

# An Overview of Substance Abuse

## Course Outline

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### 1. Introduction and Overview

- A. Understanding Today's Youth: The Role of Educator
- B. Teens and Society: Pressure to Fit In
- C. Media and Teens

### 2. Transitions: Childhood to Adolescence

### 3. Key Risk Periods

### 4. Children of Alcoholics: A Brief Discussion

### 5. Adolescence

- A. Defining Adolescence: A Difficult Task
- B. Characteristics of Adolescence

### 6. Knowledge Check

### 7. Current Trends of Adolescent Substance Abuse

- A. US Statistics on Substance Abuse: Children and Adolescents
- B. Monitoring the Future Survey
- C. Findings: Negative Trends

### 8. Myth vs. Reality: Knowledge is Key

- A. Knowledge is Key
- B. Myths as Reality

### 9. Overview of Commonly Used Substances

- A. Tobacco
  - i. According to the Surgeon General
  - ii. Advertising in the US
  - iii. Tobacco and NJ : Close to Home
  - iv. Effects of Tobacco: Body and Mind
  - v. The Chemicals of Tobacco
- B. Marijuana
  - i. Marijuana: The Gateway Drug
  - ii. Myths Vs. Reality
  - iii. Effects of Marijuana: Body and Mind
- C. Alcohol
  - i. Alcohol and Teens: A Brief Overview
  - ii. Social Consequences of Teenage Drinking
  - iii. Effects of Alcohol: Body and Mind
  - iv. Alcohol and the Developing Brain

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- D. Over-the-Counter (OTC) and Prescription Drug Use
  - i. Stop the Myth
  - ii. Office of National Drug Policy
  - iii. The Rise in OTC and Prescription Drugs
  - iv. Using Prescription Drugs
  - v. Examples of Prescription Drugs Commonly Used By Teens
  - vi. Spotlight on Cough Medicines
  - vii. Effects of OTC Prescription Drugs: Body and Mind

### **10. Overview of Substance Abuse in Adolescence**

- A. The Impact of Substance Use or Abuse
- B. Common Signs and Symptoms of Substance Use
- C. Common Slang Terminology
- D. Factors Influencing Adolescent Substance Abuse
  - i. Why Do Children Use Drugs?
  - ii. Risk and Protective Factors

### **11. Developmental Assets**

- A. External Assets
- B. Internal Assets
- C. Social Influences

### **12. Knowledge Check**

### **13. School Policy: Substance Abuse Prevention, Intervention, and Referral**

- A. New Jersey (NJ) School Policy Procedures
  - i. Defining and Understanding School Policies and Regulations: Substance Abuse Prevention, Intervention and Referral in NJ
    - a. The Process
    - b. New Jersey Statutes
    - c. New Jersey Administrative Code
    - d. Federal Law
    - e. State Statute
    - f. State Regulation
    - g. State and Local Policies
  - ii. Keeping Staff Well Informed
  - iii. Procedures for Alcohol and other Drug Abuse Intervention
  - iv. Confidentiality and Schools

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v. Your School Policy

### **14. Your Role as Educator**

- A. Tips for Educators: Your Role in Promoting a Healthy School Environment
- B. The Teacher as Leader

### **15. Test Your Knowledge**

### **16. Reference Information**

- A. Glossary
- B. Related Websites
- C. Reference Material