

Materials

The materials used in the *Michigan Model for Health™* are categorized into three types:

- **Health Education Resources:** Materials obtained from your Regional Health Coordinator, regional materials center, or ordered from the vendor*
- **Teacher Manual Resources:** Materials found in the manual, such as student worksheets, teacher references, and so on
- **Supplied by the Teacher:** Materials typically found in the classroom or school, such as pencils, writing paper, art supplies, and so on

* If you have questions about any of the materials used in the *Michigan Model for Health™* or how to obtain them, phone the Michigan Model for Health Clearinghouse. They will help you locate what you need.

Phone: 888-517-6195

This list includes all of the materials needed for this unit on alcohol, tobacco, and other drugs. Following each item listed, the number of the lesson(s) where the item is used is indicated for your reference.

MATERIALS	LESSON NUMBERS					
	1	2	3	4	5	6
Health Education Materials						
• Book: <i>Poisoning</i> , by Alvin Silverstein et al. (Extension Activity)	X					
• Poster: "How to Make Emergency Phone Calls," Michigan Model for Health Clearinghouse (Suggestion)	X					
• Posters: "The pictures say it all," poster		X				
• Video [DVD]: <i>Dusty the Dragon</i> , ETR Associates (12 minutes)		X				
• Poster: "Twelve Things to Do Instead of Smoking Cigarettes," American Cancer Society (Extension Activity)		X				
• Teacher Reference Pamphlet: "Protecting Yourself and Your Family from Secondhand Smoke," American Lung Association (Extension Activity)		X				
• Video [DVD]: <i>A Story About Feelings</i> , Hazelden Information & Education Services (10 minutes; Extension Activity)				X		
• Book: <i>Dear Kids of Alcoholics</i> , by Lindsey Hall et al. (Extension Activity)				X		
• Book: <i>My Dad Loves Me, My Dad Has a Disease: A Child's View: Living with Addiction</i> , by Claudia Black (Extension Activity)				X		
Teacher Manual Resources						
Materials to Duplicate						
• Teacher Master: "Safety Rules for Medicines"	X					
• Teacher Master: "Poison Scenarios"	X					

MATERIALS	LESSON NUMBERS					
	1	2	3	4	5	6
• Family Resource Sheet: "Poison Prevention"	X					
• Teacher Master: "Secondhand Smoke Scenarios" (Extension Activity)		X				
• Family Resource Sheet: "Staying Safe From Tobacco"		X				
• Family Resource Sheet: "Talking to Your Child About Drugs"			X			
• Student Handout 1: "The Short-Term Effects of Alcohol"				X		
• Student Handout 2: "The Long-Term Effects of Alcohol"				X		
• Student Handout 3: "Addiction to Alcohol"				X		
• Student Worksheet: "Alcohol Facts"				X		
• Student Peer Assessment Checklist: "Saying 'No' to Drugs"						X
• Student Self-Assessment Checklist: "Saying 'No' to Drugs"						X
• Family Resource Sheet: "Helping Your Child Say 'No' to Drugs"						X
Slides to Prepare						
• Slide Master: "Safety Rules for Medicines" (Suggestion)	X					
• Slide Master: "How to Stay Safe From Poisons"	X					
• Slide Master: "Poison Danger"	X					
• Slide Master: "Smoking and Your Heart"		X	X			
• Slide Master: "Smoking and Your Lungs"		X	X			
• Slide Master: "What Smoking 'Gives' You NOW"		X	X			
• Slide Master: "Keep Your Lungs Clean!" (Extension Activity)		X				
• Slide Master: "What Do the Ads Really Say?"			X			
• Slide Master: "Three Keys to a Successful Ad"			X			
• Slide Master: "Four Ways to Say 'No'"						X
Teacher Keys and References						
• Teacher Reference: "Poison 101"	X					
• Teacher Reference—Assessment: "Assessment Rubric for Skill Development: Being Safe With Medicines and Poisons"	X					
• Teacher Reference: "Sample Family Letter Requesting Tobacco Ads"	X					
• Teacher Reference: "Lesson Plan for the Extension Activity: Secondhand Smoke" (Extension Activity)		X				
• Teacher Reference—Assessment: "Assessment Rubric for Skill Development: Why It Is Best Never to Smoke or Chew Tobacco"		X				
• Teacher Reference: "Tobacco Advertising"			X			
• Teacher Reference—Assessment: "Assessment Rubric for Skill Development: Three Keys to a Successful Ad"			X			
• Teacher Reference: "Children and Drug Use"				X		
• Teacher Reference: "Talking About Feelings" (Extension Activity)				X		
• Teacher Key: "Alcohol Facts"				X		
• Teacher Reference: "Scenarios About Influences"					X	
• Teacher Reference: "Refusal Skills and Tips for Teaching Them"						X

MATERIALS	LESSON NUMBERS					
	1	2	3	4	5	6
• Teacher Reference: "The Importance of Teaching Refusal Skills"						X
• Teacher Reference: "Scenarios for Practicing Refusal Skills"						X
• Teacher Reference—Assessment: "Assessment Rubric for Skill Development: Saying 'No' to Drugs"						X
• Teacher Reference—Assessment: "Assessment Checklist for Skill Development: Saying 'No' to Drugs"						X
Supplied by the Teacher						
Equipment						
• Projector	X	X	X			X
• AV equipment		X		X		
• LCD projector (Suggestion)			X			
• Computer with Internet connection (Extension Activity and Suggestion)	X		X			
• Video camera (Extension Activity)			X			
Miscellaneous						
• Slides	X	X	X			X
• Pencils or pens	X	X	X	X	X	X
• Writing paper	X	X	X		X	X
• Index cards	X					
• Magazines (Extension Activity)	X		X			
• Glue (Extension Activity)	X		X			
• Art supplies (Extension Activity)		X	X			
• Tobacco advertisements from magazines, newspapers, or websites			X			
• Anti-tobacco advertisements from websites			X			
• Advertisements for other unhealthy products, such as alcohol and fast food (Extension Activity)			X			
• Envelopes (Extension Activity)			X			
• Stamps (Extension Activity)			X			
• Addresses of tobacco companies (Extension Activity)			X			
• Scissors			X			
• Glass laboratory dish (Extension Activity)				X		
• Rubbing alcohol (Extension Activity)				X		
• Raw egg (Extension Activity)				X		
• Paper for signs, 8" x 11" (Suggestion)				X	X	
• Marker (Suggestion)				X	X	
• Tape (Suggestion)					X	
• Box of chalk or a similar box to imitate a pack of cigarettes						X
• Drinking glass						X
• Dice, one for each pair of students (Suggestion)						X
• Index cards or similar cards, one set of four for each pair of students (Suggestion)						X

