



PHYSICAL EDUCATION AND WELLNESS

Substance Use, Addictions and Related Behaviours

Curriculum Alignment
D1.4, D2.3

Name _____

HEALTHY WAYS TO COPE

There are many ways to handle stress, such as playing outside, or talking to someone.

Coping Strategies

Put these activities in the right column: Healthy Coping or Unhealthy Coping.

Shouting at someone

Exercise

smoking or vaping

Healthy Coping

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Curriculum Alignment
D1.4, D2.3

Name _____

YOUR COMMUNITY CAN HELP

Communities like schools and families can help you make healthy choices. Reach out if you need help.

Support

Think about how different people and groups can help you in making healthy choices. Write two ways.

Healthy Coping

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Curriculum Alignment
D1.4

Name _____

Lesson 1 IDENTIFYING HARMFUL SUBSTANCES AND THEIR EFFECTS

Harmful Substances

Harmful substances in tobacco and vaping can damage your body in different ways. These include nicotine, tar, and carbon monoxide.

Match Substance and Affect

Match each substance to its harmful effect on your body.

Affect

A. Makes it difficult for oxygen to move through your body
B. An addictive chemical that leads to dependency
C. Damages your lungs and makes it harder to breathe

Substance

1. Nicotine
2. Tar
3. Carbon Monoxide

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Curriculum Alignment
D1.4, D2.3

Name _____

RISKS TO CHILDREN AND PETS

Second-hand smoke and vapour are extra harmful to kids and animals because they are smaller and breathe faster. This means they can take in more harmful chemicals, which can hurt their lungs and overall health.

Fill in the Blanks

_____, chemicals, faster, health

_____, and vapour are extra _____ and _____

_____, breathe in more _____ from _____ because their lungs are more sensitive and _____

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Curriculum Alignment
D2.3, D2.2

Name _____

PEER SUPPORT IN COMMUNITY

We make our whole community a supportive group can make behaviours like smoking and vaping less attractive.

Build a strong, supportive community

_____, helping others say no to smoking.

_____, Pressuring others to do things that could harm them.

_____, Working together to solve problems peacefully.

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GRADE 4

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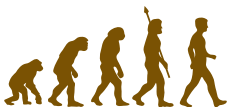
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TABLE OF CONTENTS

Substance Use, Addiction and Related Behaviours

Terms of Use and Copyright

How to Use This Resource

How to Access the Teacher Slides

Lesson One: Identifying Harmful Substances & Their Effects... 1

Lesson Two: Second Hand Exposure Risks..... 8

Lesson Three: Refusal and Assertive Skills..... 16

Lesson Four: Decision Making Strategies..... 23

Lesson Five: Healthy Choices Instead of Substances..... 29

Lesson Six: Responsibility in Different Contexts..... 37

Lesson Seven: Marketing Tactics and Influences 44

Lesson Eight: Building Peer Support Networks..... 51

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How to Use This Resource

This curriculum resource is designed to align with the Alberta curriculum for Physical Education and Wellness, incorporating both Substance Use, Addiction and Related Behaviours and Social-Emotional Learning Skills strands. Each lesson highlights one or more curriculum strands at the top of the page, promoting a cross-strand learning approach that encourages holistic development for students.

The lessons are carefully crafted to provide students with opportunities to explore substance use concepts while actively practising social and emotional skills. This integrated approach supports both academic and personal growth, ensuring meaningful and engaging learning experiences.

What's Included:

Teacher slides include:

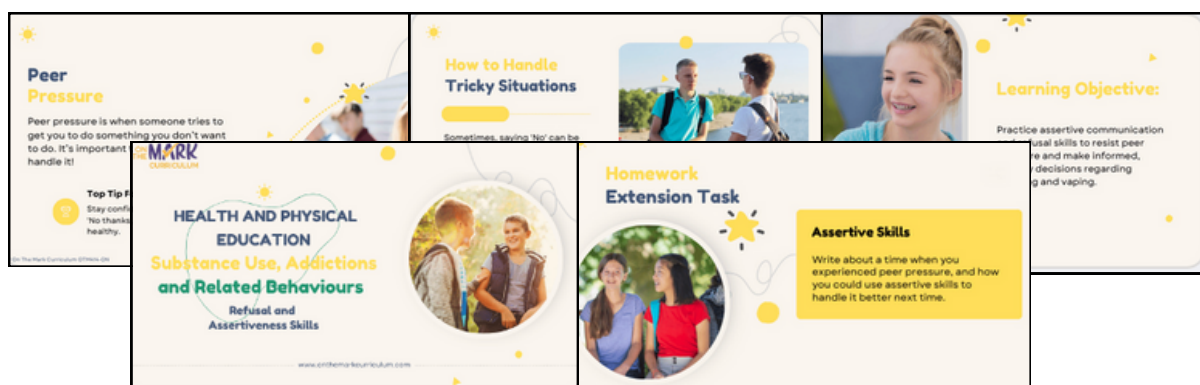
- Learning Objectives
- Learning Materials
- Real-World Applications
- Recap Points
- Homework/Extension Tasks

Each lesson is thoughtfully designed for Grade 4 students, ensuring it reflects the values of representation, inclusion, and relatability. Lessons incorporate real-life examples to connect with students' experiences and foster meaningful learning. Teachers are encouraged to adapt or expand upon the material to meet the unique needs and interests of their students, creating an engaging and supportive learning environment tailored to their classroom.

How to use the Teacher Slides

Simply follow the sequence of slides, adapt the content as needed, and use the prompts and visuals to engage your students effectively. Each slide is structured to provide clear, step-by-step guidance for delivering the lesson, making it easy to stay organized and on track.

The slides are flexible, allowing you to customize the pace, language, or activities to suit your students' unique learning styles and needs. Use the built-in visuals and prompts to spark discussions, encourage critical thinking, and create an interactive and dynamic classroom environment.



How to Use This Resource

Student Workbook Activities:

Every lesson is paired with corresponding activities in the workbook, allowing students to actively engage with the lesson content and solidify their understanding of the topic. These activities are thoughtfully designed to align with the learning objectives, providing practical opportunities for students to apply what they've learned.

To support independent learning, an answer key is included at the back of the workbook. This enables students to assess their own progress, identify areas for improvement, and take ownership of their learning journey.

Substance Use, Addiction and Related Behaviours – Learning Objectives

1. Identifying Harmful Substances and Their Effects

- Identify harmful substances found in tobacco and vaping products (e.g. nicotine, tar, carbon monoxide) and explain their short- and long-term effects on physical and mental health.

2. Second-Hand Exposure Risks

- Describe the health risks associated with first- and second-hand smoke, as well as the effects of vaping, on both users and people around them.

3. Refusal and Assertiveness Skills

- Practise assertive communication and refusal skills to resist peer pressure and make informed, healthy decisions regarding smoking and vaping.

4. Decision-Making Strategies

- Apply decision-making processes to analyze situations involving substances, considering the pros and cons of their choices and the potential impact on themselves and their community.

5. Explore Alternatives to Substances

- Identify and evaluate healthy coping strategies for managing stress and emotions, such as engaging in physical activity, mindfulness, or talking to trusted adults, instead of turning to substances like tobacco or vaping.

6. Responsibility in Different Contexts

- Explore their responsibility in various settings (e.g., home, school, community) to make safe and informed choices regarding substance use and encourage positive behaviours in others.

7. Marketing Tactics and Influence

- Identify how tobacco and vaping products are advertised and marketed to young people (e.g., flavours, packaging, social media influencers) and discuss how these tactics can influence their decisions.

8. Building Peer Support Networks

- Explore the importance of having supportive friendships and peer networks to help them make healthy decisions, resist negative influences, & promote positive behaviours in their community.

How to Access The Teacher Slides

This product includes PowerPoint slides. You can present them in PowerPoint or upload to your Google Classroom. If you don't already have a free Google account, you will need to do that before downloading this digital resource. Each student will also need their own account to work on the slides digitally.

You will...

- Save a copy of the file on your own Google Drive so you can edit the copy.
- If you want to only share one slide at a time, open your saved copy of the file, select the slide you want to share, right-click on the slide in the view panel on the left side, select copy. Then open a new empty Google Slides presentation and paste the copied slide into the new file. If your students need more than one slide for their writing assignment, direct them to duplicate the slide.

Lesson 1

IDENTIFYING HARMFUL SUBSTANCES AND THEIR EFFECTS

Harmful Substances

Harmful substances in tobacco and vaping can damage your body in different ways. These include nicotine, tar, and carbon monoxide.

Match Substance and Affect

Match each substance to its harmful effect on your body.



Affect

- A. Makes it difficult for oxygen to move through your body
- B. An addictive chemical that leads to dependency
- C. Damages your lungs and makes it harder to breathe

Substance

1. Nicotine

2. Tar

3. Carbon Monoxide

a

b

c

a

b

c

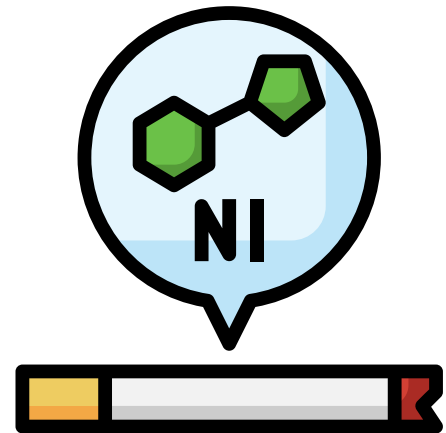
a

b

c

NICOTINE

Nicotine is a chemical in tobacco and vape products. It makes people addicted, which means it's hard to stop using.



True or False

Tick the box if the statement is true or false

1. Nicotine is found in both tobacco and vape products.

☐ True

☐ False

2. Nicotine helps people stay healthy.

☐ True

☐ False

3. Nicotine is an addictive chemical that makes it hard for people to stop smoking or vaping.

☐ True

☐ False

TAR

Tar is a sticky substance found in tobacco smoke. It can damage your lungs and make it hard to breathe, and over time, it may also lead to serious lung diseases like chronic bronchitis and emphysema.

Multiple Choice

What is tar, and where is it found?

- a) A type of candy, in soda
 - b) A sticky substance, in tobacco smoke
 - c) A medicine, in cough syrup
- _____

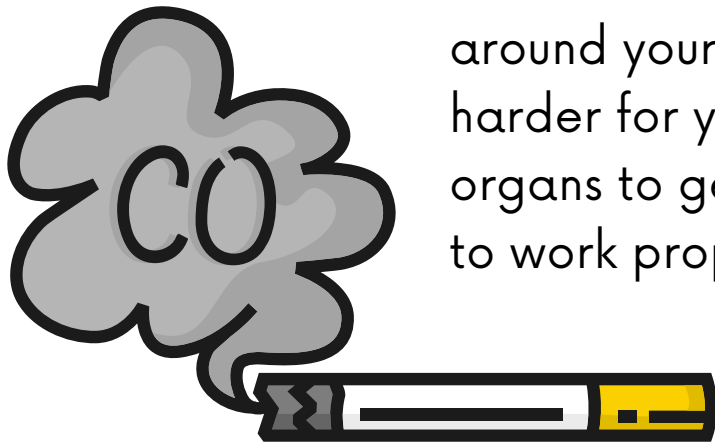
How does tar affect your lungs?

- a) It makes your lungs stronger
 - b) It helps you breathe better
 - c) It can damage your lungs
- _____

Why is it important to avoid tar?

- a) It can help you run faster
 - b) It can damage your lungs
 - c) It makes your hair grow faster
- _____

CARBON MONOXIDE



Carbon monoxide is a gas in tobacco smoke. It stops oxygen from moving around your body, which can make it harder for your heart and other organs to get the oxygen they need to work properly.

Fill in the Blank

Fill in the blanks to complete the sentences about carbon monoxide.

Carbon monoxide is a _____ gas found in tobacco smoke.

When carbon monoxide enters your body, it _____ oxygen from moving through your blood.

Because of carbon monoxide, your organs don't get enough _____

SHORT-TERM EFFECTS

Smoking and vaping can make you feel dizzy, give you bad breath, or make you cough. They can also make it harder for your body to stay healthy and fight off colds or other sicknesses.



What are some short-term effects of smoking and vaping? Circle the ones that apply:

Better sense of taste

Bad breath

Dizziness

More energy

Coughing

Strong lungs

Shortness of breath

Headache

EFFECTS OF VAPING

Vaping releases chemicals into the air that can harm people around you. These chemicals can make it harder for others to breathe and may cause health problems over time.



Think, Pair, Share

Think: How does vaping hurt people near you?

Pair: Talk with a partner.

Share: Write one idea below.

Write your
discussion
notes in the
box.

A large, empty, light pink rectangular box with rounded corners, intended for writing discussion notes. An arrow points from the text 'Write your discussion notes in the box.' to the top-left corner of this box.

REFLECTION

Smoking and vaping have harmful substances like nicotine, tar, and carbon monoxide that can hurt your body and mind. Making healthy choices helps you stay strong and protect others around you

Reflection Questions

1. Why is it important to know about the harmful substances in smoking and vaping?

2. How can you encourage a friend to make healthy choices instead of smoking or vaping?

3. What is one healthy habit you can practise to stay strong and safe?
