

Grade 5 Too Good for Drugs

Correlated with North Dakota Health Education Content Standards 2018

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

Standard 6: Demonstrate the ability to use goal setting skills to enhance health and avoid or reduce health risks.

6.5.1 Set a personal health short-term goal and track progress toward its achievement.

6.5.2 Identify resources to assist in achieving a personal health goal.

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

Standard 5: Demonstrate the ability to use decision making skills to enhance health and avoid or reduce health risks.

5.5.1 Identify health-related situations that might require a decision-making process.

5.5.2 Analyze when assistance is needed when making a health-related decision.

5.5.4 Predict the potential outcomes of each option when making a health-related decision.

5.5.5 Choose a healthy option when making a decision.

5.5.6 Describe the outcomes of a health-related decision.

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

Standard 1: Understand concepts related to human growth and development, health promotion, disease prevention.

1.5.2 Identify examples of mental, emotional, physical, and social health.

Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

4.5.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.

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

Standard 1: Understand concepts related to human growth and development, health promotion, disease prevention.

1.5.2 Identify examples of mental, emotional, physical, and social health.

Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

4.5.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.

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

Standard 1: Understand concepts related to human growth and development, health promotion, disease prevention.

1.5.2 Identify examples of mental, emotional, physical, and social health.

1.5.8 Describe characteristics of healthy and unhealthy relationships with family, peers, and other adults.

Standard 2: Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

2.5.3 Identify how peers influence health behaviors.

Standard 8: Demonstrate the ability to advocate for personal, family, and community health.

8.5.2 Encourage others to make positive health choices.

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

Standard 1: Understand concepts related to human growth and development, health promotion, disease prevention.

1.5.2 Identify examples of mental, emotional, physical, and social health.

1.5.5 Describe when it is important to seek health care.

Standard 7: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.5.1 Identify responsible personal health behaviors.

7.5.3 Demonstrate health behaviors to avoid or reduce health risks.

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

Standard 1: Understand concepts related to human growth and development, health promotion, disease prevention.

1.5.2 Identify examples of mental, emotional, physical, and social health.

1.5.8 Describe characteristics of healthy and unhealthy relationships with family, peers, and other adults.

Standard 2: Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

2.5.3 Identify how peers influence health behaviors.

Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

4.5.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.

4.5.2 Demonstrate refusal skills that avoid or reduce health risks.

Standard 8: Demonstrate the ability to advocate for personal, family, and community health.

8.5.2 Encourage others to make positive health choices.

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

Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

4.5.2 Demonstrate refusal skills that avoid or reduce health risks

Standard 7: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.5.1 Identify responsible personal health behaviors.

7.5.3 Demonstrate health behaviors to avoid or reduce health risks.

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

Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

4.5.2 Demonstrate refusal skills that avoid or reduce health risks

Standard 7: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.5.1 Identify responsible personal health behaviors.

7.5.3 Demonstrate health behaviors to avoid or reduce health risks.

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

Standard 1: Understand concepts related to human growth and development, health promotion, disease prevention.

1.5.1 Describe the relationship between health behaviors and mental, emotional, physical, and social health.

1.5.2 Identify examples of mental, emotional, physical, and social health.

1.5.5 Describe when it is important to seek health care.

1.5.8 Describe characteristics of healthy and unhealthy relationships with family, peers, and other adults.

Standard 2: Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

2.5.3 Identify how peers influence health behaviors.

Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

4.5.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.

4.5.2 Demonstrate refusal skills that avoid or reduce health risks.

Standard 5: Demonstrate the ability to use decision making skills to enhance health and avoid or reduce health risks.

5.5.1 Identify health-related situations that might require a decision-making process.

5.5.2 Analyze when assistance is needed when making a health-related decision.

5.5.3 List healthy options to health-related issues or problems.

5.5.4 Predict the potential outcomes of each option when making a health-related decision.

5.5.5 Choose a healthy option when making a decision.

5.5.6 Describe the outcomes of a health-related decision.

Standard 6: Demonstrate the ability to use goal setting skills to enhance health and avoid or reduce health risks.

6.5.1 Set a personal health short-term goal and track progress toward its achievement.

6.5.2 Identify resources to assist in achieving a personal health goal.

Standard 7: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.5.1 Identify responsible personal health behaviors.

7.5.3 Demonstrate health behaviors to avoid or reduce health risks.

Standard 8: Demonstrate the ability to advocate for personal, family, and community health.

8.5.2 Encourage others to make positive health choices.