

Too Good for Drugs

Grade 5 Revised Edition

Correlated with Arkansas Physical Education and Health Curriculum Framework, Revised 2011

Lesson 1: *Preparing for Take Off* – Goal Setting

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

None apply at this time

Lesson 2: *Rocket Science* – Decision Making

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 11: Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.

HW.11.5.3 - Recognize the benefits of safe behavior and the consequences of risky behavior

Lesson 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 behavior
- Differentiate healthy and unhealthy ways to manage emotions

Standard 11: Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.

HW.11.5.2 - Recognize the warning signs of depression and suicidal thoughts

Lesson 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 9: Healthy Life Skills and Relationships: Students shall demonstrate the ability to use appropriate skills to enhance relationships and promote wellness.

HW.9.5.2 - Practice verbal/nonverbal communication skills needed for a healthy relationship

Lesson 5: *My Flight Crew* – Bonding and 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 9: Healthy Life Skills and Relationships: Students shall demonstrate the ability to use appropriate skills to enhance relationships and promote wellness.

HW.9.5.1 - Identify the different types of relationships:

- friendships
- family
- romantic

HW.9.5.2 - Practice verbal/nonverbal communication skills needed for a healthy relationship

Lesson 6: *Mission Scrubbed* – Managing Mistakes

Objectives

Following this lesson, the student will be able to:

- Identify negative reactions to personal mistakes and disappointments
- Differentiate positive and negative self-talk
- Discuss the effect of negative self-talk on feelings and actions
- Discuss the effect of positive self-talk on feelings and actions
- Use positive self-talk to manage and overcome mistakes

None apply at this time.

Lesson 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 9: Healthy Life Skills and Relationships: Students shall demonstrate the ability to use appropriate skills to enhance relationships and promote wellness.

HW.9.5.2 - Practice verbal/nonverbal communication skills needed for a healthy relationship

Standard 10: Alcohol, Tobacco, and Other Drugs: Students shall comprehend substance use, abuse, and the ability to use decision-making skills to enhance health.

HW.10.5.9 - Identify ways to resist peer pressure:

- say “NO”
- suggest an alternative
- walk away

Standard 11: Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.

HW.11.5.1 - Identify strategies and skills to demonstrate self-respect and responsibility:

- healthy body image
- peer influence
- family influence
- media/advertising influence

Lesson 8: *System Malfunction* – The 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 10: Alcohol, Tobacco, and Other Drugs: Students shall comprehend substance use, abuse, and the ability to use decision-making skills to enhance health.

HW.10.5.5 - Describe the long term effects of alcohol abuse

HW.10.5.6 - Describe how the abuse of alcohol can affect others

HW.10.5.10 - Analyze media messages concerning drug use

Standard 11: Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.

HW.11.5.1 - Identify strategies and skills to demonstrate self-respect and responsibility:

- healthy body image
- peer influence
- family influence
- media/advertising influence

HW.11.5.3 - Recognize the benefits of safe behavior and the consequences of risky behavior

Lesson 9: *Smoke Screen* – The Effects of Tobacco Use

Objectives

Following this lesson, the student will be able to:

- Describe the long-term and short-term effects of using tobacco products
- Discuss the benefits of quitting tobacco use and being tobacco free
- Demonstrate effective peer-pressure refusal techniques in situations involving tobacco products

Standard 10: Alcohol, Tobacco, and Other Drugs: Students shall comprehend substance use, abuse, and the ability to use decision-making skills to enhance health.

HW.10.5.2 - Discuss the major chemicals in tobacco products:

- tar
- nicotine
- carbon monoxide

HW.10.5.3 - Recognize nicotine use as both a physical and psychological addiction

Standard 11: Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.

HW.11.5.1 - Identify strategies and skills to demonstrate self-respect and responsibility:

- healthy body image
- peer influence
- family influence
- media/advertising influence

HW.11.5.3 - Recognize the benefits of safe behavior and the consequences of risky behavior

Lesson 10: *Way Off Course* – The Effects of Marijuana Use

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 TGF lessons 1-9

Standard 9: Healthy Life Skills and Relationships: Students shall demonstrate the ability to use appropriate skills to enhance relationships and promote wellness.

HW.9.5.2 - Practice verbal/nonverbal communication skills needed for a healthy relationship

Standard 10: Alcohol, Tobacco, and Other Drugs: Students shall comprehend substance use, abuse, and the ability to use decision-making skills to enhance health.

HW.10.5.9 - Identify ways to resist peer pressure:

- say “NO”
- suggest an alternative
- walk away

Standard 11: Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.

HW.11.5.1 - Identify strategies and skills to demonstrate self-respect and responsibility:

- healthy body image
- peer influence
- family influence
- media/advertising influence

HW.11.5.3 - Recognize the benefits of safe behavior and the consequences of risky behavior