

## Overview

In this lesson, students will identify various influences on drug use; specifically, biological, psychological, environmental and social influences of drug use on individuals. Students will also analyze the influence of risk and protective factors in regard to drug use.

## National Health Education Standards

### Standard 2: Analyzing Influences

*Performance Indicator 2.12.2: Analyze how culture supports and challenges drug use beliefs, practices and behaviors.*

*Performance Indicator 2.12.3: Analyze how peers and perceptions of norms influence healthy and unhealthy drug use behaviors.*

*Performance Indicator 2.12.5: Analyze how drug use can influence the likelihood of engaging in other unhealthy behaviors.*

*Performance Indicator 2.12.6: Analyze how laws, rules, and regulations influence behaviors related to drug use.*

*Performance Indicator 2.12.8: Analyze the effect of media and technology on personal, family and community behaviors related to drug use.*

## Healthy Behavior Outcome (HBO)

*Prevent the use of opioid drugs, such as heroin.*

## Lesson Objectives

Students will be able to:

Objective	Assessment
1. Examine and consider how culture supports and challenges drug use beliefs, practices and behaviors.	<ul style="list-style-type: none"><li>Marin's Story Reflection</li></ul>
2. Identify how peers and perceptions of norms have an influence on healthy and unhealthy drug use behaviors.	<ul style="list-style-type: none"><li>Analyzing Influences – Question 2</li></ul>
3. Analyze how drug use can influence the likelihood of engaging in other unhealthy behaviors.	<ul style="list-style-type: none"><li>Marin's Story Reflection – Question 3</li></ul>
4. Recognize how laws, rules and regulations impact the actions of an individual related to drug use.	<ul style="list-style-type: none"><li>Mike's Day – Analyzing Influences</li></ul>
5. Analyze the effect that law, media, and technology have on personal, family and community behaviors related to drug use.	<ul style="list-style-type: none"><li>Mike's Day – Analyzing Influences</li></ul>

**Time:** 45-55 minutes

## Lesson Materials

### *Assessments and Worksheets*

- Analyzing Influences Notes sheet ([Attachment 1](#)), Marin’s Story reflection questions ([Attachment 2](#)), Marin’s Story Reflection Answer Key ([Attachment 3](#)).

### *Resources*

- PowerPoint “Influences on Drug Use”

### *Other Materials*

- Marin’s Story – <https://youtu.be/Qdj65B1lxVc>
- Ohio Law Updates:
  - o <https://mha.ohio.gov/Researchers-and-Media/Combating-the-Opioid-Crisis/Opioid-Prescribing-Guidelines>
  - o [http://www.cleveland.com/metro/index.ssf/2017/03/pain\\_prescription\\_limits\\_set.html](http://www.cleveland.com/metro/index.ssf/2017/03/pain_prescription_limits_set.html)
  - o <https://www.ohioafp.org/public-policy/state-legislative-regulatory-issues/opioid-prescribing-guidelines/>
- Risk and Protective Factors:
  - o <https://www.drugabuse.gov/publications/preventing-drug-abuse-among-children-adolescents/chapter-1-risk-factors-protective-factors/what-are-risk-factors>

## Introduction

Today we are going to take a closer look at the influences of genetics, environment, psychology, social activities and norms and how they affect a young person’s choices about drug use.

## Teaching Steps

### **Activity 1: Bell Ringer: What Influences a Person to Abuse Drugs?**

- **Bell Ringer Question** (question to start the lesson): On a notebook sheet of paper, answer the following question:
  - o **Who or what can influence our choices? List at least five influences.**
  - o There are numerous factors that make an individual susceptible to drug abuse. Some of these include peers, family, access to drugs, self-esteem, media, etc.
- **PowerPoint:** Use the PowerPoint to guide discussions about various influences.
  - o **1 in 10** Americans aged 12 and older is living with a drug problem (NIH).
  - o **Write in Notes:** Four main categories for influences:
    - **Biological:** Specific genes that make a person more predisposed to drug use.

- **Environmental:** Individual's surroundings (family, neighborhood, etc.).
  - o Laws are instrumental in the environment to impact change in health behavior. For example, Ohio has made tighter regulations on the amount of opioid prescriptions that can be distributed by pharmacists, interns and pharmacies.
    - <http://www.pharmacy.ohio.gov/Documents/Pubs/Special/ControlledSubstances/New%20Requirements%20for%20Opioid%20Prescriptions%20-%20Effective%204.6.2017.pdf>
    - [http://www.cleveland.com/metro/index.ssf/2017/03/pain\\_prescription\\_limits\\_set.html](http://www.cleveland.com/metro/index.ssf/2017/03/pain_prescription_limits_set.html)
  - o **Psychological:** How a person deals with life stressors.
  - o **Social/Cultural:**
    - Peer and media influence.
    - Values, beliefs, norms, laws, and family rules.

### Activity 2: Mike's Day

- **Mike's Day:** Students identify as many influences as they can and write them on their bell ringer paper. Students can record their answers on their *Notes Sheet*. Utilize the Lesson 6 Powerpoint to share Mike's story and the discussion questions.
  - o **Possible Answers Include:**
    - Songs on his iPhone and IPOD
    - T-shirt (Marlboro)
    - Gas station tobacco advertisements
    - Friends smoking in their car
    - Billboards with alcohol advertisements
    - NASCAR event with alcohol advertisements
    - Movie with sex, violence, alcohol and tobacco
    - Disney character smoking a cigarette
  - o **What strategies can Mike use to combat these influences around him?**
    - Practice refusal skills
    - Have discussions with his family about the consequences of drug use
    - Support drug free messages
    - Associate with friends who value a drug free lifestyle

# HOPE

Health and Opioid  
Prevention Education

HIGH SCHOOL  
LESSON 6

Influences on  
Healthy Choices

- o **Discussion** – Refer to PowerPoint slides 19-21 to discuss the factors that might influence your personal choices. Emphasis that decisions are impacted by positive and negative influences. Ultimately, you are in control of your decisions. You are more likely to make healthy choices when you surround yourself with positive influences.

### Activity 3: Marin's Story

- Marin's Story: Distribute Reflection Sheet
  - o Watch video: <https://youtu.be/Qdj65B1lxVc>
  - o Have students complete the reflection sheet:
    - How would you describe Marin before her drug use?
    - What influenced Marin to begin her drug use?
    - What other negative behaviors did Marin participate in to support her drug use?
    - What was her parent's perception of heroin use?
    - What could Marin have done to cope with her life stressors and prevent her heroin addiction?
  - o Debrief and discuss the questions in class.

### Closure

- **Lesson Summary** – Could you share a positive influence on your life? These are protective factors that help you avoid negative influences.
  - o **(Write answer on Bell Ringer paper)**

Name: \_\_\_\_\_

## ANALYZING INFLUENCES NOTES SHEET

Who or what can influence our decisions? \_\_\_\_\_

\_\_\_\_\_ **in 10** Americans aged 12 and older is living with a drug problem (NIH).

### Four main categories for influences:

- \_\_\_\_\_ – specific genes that make a person more predisposed to drug use
- \_\_\_\_\_ – individual’s surroundings (family, neighborhood, etc.)
- \_\_\_\_\_ – how a person deals with life stressors
- \_\_\_\_\_ – peer and media influence

*What influences was Mike exposed to in his day?*

*What strategies can Mike use to combat these influences around him?*

*I am responsible for my behavior and my \_\_\_\_\_.*

*I need to be \_\_\_\_\_ of the factors that influence my life and decisions.*

\_\_\_\_\_ **Factors:** Factors that make a person more likely to participate in the negative behavior.

\_\_\_\_\_ **Factors:** Factors that support a person to make healthy decisions.

- List two positive influences in your life.

1.

2.

Name: \_\_\_\_\_

## **MARIN'S STORY REFLECTION QUESTIONS**

1. How would you describe Marin before her drug use?
2. What influenced Marin to begin her drug use?
3. What other negative behaviors did Marin participate in to support her drug use?
4. What was her parent's perception of heroin use?
5. What could Marin do to be aware of the stressors in her life and/or seek help and support?

## MARIN'S STORY REFLECTION QUESTIONS

### *Teacher Reference Sheet*

Questions	Possible answers
How would you describe Marin before her drug use?	Athletic, involved in school, social, happy, etc.
What influenced Marin to begin her drug use?	Low self-esteem, availability of drugs, etc.
What other negative behaviors did Marin participate in to support her drug use?	Stealing, lying, etc.
What was her parent's perception of heroin use?	Person on the streets, low socioeconomic status, etc.
What could Marin do to be aware of the stressors in her life and/or seek help and support?	Talked to her parents, coaches, counselor, etc.