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Dear Parent/Guardian

The Etiwanda School District provides an age-appropriate Substance Abuse Awareness unit for students in grades 7-8 through the physical education coursework. This instructional unit will be taught at various points throughout the school year during PE.

The scope and sequence of the Substance Abuse Awareness unit is below. The media utilized for instruction is available for parent preview by contacting your child's school administration.

You may opt your child out of the Substance Abuse Awareness unit by providing your school principal with a written request.

Substance Abuse Awareness Unit

All instructional materials are videos from Discovery Education or Human Relations Educational Media

7<sup>th</sup> Grade

Peer Pressure  
Alcohol and Underage Drinking  
Tobacco  
Prescription Drugs and OTC Drugs  
Marijuana

8<sup>th</sup> Grade

Alcohol Abuse  
Juuling and Vaping  
Marijuana  
THC and Edibles  
Caffeine Abuse

California Health Standards Grade 7 and 8

- 1.1.A Describe the harmful short- and long-term effects of alcohol, tobacco, and other drugs, including steroids, performance-enhancing drugs and inhalants.
- 1.2.A Describe the relationship between using alcohol, tobacco, and other drugs and engaging in other risky behaviors.
- 1.3.A Explain the dangers of drug dependence and addiction.
- 1.4.A Describe the consequences of using alcohol, tobacco, and other drugs during pregnancy, including fetal alcohol spectrum disorders.
- 1.5.A Analyze the harmful effects of using diet pills without physician supervision.
- 1.6.A Explain the short- and long-term consequences of using alcohol and other drugs to cope with problems.
- 1.7.A Explain why most youths do not use alcohol, tobacco, or other drugs.
- 1.8.A Explain school policies and community laws related to the use, possession, and sale of alcohol, tobacco, and illegal drugs.