2. Treatment
  3. Support of family, friends, and others.
- Strategies that support drug resistance
- Causes of Substance Use
- Compare/Contrast theories about dependency/addiction
  1. Genetic predisposition,
  2. Gender-related predisposition
  3. Culture
  4. Socioeconomic backgrounds
- Recommendations that support a drug free life
- Family Coping, Causes and Effects
- Analyze the societal impact of substance abuse on the individual, family, and community
- Legal Consequences

Drugs, Alcohol, Tobacco, Controlled Dangerous Substances, and Anabolic Steroids requires instructional programs on drugs, alcohol, anabolic steroids, tobacco, and controlled dangerous substances and the development of curriculum guidelines. Instructional programs on the nature of drugs, alcohol, anabolic steroids, tobacco, and controlled dangerous substances, and their physiological, psychological, sociological, and legal effects on the individual, the family, and society shall be taught in each public school and in each grade from kindergarten through 12 in a manner adapted to the age and understanding of the pupils. The programs shall be based upon the curriculum guidelines established by the Commissioner of Education and shall be included in the curriculum for each grade in such a manner as to provide a thorough and comprehensive treatment of the subject.

Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.

#### Disease and Health Conditions

#### Dependency/Addiction Treatment

### Family Field Trips to Plan for May

Visit a Flea Market		Tour A few Apartment Complexes
Go Camping	Have a Day at the Beach	Visit a College Campus & Take a Tour
Go to a U-Pick Farm	Go on Fishing Boat Trip	Visit a Farmers Market