

MONTLY INTRODUCTION

November: Alcohol, Tobacco, Holiday Safety, Drinking & Driving

In the month of November, we address the side effects to alcohol and tobacco use and abuse. Through the month we discuss alcohol, tobacco, and their physiological, psychological, sociological, and legal effects on the individuals, the families, and society.

- Contributors to tobacco and alcohol use/abuse
- Treatment for tobacco and alcohol use/abuse
- Tobacco and Alcohol effects on good decision making
- Tobacco and Alcohol effects on the aging process
- Effects of Alcohol on:
 - Brain, vision, sleep, coordination, reaction time, behavior, judgement, and memory
- Increased risk related to tobacco and alcohol use/abuse
- Diseases (HIV/AIDS) related to tobacco and alcohol use/abuse
- Health risk related to tobacco and alcohol use/abuse
- Hygiene issues related to tobacco and alcohol use/abuse
- Social Risk related to tobacco and alcohol use/abuse
- Laws regarding tobacco and alcohol use/abuse
- Compare Interstate Smoking Laws

Drugs, Alcohol, Tobacco, Controlled Dangerous Substances, and Anabolic Steroids require instructional programs to include information on drugs, alcohol, anabolic steroids, tobacco, and controlled dangerous substances in the development of curriculum guidelines. Instructional programs on the nature of drugs, alcohol, anabolic steroids, tobacco, and controlled dangerous substances must focus on the physiological, psychological, sociological, and legal effects on the individual, the family, and society. This 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 program shall be based upon the curriculum guidelines established by the Commissioner of Education and shall be included in the curriculum for each grade in a manner to provide a thorough and comprehensive treatment of the subject.

Alcohol
Tobacco
Other Drugs

Family Field Trips to Plan for November

Begin Driver's Education
Driving Practice



Visit the Gym or
Fitness Club

Visit Local Planned
Parenthood for
Educational Material

Visit Hospital to Obtain
Volunteer Application /
Consider Participation

Take a CPR Class

Attend a Concert

Visit an Armory or
Recruiting Station for
Information

Visit First Responders Unit
&
Learn about their work