

Too Good for Drugs

Grade 8

Correlated to Illinois Social Emotional Learning Standards

Lesson 8.1 *The Architect* – Setting Reachable Goals

Objectives

Following this lesson, the student will be able to:

- Define goal
- Identify and apply the steps for setting and reaching a personal goal
- Identify and apply the criteria for naming a reachable personal goal
- Name a personal goal using the goal-setting model
- Recognize and manage potential obstacles that can get in the way of reaching a goal

Goal 1: Develop self-awareness and self-management skills to achieve school and life success.

B. Recognize personal qualities and external supports.

1B.3a. Analyze how personal qualities influence choices and successes.

C. Demonstrate skills related to achieving personal and academic goals.

1C.3a. Set a short- term goal and make a plan for achieving it.

1C.3b. Analyze why one achieved or did not achieve a goal.

Lesson 8.2 *iDecide* – Making Responsible Decisions

Objectives

Following this lesson, the student will be able to:

- Define decision
- Demonstrate the ability to apply the steps in the Decision-Making Model
- Examine how goals, media, peers, and family influence decisions
- Demonstrate the effect decisions have on accomplishing goals
- Recognize that decisions are made every day
- Differentiate between impulsive behavior and thoughtful decisions
- Predict how decisions have consequences for self and others

Goal 3: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.

B: Apply decision- making skills to deal responsibly with daily academic and social situations.

3B.3a. Analyze how decision-making skills improve study habits and academic performance.

3B.3b. Evaluate strategies for resisting pressures to engage in unsafe or unethical activities.

Lesson 8.3 *Calibrating Sensors* - Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Relate managing emotions to success in life
- Demonstrate strategies to manage emotions
- Analyze how emotions and self-awareness influence decision making
- Demonstrate healthy ways to express feelings
- Discern the emotions of others
- Demonstrate ways to communicate care, consideration, and respect of self and others

Goal 1: Develop self-awareness and self-management skills to achieve school and life success.

A. Identify and manage one's emotions and behavior.

1A.3a. Analyze factors that create stress or motivate successful performance.

1A.3b. Apply strategies to manage stress and to motivate successful performance.

Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.

A: Recognize the feelings and perspectives of others.

2A.3b. Analyze how one's behavior may affect others.

Lesson 8.4 *Press Send* - Effective Communication

Objectives

Following this lesson, the student will be able to:

- Define effective communication
- Identify the elements of verbal and non-verbal communication
- Recognize how tone of voice, facial expressions, and body language affect meaning and understanding
- Differentiate assertive, aggressive, and passive communication styles

Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.

A: Recognize the feelings and perspectives of others.

2A.3a. Predict others' feelings and perspectives in a variety of situations.

2A.3b. Analyze how one's behavior may affect others.

C: Use communication and social skills to interact effectively with others.

2C.3a. Analyze ways to establish positive relationships with others.

Lesson 8.5 *Friend Request* – Bonding & Relationships

Objectives

Following this lesson, the student will be able to:

- Compare healthy and unhealthy relationships
- Recognize the effects of negative peer pressure and peer influence
- Employ strategies to resist negative peer pressure and peer influence
- Recognize the effects of positive peer pressure and peer influence
- Recognize the benefits of belonging to a positive peer group
- Identify and bond with a positive peer group

Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.

A: Recognize the feelings and perspectives of others.

2A.3a. Predict others' feelings and perspectives in a variety of situations.

2A.3b. Analyze how one's behavior may affect others.

C: Use communication and social skills to interact effectively with others.

2C.3a. Analyze ways to establish positive relationships with others.

2C.3b. Demonstrate cooperation and teamwork to promote group effectiveness.

D. Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.

2D.3b. Define unhealthy peer pressure and evaluate strategies for resisting it.

Lesson 8.6 *Server Not Responding* – Effects of Alcohol Use

Objectives

Following this lesson, the students will be able to:

- Recognize the role expectations play in decision making
- Discuss the short-term and long-term effects of alcohol use on the teenage brain and body
- Evaluate the effects of alcohol use on reaching goals, decision-making, managing emotions, communication, and relationships
- Predict the consequences of underage alcohol use
- Discuss the benefits of positive health behaviors and their effect on preventing alcohol use

Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.

A: Recognize the feelings and perspectives of others.

2A.3b. Analyze how one's behavior may affect others.

D. Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.

2D.3b. Define unhealthy peer pressure and evaluate strategies for resisting it.

Goal 3: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.

B: Apply decision- making skills to deal responsibly with daily academic and social situations.

3B.3b. Evaluate strategies for resisting pressures to engage in unsafe or unethical activities.

Lesson 8.7 *The Social Hacker* – Effects of Nicotine Use

Objectives

Following this lesson, the student will be able to:

- Identify the various forms of tobacco and tobacco-related products
- Identify the short-term, long-term, and social consequences of nicotine use
- Compare the glamorous image and the harmful reality of nicotine use
- Discuss the impact of product placement in media on perceptions and attitudes about nicotine use
- Discuss the stages of addiction and the associated behaviors

Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.

A: Recognize the feelings and perspectives of others.

2A.3b. Analyze how one's behavior may affect others.

D. Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.

2D.3b. Define unhealthy peer pressure and evaluate strategies for resisting it.

Goal 3: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.

B: Apply decision- making skills to deal responsibly with daily academic and social situations.

3B.3b. Evaluate strategies for resisting pressures to engage in unsafe or unethical activities.

Lesson 8.8 *The Blunt Truth* – Effects of THC and Marijuana Use

Objectives

Following this lesson, the student will be able to:

- Examine the misperceptions of marijuana and its use
- Examine the effects of marijuana and THC use on the body, particularly on brain function
- Discuss the impact of marijuana and THC use on reaching goals
- Discuss the psychological addiction aspects of marijuana use

Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.

A: Recognize the feelings and perspectives of others.

2A.3b. Analyze how one's behavior may affect others.

D. Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.

2D.3b. Define unhealthy peer pressure and evaluate strategies for resisting it.

Goal 3: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.

B: Apply decision- making skills to deal responsibly with daily academic and social situations.

3B.3b. Evaluate strategies for resisting pressures to engage in unsafe or unethical activities.

Lesson 8.9 *Not What the Doctor Ordered* – Street, Prescription, and OTC Drugs

Objectives

Following this lesson, the students will be able to:

- Discuss the addictive and harmful effects of over-the-counter, prescription, and street drug abuse
- Differentiate the appropriate use and abuse of prescription and over-the-counter drugs
- Discuss the physical, psychological, social, and emotional consequences of abusing drugs
- Identify healthy alternatives to substance use

Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.

A: Recognize the feelings and perspectives of others.

2A.3b. Analyze how one's behavior may affect others.

D. Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.

2D.3b. Define unhealthy peer pressure and evaluate strategies for resisting it.

Goal 3: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.

B: Apply decision- making skills to deal responsibly with daily academic and social situations.

3B.3b. Evaluate strategies for resisting pressures to engage in unsafe or unethical activities.

Lesson 8.10 *The Operating System* – Understanding Risk and Course Review

Objectives

Following this lesson, the student will be able to:

- Discuss risk and examine the development of aspects of risk-taking
- Differentiate healthy and unhealthy risks and predict their outcomes
- Practice Goal Setting, Decision Making, Effective Communication, Managing Emotions and Relationship Management Skills
- Recall specific drug information and the effects of drug use on the brain and body
- Identify the benefits of remaining healthy and drug free
- Support and influence friends to remain healthy and drug free

Goal 1: Develop self-awareness and self-management skills to achieve school and life success.

A. Identify and manage one's emotions and behavior.

1A.3a. Analyze factors that create stress or motivate successful performance.

1A.3b. Apply strategies to manage stress and to motivate successful performance.

B. Recognize personal qualities and external supports.

1B.3a. Analyze how personal qualities influence choices and successes.

C. Demonstrate skills related to achieving personal and academic goals.

1C.3a. Set a short- term goal and make a plan for achieving it.

1C.3b. Analyze why one achieved or did not achieve a goal.

Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.

A: Recognize the feelings and perspectives of others.

2A.3a. Predict others' feelings and perspectives in a variety of situations.

2A.3b. Analyze how one's behavior may affect others.

C: Use communication and social skills to interact effectively with others.

2C.3a. Analyze ways to establish positive relationships with others.

2C.3b. Demonstrate cooperation and teamwork to promote group effectiveness.

D. Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.

2D.3a. Evaluate strategies for preventing and resolving interpersonal problems.

2D.3b. Define unhealthy peer pressure and evaluate strategies for resisting it.

Goal 3: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.

B: Apply decision- making skills to deal responsibly with daily academic and social situations.

3B.3a. Analyze how decision-making skills improve study habits and academic performance.

3B.3b. Evaluate strategies for resisting pressures to engage in unsafe or unethical activities.