



SAMPLE LESSON PLANS

Grade 10 – Alcohol, Tobacco, and Other Drug Use Prevention

SOLs:

Research trends in teen use/abuse of alcohol, tobacco, and other drugs and their impact on the community.

Title: ATOD Impact on Community

Objectives/ Goals:

- Students will review YRBS Data on Alcohol, Tobacco and Other drugs.
- Students will write a personal reflection on their thoughts on drug use.

Materials:

- [CDC Results: YRBS Data Alcohol and Other Drug Use \(Virginia, 2017\)](#)
- [CDC Results: YRBS Data Tobacco \(Virginia, 2017\)](#)
- Painters tape to hang data on walls
- Costs of Drug Abuse ppt
- Analyzing Influences: Internal/External (print handout)
- Analyze Influences of Drug Use Web (print worksheet)

Procedure:

Step 1: Introduction/Hook

Gallery Walk:

A “gallery” of information must be set up for students to observe.

Data for gallery found here:

- [CDC Results: YRBS Data Alcohol and Other Drug Use \(Virginia, 2017\)](#)
- [CDC Results: YRBS Data Tobacco \(Virginia, 2017\)](#)
- Print data, cut out in strips and hang data around the classroom walls.
- Put students in groups of 4 and they will travel clockwise reading all the data that is hung in the classroom from the CDC-YRBS (Virginia 2017) survey on Alcohol and Other Drug Use.

Step 2: Class Discussion

Students will share out 3 statistics that stood out to them from the CDC YRBS (2017) Virginia data.

Step 3: Present Further Information

Open on the projector and go over *Costs of Drug Abuse-ppt* [Slides: 1-5]

[Slide 6: Create a list of negative consequences of drug abuse]

Step 4: Exercise

Pass out *Analyzing Influences: Internal/External (handout)*. Students will read handout.

Students will complete *Analyzing Influences of Drug Use Web (worksheet)*.

Step 5: Exit Ticket

Written Reflection Question:

How do drugs impact our community and our society? What are the negative consequences of drug use? Discuss your findings of Analyzing Influences Drug Use Web.

Additional Resources:

- [Animated Infographic: Monitoring the Future 2017 Survey Results](#)
[National Institute on Drug Abuse \(NIDA/NIH\)](#) [YouTube}
<https://youtu.be/yJwd-4xgdgE>
- Everything you think you know about addiction is wrong
Johann Hari
https://www.ted.com/talks/johann_hari_everything_you_think_you_know_about_addiction_is_wrong
- Risk Factors for Drug Use and Drug Abuse
Khan Academy Medicine
<https://www.youtube.com/watch?v=R23KUZvjg4A>

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Analyzing Influences

Influence:

Message:

Influence:

Message:

Influence:

Message:

**Teen Drug Use:
Drinking/Vaping/
Marijuana,
Prescription
Drugs**

Influence:

Message:

Influence:

Message:

Influence:

Message:

Influence:

Message:

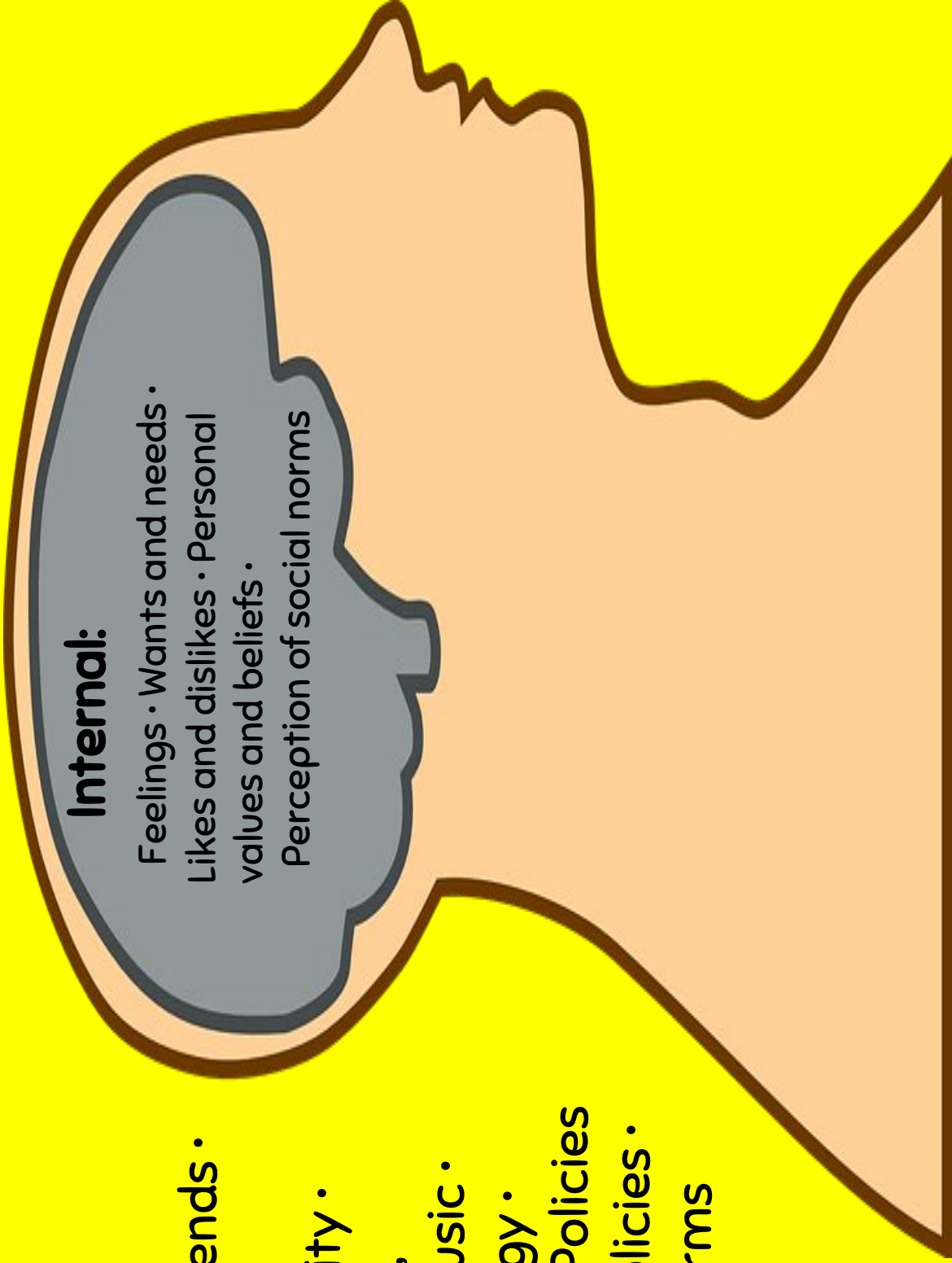
Analyzing Influences


External:

- Family •
- Peers/Friends •
- School •
- Community •
- Media: TV, books, music •
- Technology •
- Culture • Policies • Laws/policies •
- Social norms

Internal:

- Feelings • Wants and needs •
- Likes and dislikes • Personal values and beliefs •
- Perception of social norms



 **Virginia 2017 Results**

Virginia, High School Youth Risk Behavior Survey, 2017

| Question | Grade | Total | 9th | 10th | 11th | 12th |
|---|--------------|-------------------------------------|-------------------------|---------------------------|-------------------------|-------------------------|
| Tobacco Use | | | | | | |
| Ever tried cigarette smoking (even one or two puffs) | | — | — | — | — | — |
| First tried cigarette smoking before age 13 years (even one or two puffs) | | 8.0 (6.8–9.4) 3,655 [†] | 6.9 (4.8–9.8) 839 | 7.0 (5.6–8.8) 1,039 | 8.4 (6.4–10.9) 940 | 9.5 (6.1–14.7) 783 |
| Currently smoked cigarettes (on at least 1 day during the 30 days before the survey) | | 6.5 (5.6–7.5) 3,590 | 2.9 (1.8–4.4) 832 | 5.0 (3.6–6.9) 1,018 | 9.5 (7.4–12.0) 925 | 9.0 (7.1–11.3) 768 |
| Currently frequently smoked cigarettes (on 20 or more days during the 30 days before the survey) | | 1.7 (1.2–2.3) 3,590 | 1.2 (0.5–2.8) 832 | 1.1 (0.5–2.2) 1,018 | 1.7 (0.8–3.5) 925 | 2.5 (1.5–4.2) 768 |
| Currently smoked cigarettes daily (on all 30 days during the 30 days before the survey) | | 1.2 (0.8–1.9) 3,590 | 0.9 (0.3–2.4) 832 | 0.7 (0.2–2.0) 1,018 | 1.3 (0.6–2.9) 925 | 1.8 (0.8–3.8) 768 |
| Smoked more than 10 cigarettes per day (on the days they smoked during the 30 days before the survey, among students who currently smoked cigarettes) | | 7.0 (3.7–12.6) 210 | N/A 20 | N/A 49 | N/A 80 | N/A 56 |
| Ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens) | | 33.2 (30.7–35.8) 3,653 | 21.6 (18.4–25.2) 844 | 30.8 (27.5–34.4) 1,037 | 39.5 (35.5–43.7) 938 | 42.0 (36.0–48.2) 784 |
| Currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens, on at least 1 day during the 30 days before the survey) | | 11.8 (9.8–14.0) 3,256 | 5.8 (4.0–8.2) 774 | 10.8 (8.4–13.9) 927 | 13.6 (10.9–16.8) 816 | 18.0 (14.1–22.7) 694 |
| Currently frequently used electronic vapor products (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens, on 20 or more days during the 30 days before the survey) | | 3.1 (2.0–4.6) 3,256 | 1.3 (0.6–2.8) 774 | 1.7 (1.0–2.9) 927 | 3.0 (1.7–5.5) 816 | 6.4 (4.1–9.9) 694 |
| Currently used electronic vapor products daily (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens, on all 30 days during the 30 days before the survey) | | 1.9 (1.2–3.1) 3,256 | 1.1 (0.5–2.4) 774 | 0.8 (0.3–2.1) 927 | 1.8 (0.9–3.7) 816 | 4.0 (2.3–6.9) 694 |
| Usually got their own electronic vapor products by buying them in a store (such as a convenience store, supermarket, discount store, gas station, or vape store, including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens, during the 30 days before the survey, among students who currently used electronic vapor products and who were aged <18) | | 11.1 (7.3–16.4) 331 | N/A 36 | N/A 94 | 13.9 (8.0–23.0) 109 | N/A 89 |


| | Total | 9th | 10th | 11th | 12th |
|---|---------------------------|-----------------------|-------------------------|-------------------------|-------------------------|
| Currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, Copenhagen, Camel Snus, Marlboro Snus, General Snus, Ariva, Stonewall, or Camel Orbs, not counting any electronic vapor products, on at least 1 day during the 30 days before the survey) | 4.2 (3.6–4.9) 3,651 | 2.5 (1.7–3.7) 846 | 3.2 (2.2–4.5) 1,027 | 4.7 (3.3–6.7) 938 | 5.6 (3.9–8.0) 788 |
| Currently frequently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, Copenhagen, Camel Snus, Marlboro Snus, General Snus, Ariva, Stonewall, or Camel Orbs, not counting any electronic vapor products, on 20 or more days during the 30 days before the survey) | 1.6 (1.0–2.6) 3,651 | 0.8 (0.3–2.0) 846 | 0.9 (0.4–2.0) 1,027 | 1.8 (1.0–3.3) 938 | 2.8 (1.5–5.2) 788 |
| Currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, Copenhagen, Camel Snus, Marlboro Snus, General Snus, Ariva, Stonewall, or Camel Orbs, not counting any electronic vapor products, on all 30 days during the 30 days before the survey) | 1.4 (0.9–2.3) 3,651 | 0.8 (0.3–2.0) 846 | 0.7 (0.3–1.6) 1,027 | 1.6 (0.8–3.1) 938 | 2.4 (1.3–4.3) 788 |
| Currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey) | 6.4 (5.5–7.6) 3,617 | 3.5 (2.3–5.2) 841 | 4.0 (3.0–5.3) 1,025 | 8.2 (6.2–10.6) 927 | 10.2 (7.9–13.1) 773 |
| Currently frequently smoked cigars (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey) | 1.2 (0.8–1.9) 3,617 | 0.9 (0.4–2.3) 841 | 0.9 (0.4–2.3) 1,025 | 1.0 (0.5–2.1) 927 | 1.9 (1.0–3.6) 773 |
| Currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey) | 0.9 (0.6–1.6) 3,617 | 0.8 (0.3–2.2) 841 | 0.7 (0.3–1.9) 1,025 | 0.7 (0.3–1.8) 927 | 1.4 (0.7–2.8) 773 |
| Currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey) | 9.5 (8.3–10.9) 3,553 | 4.7 (3.3–6.5) 829 | 6.4 (4.8–8.6) 1,005 | 13.2 (10.7–16.1) 915 | 14.3 (11.2–18.0) 756 |
| Currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey) | 10.9 (9.4–12.5) 3,553 | 5.4 (4.0–7.3) 829 | 7.7 (5.8–10.3) 1,006 | 14.5 (11.8–17.7) 914 | 16.1 (12.6–20.3) 756 |
| Currently smoked cigarettes or cigars or used smokeless tobacco or an electronic vapor product (on at least 1 day during the 30 days before the survey) | 16.3 (14.3–18.5) 3,219 | 8.2 (6.1–11.0) 764 | 13.3 (10.9–16.2) 911 | 20.2 (16.8–24.1) 815 | 24.3 (19.9–29.4) 684 |
| Did not try to quit using all tobacco products (including cigarettes, cigars, smokeless tobacco, shisha or hookah tobacco, and electronic vapor products, during the 12 months before the survey, among students who used any tobacco products during the 12 months before the survey) | 65.8 (61.2–70.1) 634 | N/A 90 | 58.9 (49.8–67.5) 150 | 69.2 (61.4–76.0) 200 | 70.0 (60.1–78.3) 182 |

Footnotes

| | |
|-----|--|
| — | Data not available |
| † | Percentage, confidence interval, cell size |
| N/A | < 100 respondents for the subgroup |

Application URL:

<https://nccd.cdc.gov/Youthonline/App/Results.aspx?TT=A&OUT=0&SID=HS&QID=QQ&LID=VA&YID=2017&LID2=&YID2=&COL=G&ROW1=N&ROW2=N&HT=C02&LCT=LL&FS=S1&FR=R1&FG=G1&FA=A1&FI=I1&FP=P1&FSL=S1&FRL=R1&FGL=G1&FAL=A1&FIL=I1&FPL=P1&PV=&TST=False&C1=&C2=&QP=G&DP=1&VA=CI&CS=Y&SYID=&EYID=&SC=DEFAULT&SO=ASC>

 Virginia 2017 Results

Virginia, High School Youth Risk Behavior Survey, 2017

| Question | Grade | 9th | 10th | p-value | 9th More Likely Than 10th | 10th More Likely Than 9th | No Difference |
|--|-------|--------------------------------------|---------------------------|---------|---------------------------|---------------------------|---------------|
| Alcohol and Other Drug Use | | | | | | | |
| Ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life) | | — | — | ~ | | | |
| Had their first drink of alcohol before age 13 years (other than a few sips) | | 16.3 (13.1–20.1) 821 [†] | 13.3 (11.1–16.0) 1,018 | 0.10 | | | ● |
| Currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey) | | 12.4 (10.2–14.9) 823 | 21.6 (18.9–24.5) 1,009 | 0.00 | | ● | |
| Usually got the alcohol they drank by someone giving it to them (during the 30 days before the survey, among students who currently drank alcohol) | | — | — | ~ | | | |
| Reported current binge drinking (four or more drinks of alcohol in a row (if they were female) or five or more drinks of alcohol in a row (if they were male), within a couple of hours, on at least 1 day during the 30 days before the survey) | | 5.3 (3.9–7.0) 832 | 8.5 (7.1–10.2) 1,018 | 0.01 | | ● | |
| Reported 10 or more as the largest number of drinks they had in a row (within a couple of hours, during the 30 days before the survey) | | — | — | ~ | | | |
| Ever used marijuana (also called grass, pot, or weed, one or more times during their life) | | — | — | ~ | | | |
| Tried marijuana for the first time before age 13 years (also called grass, pot, or weed) | | 4.9 (3.0–7.9) 839 | 4.4 (3.0–6.4) 1,030 | 0.70 | | | ● |
| Currently used marijuana (also called grass, pot, or weed, one or more times during the 30 days before the survey) | | 7.7 (5.1–11.4) 839 | 13.9 (11.6–16.6) 1,036 | 0.00 | | ● | |
| Ever used synthetic marijuana (also called "K2," "Spice," "fake weed," "King Kong," "Yucatan Fire," "Skunk," or "Moon Rocks," one or more times during their life) | | — | — | ~ | | | |
| Ever used cocaine (any form of cocaine, such as powder, crack, or freebase, one or more times during their life) | | 2.8 (1.7–4.6) 847 | 3.4 (2.2–5.3) 1,041 | 0.56 | | | ● |
| Ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life) | | — | — | ~ | | | |
| Ever used heroin (also called "smack," "junk," or "China White," one or more times during their life) | | 1.9 (0.9–3.9) 839 | 1.9 (1.0–3.7) 1,037 | 0.98 | | | ● |

| | 9th | 10th | p-value | 9th More Likely Than 10th | 10th More Likely Than 9th | No Difference |
|--|------------------------|---------------------------|---------|---------------------------|---------------------------|---------------|
| Ever used methamphetamines (also called "speed," "crystal," "crank," or "ice," one or more times during their life) | — | — | ~ | | | |
| Ever used ecstasy (also called "MDMA," one or more times during their life) | — | — | ~ | | | |
| Ever used hallucinogenic drugs (such as LSD, acid, PCP, angel dust, mescaline, or mushrooms, one or more times during their life) | — | — | ~ | | | |
| Ever took steroids without a doctor's prescription (pills or shots, one or more times during their life) | — | — | ~ | | | |
| Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, Hydrocodone, and Percocet, one or more times during their life) | 10.7 (8.1–13.8) 845 | 11.4 (8.8–14.7) 1,037 | 0.73 | | | ● |
| Ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life) | — | — | ~ | | | |
| Were offered, sold, or given an illegal drug on school property (during the 12 months before the survey) | 10.8 (8.6–13.7) 837 | 19.9 (17.0–23.2) 1,029 | 0.00 | | ● | |

Footnotes

| | |
|---|--|
| — | Data not available |
| ~ | P-value not available |
| † | Percentage, confidence interval, cell size |

Application URL:

<https://nccd.cdc.gov/Youthonline/App/Results.aspx?TT=A&OUT=0&SID=HS&QID=QQ&LID=VA&YID=2017&LID2=&YID2=&COL=G&ROW1=N&ROW2=N&HT=C03&LCT=LL&FS=S1&FR=R1&FG=G1&FA=A1&FI=I1&FP=P1&FSL=S1&FRL=R1&FGL=G1&FAL=A1&FIL=I1&FPL=P1&PV=&TST=True&C1=G2&C2=G3&QP=G&DP=1&VA=CI&CS=Y&SYID=&EYID=&SC=DEFAULT&SO=ASC>

<https://nccd.cdc.gov/Youthonline/App/Results.aspx?TT=A&OUT=0&SID=HS&QID=QQ&LID=VA&YID=2017&LID2=&YID2=&COL=G&ROW1=N&ROW2=N&HT=C03&LCT=LL&FS=S1&FR=R1&FG=G1&FA=A1&FI=I1&FP=P1&FSL=S1&FRL=R1&FGL=G1&FAL=A1&FIL=I1&FPL=P1&PV=&TST=True&C1=G2&C2=G3&QP=G&DP=1&VA=CI&CS=Y&SYID=&EYID=&SC=DEFAULT&SO=ASC>