Too Good for Drugs
Grade 5

Correlated to American School Counselors Association Mindset and Behaviors for Student Success Standards

Lesson 5.1 Preparing for Take Off – Setting Reachable Goals
Objectives
Following this lesson, the student will be able to:
• Define a goal
• Identify the steps in the goal-setting model
• Identify and apply the goal-naming criteria
• Name a short-term personal goal using the goal-naming criteria

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 5.2 Rocket Science – Making Responsible Decisions
Objectives
Following this lesson, the student will be able to:
• Define consequence
• List the steps of the decision-making model
• Identify a variety of options to any given decision
• Demonstrate the ability to choose healthy options when making a decision

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 5.3 Systems Check - Identifying and Managing Emotions
Objectives
Following this lesson, the student will be able to:
• Name four basic emotions: happy, sad, angry, and scared and their variations
• Recognize the physical signals associated with particular emotions
• Identify the relationship between feelings and behaviors
• Differentiate healthy and unhealthy ways to manage emotions

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
Lesson 5.4 This is Your Captain Speaking - Effective Communication

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

• Define communication
• Identify the elements of communication, both verbal and nonverbal
• Differentiate assertive, aggressive, and passive speaking styles
• Identify active listening 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 5.5 My Flight Crew – Bonding & Relationships

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

• Compare healthy and unhealthy friendship qualities
• Understand how to be compassionate and empathetic toward others
• Recognize the benefits of belonging to a positive peer group
• Identify and bond with a positive peer group

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 5.6 Prescription for Life – Safe Use of Prescription and OTC Medicines

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

- Recognize and anticipate negative reactions to personal mistakes and disappointments
- Differentiate positive and negative self-talk
- Discuss the effect of positive and negative self-talk on feelings and actions
- Use positive self-talk to manage and overcome mistakes
- 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 5.7 Decompression – Peer-Pressure Refusal

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

- Define peer pressure and peer influence
- Identify the effect of peer pressure on decision making and goals
- Identify and apply nine peer-pressure refusal strategies
- Identify how to be a positive peer influence

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 5.8 System Malfunction – Effects of Alcohol Use

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

- List the harmful effects of alcohol on the developing brain and behavior
- Identify false expectations about the effects of alcohol
- Apply positive peer influence in situations involving alcohol
- Discuss the effect of alcohol use on the ability to reach one’s goals

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
Lesson 5.9 *Smoke Screen* – Effects of Nicotine Use

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

- Describe the long-term and short-term effects of using tobacco products
- Discuss the benefits of quitting nicotine use and being nicotine free
- 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

Lesson 5.10 *Way Off Course* – Effects of Marijuana Use and Course Review

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

- List the effects of marijuana use on the brain and body
- Discuss the effects of marijuana use on the ability to reach goals
- Recall and practice skills taught in TGFD lessons 1-9

**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