

*Teens Voice Solutions to the Problem of Alcohol, Tobacco, and Other Drugs* and  
*Teens Campaign Against Tobacco*

Teaching the student learning objectives in the lessons of <i>Teens Voice Solutions to the Problem of Alcohol, Tobacco, and Other Drugs</i> and <i>Teens Campaign Against Tobacco</i> in the left column contributes to meeting the Michigan Credit Guidelines for Health Education in the right column.	
Student Learning Objectives	Michigan Credit Guidelines for Health Education-Strand 2: Alcohol, Tobacco, and Other Drugs
<p><i>Teens Voice Solutions to the Problem of Alcohol, Tobacco, and Other Drugs</i></p> <p><b>Lesson 1: Communication to Prevent and Solve Problems</b></p> <ul style="list-style-type: none"> <li>• Describe the value of using assertive communication skills.</li> <li>• Review the differences between passive, aggressive, and assertive communication.</li> <li>• Review the essential elements of assertive communication skills.</li> <li>• Practice using assertive communication skills with situations related to alcohol, tobacco, and other drug use.</li> <li>• Identify internal and external pressures.</li> </ul> <p><b>Lesson 2: Solving Personal Problems or Social Problems-The Process is Similar</b></p> <ul style="list-style-type: none"> <li>• Review the steps for solving problems.</li> <li>• Apply personal problem-solving steps to a hypothetical problem related to alcohol, tobacco, and other drugs.</li> <li>• Compare the process for solving personal problems with the steps what might be taken to solve the problem of alcohol, tobacco, and other drug use by adolescents.</li> </ul>	<p>2.1 Describe the short-term and long-term health consequences of alcohol, tobacco, and other drug use.</p> <p>2.2 Clarify myths regarding the scope of alcohol, tobacco, and other drug use among adolescents.</p> <p>2.3 Locate resources in one's community and on the Internet for information and services regarding alcohol and tobacco use prevention and cessation; and assess the validity of these resources.</p> <p>2.4 Apply strategies to access and get help for self or others.</p> <p>2.5 Demonstrate skills to avoid tobacco exposure and avoid or resist using alcohol, tobacco, and other drugs.</p> <p>2.6 Describe financial, political, social, and legal influences regarding alcohol, tobacco and other drugs.</p> <p>2.7 Analyze internal and external pressures to use alcohol, tobacco, and other drugs.</p> <p>2.8 Apply decision making and problem-solving steps to hypothetical problems related to alcohol, tobacco, and other drug use.</p> <p>2.9 Demonstrate ways to support others who want to stop using alcohol or tobacco.</p> <p>2.10 Advocate for ways school and communities can promote a tobacco-free environment.</p>

### Lesson 3: Sizing Up the Situation

- Identify efforts to prevent the problem of alcohol, tobacco, and other drug use among youth.
- Describe the scope of alcohol, tobacco, and other drug use among adolescents.
- Examine the effectiveness of previous alcohol, tobacco, and other drug prevention efforts.
- Review previous knowledge and skills related to alcohol, tobacco, and other drug prevention.
- List areas of knowledge and skills which need further investigation.

### Lesson 4: Planning an Investigation

- Describe ways to conduct the investigation of additional knowledge and skills that will aid in the prevention of alcohol, tobacco, and other drug use.
- Hypothesize possible reasons why youth continue to use alcohol, tobacco, and other drugs.
- Propose possible solutions to the problem of continued alcohol, tobacco, and other drug use among adolescents.
- Develop investigative action plans for discovering additional knowledge and skills using print materials, interviews, and technology.

### Lesson 5: Conducting the Investigation-Part 1

- Investigate issues related to alcohol, tobacco, and other drug use among teens in order to gather information to reduce adolescent use.

### Lesson 6: Conducting the Investigation-Part 2

- Investigate issues related to alcohol, tobacco, and

2.11 Present a persuasive solution to the problem of alcohol, tobacco, and other drug use among youth.

other drug use among teens in order to gather information to reduce adolescent use.

### **Lesson 7: Conducting the Investigation-Part 3**

- Investigate issues related to alcohol, tobacco, and other drug use among teens in order to gather information to reduce adolescent use.

### **Lesson 8: Planning to Communicate Our Research Findings**

- Prepare to communicate their research findings on alcohol, tobacco, and other drug issues.

### **Lesson 9: Communicating Our Research Findings-Part 1**

- Communicate their research findings on alcohol, tobacco, and other drug issues to their peers.
- Compile information in order to propose a solution to the problem of teenage alcohol, tobacco, and other drug use.

### **Lesson 10: Communicating Our Research Findings-Part 2**

- Communicate their research findings on alcohol, tobacco, and other drug issues to their peers.
- Compile information in order to propose a solution to the problem of teenage alcohol, tobacco, and other drug use.

### **Lesson 11: Proposing Solutions to the Problem**

- Confirm that the problem statement accurately reflects the situation.
- Recommend solutions to the problem of alcohol, tobacco, and other drug use among adolescents.

- Evaluate each possible solution to assess its potential for success.

### **Lesson 12: Selecting Promising Solutions to the Problem.**

- Select solutions they consider most likely to succeed.
- Formulate a presentation supporting their selected solution(s) to the problem of alcohol, tobacco, and other drug use among adolescents.

### **Lesson 13: Planning to Tell Others About the Problem and Our Solution(s)**

- Prepare a presentation supporting their selected solution(s) to the problem of alcohol, tobacco, and other drug use among adolescents.
- List steps that would need to be taken to implement the selected solution, including who would need to be involved and what they would need to do. (Optional)
- Prepare to take action supportive of the selected solution(s). (Optional)
- Compose a persuasive position paper advocating a selected solution to the problem of alcohol, tobacco, and other drug use among peers.

### **Lesson 14: Voicing Our Solution(s)**

- Present evidence to support their selected solution(s) to the problem of teenage alcohol, tobacco, and other drug use.
- Advocate for taking action on their selected solution(s)

### **Lesson 15: Reflections on Our Experience**

- Evaluate the experience of finding possible solutions to the problem of teenage alcohol, tobacco, and other drug use.

- Compose letters to urge action on the proposed solutions.

### **Teens Campaign Against Tobacco**

#### **Lesson 1: Campaign for a Tobacco-Free Society**

- Review the factors which increase the likelihood of positive health behaviors.
- Discuss plans for campaign to promote a tobacco-free society.
- Review and share information on tobacco.
- Recommend which information about tobacco teenagers need to know.
- Prepare tobacco prevention and tobacco cessation messages to share with their peers.

#### **Lesson 2: Tobacco Prevention and Tobacco Cessation Messages**

- Present convincing tobacco prevention and tobacco cessation messages.
- Analyze tobacco prevention and tobacco cessation messages prepared by classmates.

#### **Lesson 3: Communicating Concern in a Way Others Will Listen**

- Identify ways to communicate concern about tobacco use without alienating others.
- Prepare a script using positive communication skills to express concern to others who use tobacco.

#### **Lesson 4: Helping Others Quit**

- Demonstrate the use of communication skills to express concern to others who use tobacco.
- Identify resources for information on tobacco

use and referral sources for individuals who want to stop using tobacco.

- Demonstrate ways to support others who want to stop using tobacco.

#### Lesson 5: Exploring Tobacco-Related Issues

- Discuss financial, political, social, health, and legal issues regarding tobacco use.
- Prepare persuasive position papers which include recommendations regarding issues related to tobacco.

#### Lesson 6: Getting the Word Out-No Tobacco for Us!

- Summarize persuasive arguments for abstinence from tobacco.
- Identify ways schools and communities can promote a tobacco-free environment.

Strand 4-Social and Emotional Health credit guidelines **addressed** in *Teens Voice Solutions to the Problem of Alcohol, Tobacco, and Other Drugs* and *Teens Campaign Against Tobacco*:

- 4.9 Demonstrate the ability to apply listening and assertive communication skills in situations that may involve parents, family members, other trusted adults, peers, boyfriends/girlfriends, and health professionals.
- 4.11 Describe the impact of showing empathy for another person's emotions and point of view.
- 4.14 Evaluate the effectiveness of health-related decisions.