

**SASKATCHEWAN LEARNING**  
**CRYSTAL METH AND DRUG AWARENESS IN THE CONTEXT OF**  
**HEALTH EDUCATION**

**INFORMATION FOR PARENTS**

**Middle Level Health Education (Grades 6 - 9)**

<http://www.sasklearning.gov.sk.ca/docs/health/health6-9/index.html>

<b>Grade Level</b>	<b>Unit</b>	<b>Drug Education and Awareness</b>
<b>Grade 6</b> <b>80</b> <b>minutes/week</b>	<b>Drugs Addictions and Gambling Unit</b>	Your child will learn to: <ul style="list-style-type: none"> <li>• identify consequences of drug use (including crystal meth)</li> <li>• identify sources of information about addictions</li> <li>• identify and practise refusal skills</li> </ul>
<b>Grade 7</b> <b>100</b> <b>minutes/week</b>	<b>Alcohol and Other Drugs Unit</b>	Your child will learn to: <ul style="list-style-type: none"> <li>• identify some of the effects that the use/abuse of alcohol and other drugs (including crystal meth) may have on the family</li> <li>• identify activities that do not include alcohol and other drugs (such as crystal meth)</li> </ul>
<b>Grade 8</b> <b>100</b> <b>minutes/week</b>	<b>Decision Making Unit</b>  <b>Family and Community Violence Unit</b>  <b>Respect in Relationships Unit</b>	Your child will learn to: <ul style="list-style-type: none"> <li>• give examples of healthy behaviours that benefit from support by friends and family</li> <li>• identify how to support a peer who is trying to make healthy decisions</li> <li>• identify the factors that are known to contribute to abuse (e.g., drug use)</li> <li>• list things all people can do to prevent child, peer, spousal, or elder abuse (such as abstaining from drug use)</li> <li>• identify sources of help for young people who behave in violent ways (i.e., as a result of drug use)</li> <li>• identify behaviours that show respect (i.e., people who use drugs, such as crystal meth, may exhibit aggressive behaviours)</li> </ul>

**SASKATCHEWAN HEALTH HOTLINE 1-877-800-0002**

**Health Education and Drug Awareness (e.g., Crystal Meth)**  
**Recommended Learning Resources – Middle Level (Grades 6-9)**

**Drugs** (Print-Non-Fiction). Stewart, Gail B. (Understanding Issues Series). Thomson Gale, 2002. 48 p. ISBN 0-7377-0951-0.

This book offers an introduction to the social pressures, family problems, risks to health, and available treatments relating to drug abuse. Attractive colour photographs support the easily readable text. Included are a table of contents, a glossary, a bibliography, and an index.

**Incredibly Disgusting Drugs Series. 1st ed.** (Print-Non-Fiction). Rosen Publishing Group, 2001. 48 p.

Recommended titles in this series include the following:

Barbiturates and Your Central Nervous System: The Incredibly Disgusting Story

ISBN 0-8239-3388-1

Crack and Your Circulatory System: The Incredibly Disgusting Story

ISBN 0-8239-3389-X

Hallucinogens and Your Neurons: The Incredibly Disgusting Story

ISBN 0-8239-3391-1

Inhalants and Your Nasal Passages: The Incredibly Disgusting Story

ISBN 0-8239-3392-X

Steroids and Your Muscles: The Incredibly Disgusting Story

ISBN 0-8239-3393-8

Each title in this series focuses on certain “disgusting” drugs including what they are, why people use them, the damaging effects that they have on the body, warning signs of drug abuse, ways to decline taking drugs and ways to overcome an addiction. Numerous colourful (and sometimes disturbing) illustrations enhance the easily read text. Included in each book are a table of contents, a glossary, an index, websites, and further reading material.

**Why Do People Take Drugs?** (Print-Non-Fiction). Westcott, Patsy. (Exploring Tough Issues Series). Raintree Steck-Vaughn Company, 2001. 48 p. ISBN 0-7398-3231-X

This book addresses the negative effects of taking drugs and sources of help with dependency problems. Case studies and life stories from drug users make clear how drugs can ravage the body and cripple the mind. Every page offers at least one illustration in colour or black-and-white. This thought-provoking resource provides valuable material that will help students to make informed decisions about taking drugs. Included are a table of contents, a glossary, a bibliography of print and electronic resources, and an index.