

Too Good for Drugs

Grade 8 Revised Edition

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

Lesson 1: *The Architect* – Goal Setting

Objectives

Following this lesson, the student will be able to:

- Define a 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

Standard 11: Personal Health and Safety:

HW.11.8.3

Distinguish personal responsibility in making choices affecting individual health and wellness

Lesson 2: *iDecide* – Decision Making

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

Standard 11: Personal Health and Safety:

HW.11.8.1

Demonstrate skills necessary to manage mental and emotional health: defense mechanisms, self-talk, coping skills, stress management

HW.11.8.3

Distinguish personal responsibility in making choices affecting individual health and wellness

Lesson 3: *Calibrating Sensors* – Identifying and Managing Emotions

Objective:

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

Standard 11: Personal Health and Safety:

HW.11.8.1

Demonstrate skills necessary to manage mental and emotional health: defense mechanisms, self- talk, coping skills, stress management

Lesson 4: *Press Send* – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Analyze the elements of interpersonal communication
- Distinguish assertive, aggressive, and passive communication styles
- Distinguish verbal and nonverbal communication
- Demonstrate assertive communication techniques
- Demonstrate active listening techniques to build and maintain healthy relationships
- Understand how perception and emotions can influence communication

Standard 11: Personal Health and Safety:

HW.11.8.1

Demonstrate skills necessary to manage mental and emotional health: defense mechanisms, self- talk, coping skills, stress management

Lesson 5: *Friend Request* – Bonding and 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

Standard 9: Healthy Life Skills and Relationships:

HW.9.8.3

Evaluate how social issues affect inappropriate behaviors: peers, media, family, socioeconomic status

Standard 11: Personal Health and Safety:

HW.11.8.11

Analyze examples of harassment and intimidating behaviors: media , technology, peer groups

Lesson 6: *Server Not Responding* - Alcohol

Objectives

Following this lesson, the student 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 consequences of underage alcohol use
- Discuss the benefits of positive health behaviors and their effect on preventing alcohol use

Standard 10: Alcohol, Tobacco, and Other Drugs:

HW.10.8.1

Evaluate how dependency impacts family and society

HW.10.8.6

Determine the effects of alcohol on an individual (e.g., body weight)

HW.10.8.9

Evaluate prevention strategies in avoiding the use of all addictive substances

HW.10.8.10

Create various ways to avoid the use of addictive substances

Standard 11: Personal Health and Safety:

HW.11.8.3

Distinguish personal responsibility in making choices affecting individual health and wellness

Lesson 7: *The Social Hacker* - Tobacco

Objectives

Following this lesson, the student will be able to:

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

Standard 8: Community Health and Promotion:

HW.8.6.3

Determine the validity of media advertisements that promote good health (e.g., body image, food choices, exercise habits, personal grooming products)

HW.8.7.3

Discuss the validity of media messages before the purchase of products (e.g., prescription drugs, dietary products, exercise equipment)

HW.8.8.3

Examine media messages that contribute to health information

HW.8.8.4

Develop media messages that promote good health

Standard 10: Alcohol, Tobacco, and Other Drugs:

HW.10.8.1

Evaluate how dependency impacts family and society

HW.10.8.2

Analyze the reversal of physiological damage from the cessation of tobacco use (e.g., lungs, heart, stamina)

HW.10.8.9

Evaluate prevention strategies in avoiding the use of all addictive substances

HW.10.8.10

Create various ways to avoid the use of addictive substances

Standard 11: Personal Health and Safety:

HW.11.8.3

Distinguish personal responsibility in making choices affecting individual health and wellness

HW.11.8.7

Analyze the hazards of specific tobacco products on oral health

Lesson 8: *The Blunt Truth* - Marijuana

Objectives

Following this lesson, the student will be able to:

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

Standard 10: Alcohol, Tobacco, and Other Drugs:

HW.10.8.1

Evaluate how dependency impacts family and society

HW.10.8.9

Evaluate prevention strategies in avoiding the use of all addictive substances

HW.10.8.10

Create various ways to avoid the use of addictive substances

Standard 11: Personal Health and Safety:

HW.11.8.3

Distinguish personal responsibility in making choices affecting individual health and wellness

Lesson 9: *Not What the Doctor Ordered* – Prescription and OTC Drugs

Objectives

Following this lesson, the student will be able to:

- Discuss risk and examine the developmental aspects of risk-taking
- Differentiate healthy and unhealthy risks and predict their outcomes
- Incorporate risk analysis into the Decision-Making Model
- Discuss the addictive and harmful effects of over-the-counter and prescription drug abuse
- Differentiate the appropriate use of, and the abuse of, prescription and over-the-counter drugs
- Discuss the physical, psychological, social, and emotional consequences of abusing prescription and over-the-counter drugs

Standard 10: Alcohol, Tobacco, and Other Drugs:

HW.10.8.1

Evaluate how dependency impacts family and society

HW.10.8.9

Evaluate prevention strategies in avoiding the use of all addictive substances

HW.10.8.10

Create various ways to avoid the use of addictive substances

Standard 11: Personal Health and Safety:

HW.11.8.3

Distinguish personal responsibility in making choices affecting individual health and wellness

Lesson 10: *The Operating System* – Middle School Capstone

Objectives

Following this lesson, the student will be able to:

- 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 body
- Identify the benefits of remaining healthy and drug-free
- Support and influence friends to remain healthy and drug-free

Standard 10: Alcohol, Tobacco, and Other Drugs:

HW.10.8.1

Evaluate how dependency impacts family and society

HW.10.8.9

Evaluate prevention strategies in avoiding the use of all addictive substances

HW.10.8.10

Create various ways to avoid the use of addictive substances

Standard 11: Personal Health and Safety:

HW.11.8.3

Distinguish personal responsibility in making choices affecting individual health and wellness