

STANDARDS ALIGNMENT

LESSON 9

The Impact of Alcohol and Marijuana on Your Mental Health

Content	Student Objectives	Classroom Activities	Assessment
<ul style="list-style-type: none"> Mental health and the developing brain Healthy and unhealthy coping strategies How alcohol and marijuana affect mental health How to seek additional help 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> Describe what mental health is and how it relates to adolescent brain development by answering and discussing comprehension questions after watching a video. Explain how alcohol and marijuana can negatively impact the developing brain and adolescent mental health by participating in a classroom discussion. Identify and evaluate strategies for coping with mental health challenges. Create a personalized guide to use during stressful situations. Understand when to seek help from a trusted adult when dealing with mental health challenges by creating a list of situations that might be overwhelming. 	<ul style="list-style-type: none"> Mental health brainstorm warm-up Video and class discussion Mindfulness exercise Healthy Coping Strategy Toolbox activity 	<p><i>Formative:</i></p> <ul style="list-style-type: none"> Written comprehension questions and classroom discussion Healthy Coping Strategy Toolbox activity Exit ticket Online KAHOOT! game

Standards

CCSS

- RI. 5-6.1
- RI. 5-6. 7
- RST. 6-8.1
- RST.6-8.2
- RST.6-8.4
- W.6.1
- L.6.4
- SL.6.1
- SL.6.2

2024 NHES

- 1.8.1-4
- 1.8.6
- 2.8.2
- 2.8.4
- 3.8.1
- 4.8.3
- 5.8.6
- 7.8.2

NGSS

- MS-LS1-3
- MS-LS1-8

For more resources on the negative impacts of underage drinking and underage marijuana use, go to AskListenLearn.org.

See all lessons



For more info head to AskListenLearn.org