

## **Sample Lesson**

Middle School health is centered on the discussion of drugs, alcohol, puberty, sexual education, addiction, nutrition, and exercise. The focus of the class is to provide an environment where students feel comfortable discussing their thoughts on difficult subject matters. The hope is to encourage students to continue these discussions with parents at home. The “Teen Health” portion of the [www.kidshealth.org](http://www.kidshealth.org) website is often used as a resource for articles and other materials and activities used during class.

For example, with the sixth grade, the drug discussion centers on tobacco. Students are allowed to dissect a cigarette to examine what it is. The class then goes over the different parts and ingredients. Societal attitudes towards smoking are discussed. Statistics regarding teen smoking, adult smoking, physical effects of smoking, and economical effects of smoking are shared as a group. Presented with facts, students discuss what types of decisions they might make.