



AMERICAN
SCHOOL
COUNSELOR
ASSOCIATION

Lesson Plan: Substance Abuse

School Counselor: Ashley Dunn

Date: After Substance Abuse Lesson in Health Class

Activity: Interactive Substance Abuse Activity

Grade(s): 9-12th grade

ASCA Student Standards (Domain/Standard/Competencies):

Category 1: 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being

Category 2: Self-Management Skills: 9. Demonstrate personal safety skills

Category 2: Social Skills: 2. Create positive and supportive relationships with other students

Category 2: Social Skills: 9. Demonstrate social maturity and behaviors appropriate to the situation and environment

Learning Objective(s):

1. The student will be able to reevaluate what they have learned about substance abuse in their health class and be able to demonstrate self-awareness of their personal beliefs and experiences with substances.
2. The student will be able to connect with other students while providing appropriate supportive relationships
3. The student will be able to demonstrate social maturity throughout the activity within this lesson.

Materials: Masking Tape, Resource Sheet, Exit Slip

Procedure:

1. Explain to teacher beforehand that school counselor would like a confidential atmosphere where the class is only school counselor and students
2. Explain to students that everything will remain confidential in today's session (with limitations, of course)

3. Generate open discussion by asking students what they learned about substance use and abuse in the classroom this past week. Ask about most interesting facts, what they agree/disagree with. Allow time for any questions that they felt was unclear.

4. Have students help you move the desks to one side of the room. Place tape down the center of the room. Ask students to stand around the room.

5. Explain that the school counselor will read a statement and ask that students walk to the line in the middle of the room if it is true for them (the idea is that students will see that they are not alone when it comes to using substances or knowing people who use substances). Explain that students do not have to walk to the line if they don't want to. Another approach, depending on the atmosphere of the class, would be to have everyone close their eyes and turn their backs to the line. The school counselor would then only allow students who stepped on the line to open their eyes.

6. Questions to ask:

"Have you ever been to a party where drugs or alcohol was offered?"

"Do you know anyone who does drugs or may have a drinking problem?"

"Have you ever lost a relationship due to drugs/alcohol?"

"Have you had a family member die due to any drug/alcohol related issue?"

"Have you ever had a friend or someone you know personally die due to any drug/alcohol related issue?"

"Have you ever seen drugs or alcohol ruin others' lives?"

7. After this activity, have students sit down and open up discussion. Ask students how they felt while participating in this activity. Was it nice to know that others have experienced the same thing as you? Do they think substance abuse is an issue? What can be done to fix it? What can YOU do to help with this?

8. Explain the importance of peer support and explain that it's a good thing when students encourage their friends not to use substances. Explain that an adult should be notified if the issue becomes out of hand and the friend is at significant risk of harm or if you feel like you can't handle it alone. Explain that students can talk with school counselor, parents, teachers, administrators, or anonymous hotlines (provide students with a resource sheet with this information).

9. Have students fill out an anonymous “Exit Slip” that asks students to write down their personal thoughts about substance use.

Plan for Evaluation: How will each of the following be collected?

Process Data:

This lesson plan serves students in the high school setting. Ultimately, this lesson would heighten students’ personal awareness of substance use and help students realize that they are not the only ones to have negative experiences with drug use. Teachers would not be involved. This would be strictly confidential between school counselor and students.

Perception Data:

The student will be able to reevaluate what they have learned about substance abuse in their health class and demonstrate self-awareness of their personal beliefs and experiences with substances. While doing this, students will show support towards their peers through this exercise.

Outcome Data:

The school counselor will measure how many students were able to participate in the activity. For those who were absent or could not participate, the school counselor would spend 1:1 or small group time with students to make sure they understood the importance of substance abuse and to provide resources to students. The school counselor will provide students with a resources list about substance abuse. The school counselor will ask students to fill out an “Exit Slip” about their experience.

Follow Up:

Six months after lesson, school counselor will follow up with classes to see if any significant incidences have occurred since the lesson.

Exit Slip:

1. What are your personal beliefs about substance use?

2. What else do you want to know about substance use?

3. Did you find this lesson helpful? Why or why not?

References

Modified lesson plan from: *Why We Won't...* Ideas from a High School Teacher. Retrieved from:
<http://ideasfromahighschoolteacher.blogspot.com/2011/10/why-we-wont.html>