

Middle School Unified Arts Substance Abuse Integrated Instructional Activities Resource Page

Unified Arts classes are a natural learning environment for embedding substance abuse education topics. Whether you teach Music, Art, P.E., or other courses, you can make connections with students about the impact of substance abuse on the people involved with their art as well as the resulting impact on our communities.

Here are some ideas and resources to consider when lesson planning:

Music

- Music History - the history of drug culture in modern music
 - Genres - which genres are stereotypically associated with a culture of substance abuse? Why?
<http://www.rehabcenterrankings.com/drug-abuse-and-music-culture/>
 - Performer/Artist use (onstage, offstage, in the composition and rehearsal process)
<http://crescentok.com/staff/jaskew/TAH/US/hippies.htm>
 - Audience connection and participation - music and emotions
<http://www.rehabcenterrankings.com/drug-abuse-and-music-culture/>
 - Psychedelic music
<http://www.articlemyriad.com/influence-60s-psychedelic-music-culture-modern-society/>
 - 1960s/1970s - Today
 - Artists under influence/deaths from OD (Beatles, Grateful Dead; Garcia, Janis Joplin, etc.)
<http://drugabuse.com/30-famous-musicians-who-have-battled-drug-addiction-and-alcoholism/>

- Music and You - why do you like the music you like?
 - Music Personality Test
<http://www.outofservice.com/music-personality-test/>
 - Does your musical personality reflect your character and development?
<http://www.articlemyriad.com/listen-musical-tastes-reflect-personality/>

Healthy Lives

- **Peer Pressure**
 - Resistance Skills
<http://www.thecoolspot.gov/documents/2peerpressurebagoftricks%20final%20edits%2010-31-07mg.pdf>

- Non verbal peer pressure
http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=11018#.V2KnR_krLIU

- **Bullying**
- Games/ Activities
<http://www.nea.org/tools/lessons/teaching-students-to-prevent-bullying.html>
- Coping Skills
<https://kidshealth.org/classroom/6to8/problems/emotions/bullying.pdf>

- **Drug and Alcohol Prevention**
- Physical Health effects
- Project Alert -- pro-drug mindset of today's teens and effectively increases their likelihood to remain drug-free.
<http://www.projectalert.com/>
- Tobacco
 - Long and short term effects) - straw movement activity
<http://www.discoveryeducation.com/teachers/free-lesson-plans/lung-disease.cfm>
- Marijuana (facts) <http://headsip.scholastic.com/teachers/marijuana-facts-lesson>
- Alcohol
 - Facts
<http://kidshealth.org/en/teens/alcohol.html>
 - What to know, what to do, what to say
<http://www.toosmartostart.samhsa.gov/media/LessonPlan.pdf>
- Heroin
 - Prevention, education
<https://www.robertcrown.org/programGrade.shtml#6-8>
- Public Service Announcement
<http://www.drugfreeworld.org/public-service-announcements.html>

Discovering Education: Deadly High's

<http://www.discoveryeducation.com/teachers/free-lesson-plans/deadly-highs.cfm>

- **Self Esteem / Body Image**
<http://www.scholastic.com/teachers/lesson-plan/self-esteem-middle-school>
 - Writing assignments, activities, discussion
<http://www.goodcharacter.com/BCBC/SelfEsteem.html>

- **Relationships (peers, family)**
 - Healthy relationship activities

<http://www.poehealth.org/wp-content/uploads/2014/07/Healthy-Relationships-Session-Outline.pdf>

- Shifting boundaries: Lessons on relationships for middle school

<http://www.nij.gov/topics/crime/intimate-partner-violence/teen-dating-violence/documents/shifting-boundaries-all-schools.pdf>

- **Nutrition**

- Eating habits
- Addiction recovery

- **Stress Management/ Coping Skills**

- <https://kidshealth.org/en/teens/your-mind/>

- **Goal Setting**

- My Drug Free Future
http://www.etr.org/healthsmart/assets/file/hs/HS_TobaccoLesson.pdf
- Decision making scenarios and case studies
<http://financeintheclassroom.org/downloads/DecisionMaking.p>

- **Career Exploration**

- **Media Literacy**

- What is it? How does it relate to drugs and alcohol?
<https://www.drugfreeactionalliance.org/files/occe-bbv-media-literacy-classroom-guide.pdf>
- TV/ internet (Teen Mom/ 16 & Pregnant, Social Media)

- **Cooking**

- Anthony Bourdain: "Parts Unknown" - current chef who battled a heroin problem in his late 30's
<http://www.cnn.com/2014/12/10/travel/massachusetts-parts-unknown-season-4-episode-7/>

Physical Education

- Coping with stress
<https://teens.drugabuse.gov/blog/post/nine-tips-help-you-cope-stress>
- Athletes with drug involvement. Current news.
(Be sure to not glorify the athlete - focus on losses)
- When injured/unable to participate, research and report out on chosen athlete

- At start of related sport section in class, discuss athletes and potential consequences

Lance Armstrong (cycling)

- <http://www.cnn.com/2013/01/15/health/armstrong-ped-explainer/>

Michael Phelps (swimming)

Brock Turner

- http://www.huffingtonpost.com/anthony-papa/michael-phelps-greatest-o_b_1737863.html
- <http://www.cnn.com/2016/06/06/us/sexual-assault-brock-turner-stanford/>

Mark McGwire (baseball)

- <http://espn.go.com/mlb/news/story?id=4816607>

Maria Sharapova (tennis)

- http://www.nytimes.com/2016/03/08/sports/tennis/maria-sharapova-failed-drug-test.html?_r=0

Marion Jones (track)

- <http://www.washingtonpost.com/wp-dyn/content/article/2007/10/04/AR2007100401666.html>

Johnny Manziel (football)

- <http://www.sportingnews.com/nfl/news/johnny-manziel-drinking-drugs-tmz-report-las-vegas-incident-nfl-investigation/1md4m3kkvzfza1iz8uhk4tfeve>

Additional resources:

<http://www.pecentral.org/>

Urban Dictionary - 'dabbing': <http://www.urbandictionary.com/define.php?term=Dabbing>

ART

- Psychedelic 60s
<https://visualartsdepartment.wordpress.com/psychedelic-60s/>
- London Exhibition- High Society: Mind- Altering Drugs in History and Culture
http://we-make-money-not-art.com/high_society/
- Discussion and information about substance abuse with art pieces
- Vincent van Gogh- Absinthe and Digitalis
- Andy Warhol- Obetrol
- Jackson Pollock- Alcohol

<http://www.complex.com/style/2014/03/drugs-used-by-your-favorite-artists/cocaine>

<http://www.nursingschools.net/blog/2011/01/100-excellent-art-therapy-exercises-for-your-mind-body-and-soul/>

- 100 excellent Art Therapy Exercises for your Mind, Body and Soul

<https://www.summitbehavioralhealth.com/blog/how-art-therapy-helps-treat-addiction-and-prevent-relapse/>

- How Art Therapy Helps Treat Addiction and Prevent Relapse

(Actors)

Robin Williams

- <http://www.hollywoodreporter.com/news/robin-williams-death-his-cocaine-724802>

Chris Farley

- <http://www.legacy.com/news/celebrity-deaths/article/chris-farley-the-troubled-clown>

Additional resources:

<http://drugabuse.com/30-famous-actors-and-actresses-who-have-battled-drug-addiction-and-alcoholism/>

Heroin specific resources:

<https://www.robertcrown.org/programGrade.shtml#6-8>