

Lesson Overview and Areas of Focus



Unit 1: Social Skills Development

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| 4.1 Goal Boosters and Goal Busters Setting Reachable Goals Students learn how to set and reach personal goals. Students also learn to identify resources that can help them reach a personal goal. | 4.2 Major Intersection Making Responsible Decisions Students learn to plan their actions, evaluate their choices, and problem solve using the steps for responsible decision making. Students also determine when decisions should be made alone or with the help of a responsible adult. | 4.3 I See Me Identifying and Managing Emotions Students learn to recognize and manage their emotions. Students analyze how emotions affect decision making and the value of talking about feelings with parents and other trusted adults. Students also learn to discern the emotions of others and demonstrate care and respect. | 4.4 More Than Words Effective Communication Students learn and apply effective communication skills to handle conflict peacefully, share feelings and ideas with others, and enhance cooperation in order to maintain positive relationships. | 4.5 Community Garden Bonding and Relationships Students compare healthy and unhealthy friendship qualities and learn the benefits of bonding with pro-social others. Students also apply effective communication skills to support and encourage others. |
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Unit 2: Substance Use Topics and Skills Application

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| 4.6 Town Hall Meeting Peer Pressure Refusal Students learn and apply peer-pressure refusal strategies. Students also learn to communicate the decision to refuse the pressure with confidence in order to avoid risky behaviors. | 4.7 Brain Drain Effects of Alcohol Use Students learn the short term and long term effects of alcohol use on the brain and body, as well as the effects of alcohol use on the ability to reach goals. Students apply peer-pressure refusal strategies in a variety of situations involving alcohol. | 4.8 No Butts About It Effects of Nicotine Use Students learn the short term and long term effects of nicotine use on the body. Students also demonstrate the effective use of peer-pressure refusal strategies in a variety of situations involving nicotine. | 4.9 Use As Directed Understanding the Safe Use of Prescription and Over-the-Counter Drugs Students differentiate safe and unsafe use of prescription and over-the-counter drugs. Students also learn the benefits of medicine when used correctly. | 4.10 Big Decisions Ahead Healthy Choices Students examine how healthy choices can impact lifelong well-being. Students recall and apply goal setting, decision making, effective communication, and emotion and relationship management skills. Students review the effects of drug abuse on the body and identify the benefits of remaining healthy and drug free. |
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Unit 3: A Peaceable Place Topics and Skills Application

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| 4.11 The Respect Effect Respect for Self and Others Students learn how confidence and self-respect positively affect their attitudes, behaviors, and relationships. Students demonstrate respectfully listening and responding to different points of view. | 4.12 Work It Out Conflict Resolution Students explore the effectiveness of cooperation and the ineffectiveness of competition in resolving a conflict. Students discuss the possible consequences of an unresolved conflict, and demonstrate problem solving skills and evaluate the effectiveness of the solution. | 4.13 Cool Down & Turn It Around Anger Management Students differentiate healthy and unhealthy ways to manage anger and identify actions that escalate and de-escalate conflicts. Students learn the impact of unresolved conflicts on relationships and demonstrate healthy ways to de-escalate a conflict. | 4.14 Building An Inclusive Community Identifying and Managing Bullying Situations Students learn that bullying is different from an everyday conflict and practice recognizing types of bullying behaviors. Students demonstrate effective response strategies and practice assertive communication skills. | 4.15 Positively Influential Being a Positive Role Model Students identify how healthy choices can impact lifelong well-being. Students recall and apply social emotional skills. Students identify the qualities of a positive role model and recognize how student role models can positively impact school climate. |
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