Lesson 4.1 Goal Boosters & Goal Busters – Goal Setting

Objectives
Following this lesson, the student will be able to:

- Define a goal
- Differentiate short-term and long-term goals
- Identify and recite the goal-naming steps
- Name a personal goal
- Identify resources that can help someone reach a personal goal

Category 2: Behavior Standards
Learning Strategies
B-LS 7. Identify long- and short-term academic, career and social/emotional goals

Self-Management Skills
B-SMS 5. Demonstrate perseverance to achieve long- and short-term goals

Lesson 4.2 Major Intersection – Decision Making

Objectives
Following this lesson, the student will be able to:

- Identify and follow the steps of the decision-making model
- Identify the benefits and consequences of a particular decision
- Determine when decisions should be made alone or with the help of a trusted adult

Category 2: Behavior Standards
Learning Strategies
B-LS 1. Demonstrate critical-thinking skills to make informed decisions
B-LS 9. Gather evidence and consider multiple perspectives to make informed decisions

Lesson 4.3 I See Me - Identifying and Managing Emotions

Objectives
Following this lesson, the student will be able to:

- Name a variety of emotions
- Recognize the physical signals associated with specific emotions
- Demonstrate an awareness of one’s own feelings in a variety of situations
- Identify healthy and unhealthy ways to express emotions
- Identify the value of talking about feelings with parents and other trusted adults
- Demonstrate healthy ways to express and manage emotions
- Recognize the emotions of others by observing facial expressions

Category 1: Mindset Standards
M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
M 3. Sense of belonging in the school environment
M 6. Positive attitude toward work and learning

Category 2: Behavior Standards
Learning Strategies
B-LS 10. Participate in enrichment and extracurricular activities

Social Skills
B-SS 2. Create positive and supportive relationships with other students
B-SS 3. Create relationships with adults that support success
B-SS 5. Demonstrate ethical decision-making and social responsibility
B-SS 6. Use effective collaboration and cooperation skills

Lesson 4.4 More Than Words - Effective Communication
Objectives
Following this lesson, the student will be able to:
- Define effective communication
- Identify the roles of the speaker and the listener
- Differentiate effective and ineffective listening skills
- Differentiate effective and ineffective speaking skills

Category 1: Mindset Standards
M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being

Category 2: Behavior Standards
Social Skills
B-SS 1. Use effective oral and written communication skills and listening skills
B-SS 8. Demonstrate advocacy skills and ability to assert self, when necessary

Lesson 4.5 Community Garden – Bonding & Relationships
Objectives
Following this lesson, the student will be able to:
- Identify examples of pro-social behaviors
- Explain the importance of being sensitive to the feelings of others
- Compare healthy and unhealthy friendship qualities
- Apply effective communication skills to support others

Category 1: Mindset Standards
M 3. Sense of belonging in the school environment

Category 2: Behavior Standards
Learning Strategies
B-LS 10. Participate in enrichment and extracurricular activities

Social Skills
B-SS 1. Use effective oral and written communication skills and listening skills
B-SS 2. Create positive and supportive relationships with other students
B-SS 3. Create relationships with adults that support success
B-SS 7. Use leadership and teamwork skills to work effectively in diverse teams
Lesson 4.6 Town Hall Meeting – Peer Pressure Refusal

Objectives
Following this lesson, the students will be able to:

- Define peer pressure
- Identify the effect of peer pressure on decision making
- Identify and demonstrate six effective peer-pressure refusal strategies

Category 2: Behavior Standards
Learning Strategies
B-LS 1. Demonstrate critical-thinking skills to make informed decisions
B-LS 9. Gather evidence and consider multiple perspectives to make informed decisions

Lesson 4.7 Brain Drain – Effects of Alcohol Use

Objectives
Following this lesson, the student will be able to:

- List the harmful effects of alcohol use on the developing brain and on behavior
- Discuss the effect of alcohol use on the ability to reach one’s goals
- Compare perceived norms to actual prevalence of alcohol use
- Demonstrate the effective use of peer-pressure refusal strategies in a variety of situations involving alcohol

Category 1: Mindset Standards
M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being

Category 2: Behavior Standards
Learning Strategies
B-LS 1. Demonstrate critical-thinking skills to make informed decisions
B-LS 9. Gather evidence and consider multiple perspectives to make informed decisions

Self-Management Skills
B-SMS 9. Demonstrate personal safety

Lesson 4.8 No Butts About It! – Effects of Nicotine Use

Objectives
Following this lesson, the student will be able to:

- Describe the harmful effects of using tobacco
- Explain the short-term and long-term effects of secondhand smoke
- Demonstrate effective peer-pressure refusal techniques in situations involving tobacco products

Category 1: Mindset Standards
M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being

Category 2: Behavior Standards
Learning Strategies
B-LS 1. Demonstrate critical-thinking skills to make informed decisions
B-LS 9. Gather evidence and consider multiple perspectives to make informed decisions

Self-Management Skills
B-SMS 9. Demonstrate personal safety
Lesson 4.9 *Use as Directed* – Understanding the Safe Use of Prescription and OTC Medicines

**Objectives**
Following this lesson, the students will be able to:
- Differentiate safe and unsafe use of prescription and over-the-counter medicines
- Explain the benefits of medicine when used correctly
- Identify safe practices to use and store prescription and over-the-counter medicines at home

**Category 1: Mindset Standards**
M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being

**Category 2: Behavior Standards**
**Learning Strategies**
B-LS 1. Demonstrate critical-thinking skills to make informed decisions
B-LS 9. Gather evidence and consider multiple perspectives to make informed decisions

**Self-Management Skills**
B-SMS 9. Demonstrate personal safety

Lesson 4.10 *Big Decisions Ahead* – Healthy Choices

**Objectives**
Following this lesson, the student will be able to:
- Identify how healthy choices can impact lifelong wellness
- Identify choices that detract from healthy lifestyles
- Demonstrate healthy choices related to goals, emotions, communication, friendships, and peer pressure

**Category 1: Mindset Standards**
M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being

**Category 2: Behavior Standards**
**Learning Strategies**
B-LS 1. Demonstrate critical-thinking skills to make informed decisions
B-LS 9. Gather evidence and consider multiple perspectives to make informed decisions

**Self-Management Skills**
B-SMS 9. Demonstrate personal safety