

An Overview of Substance Abuse

Course Outline



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