

# Lesson Overview and Areas of Focus

## Social Skill Development and ATOD Information



<p><b>2.1 Dreams Can Come True:</b> Goal Setting</p> <p>Students learn the benefits of setting reachable personal goals. Students also set their own short term personal goal</p> <ul style="list-style-type: none"> <li>• Define Goal</li> <li>• Steps to Name a Reachable Goal</li> <li>• Name a Personal Goal</li> </ul>	<p><b>2.2 Stop &amp; Think:</b> Decision Making</p> <p>Students learn the steps to making responsible decisions and apply the steps. Students learn to consider the consequences of their decisions.</p> <ul style="list-style-type: none"> <li>• Decision Making Steps</li> <li>• Identifying Consequences</li> </ul>	<p><b>2.3 Dealing With Frustration:</b> Managing Stress</p> <p>Students learn to identify and manage frustration. Students practice healthy stress management techniques and coping strategies.</p> <ul style="list-style-type: none"> <li>• Symptoms of Stress</li> <li>• Sources of Frustration</li> <li>• Techniques and Strategies for Handling Frustration</li> <li>• Resources for Help Managing Frustration</li> </ul>	<p><b>2.4 Saying How You Feel:</b> Effective Communication</p> <p>Students explore the relationship between feelings and behavior. Students apply I-messages and you messages to communicate feelings in a healthy way.</p> <ul style="list-style-type: none"> <li>• Creating and Using I-Messages</li> <li>• Name and Express Feelings</li> </ul>	<p><b>2.5 Dog-Gone Good!:</b> Celebrating Differences</p> <p>Students examine how people are alike and how they are different to recognize that we benefit from all of our similarities and differences. Students also practice giving and receiving compliments.</p> <ul style="list-style-type: none"> <li>• Create Me-Books</li> <li>• Giving Compliments</li> <li>• Saying Thank You</li> </ul>
<p><b>2.6 Be a Friend:</b> Bonding and Relationships</p> <p>Students learn how to choose a friend and examine how friends help each other. Students also practice the courtesy and respect in a good friendship.</p> <ul style="list-style-type: none"> <li>• Choosing Friends</li> <li>• Offering Help</li> <li>• Being a Good Friend</li> </ul>	<p><b>2.7 A Peer Pressure Play:</b> Peer Pressure</p> <p>Students learn about persuasion and practice making quick decisions in the face of peer pressure. Students also learn strategies to handle peer pressure.</p> <ul style="list-style-type: none"> <li>• Peer Pressure Defined</li> <li>• Peer Pressure Refusal Strategies</li> </ul>	<p><b>2.8 A Message about Medicine:</b> Safe Use and Handling of Medicine</p> <p>Students differentiate safe and unsafe use of prescription and over-the-counter drugs. Students also learn the benefits of medicine when used correctly.</p> <ul style="list-style-type: none"> <li>• Safe and Unsafe Use of Prescription and OTC Drugs</li> <li>• Appropriate Use of Medicines</li> <li>• Best Practices for Safe Handling and Storage of Prescription and OTC Drugs</li> </ul>	<p><b>2.9 Because I Care:</b> Effects of Tobacco Use</p> <p>Students learn the short term and long term effects of tobacco use on the body. Students also learn the effect of secondhand smoke on the health of the nonsmoker and practice polite advocacy to avoid secondhand smoke.</p> <ul style="list-style-type: none"> <li>• Harmful Effects of Tobacco Use</li> <li>• Effects of Secondhand Smoke</li> <li>• Avoiding Secondhand Smoke</li> </ul>	<p><b>2.10 A Game for Good Health:</b> Healthy Choices</p> <p>Students learn the difference between healthy and unhealthy behaviors.</p> <ul style="list-style-type: none"> <li>• Game for Good Health</li> <li>• Awards Ceremony</li> </ul>