

Too Good for Drugs

Grade 5 Revised Edition

Correlated with the Health Education Content Standards for California Public Schools, 2008

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

Personal and Community Health

Standard 6: Goal Setting

6.2.P – Monitor progress toward a personal health goal.

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

Personal and Community Health

Standard 5: Decision Making

5.1.P – Use a decision-making process to determine personal choices that promote personal, environmental, and community health.

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

Growth, Development, and Sexual Health

Standard 1: Essential Concepts

1.3.G – Identify the physical, social, and emotional changes that occur during puberty.

Standard 2: Analyzing Influences

2.3.G – Discuss how changes during puberty affect thoughts, emotions, and behaviors.

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

None apply at this time.

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

Growth, Development, and Sexual Health

Standard 4: Interpersonal Communication

4.2.G – Use healthy and respectful ways to express friendship, attraction, and affection.

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

Personal and Community Health

Standard 2: Analyzing Influences

2.1.P – Identify internal and external influences that affect personal health practices.

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

Personal and Community Health

Standard 2: Analyzing Influences

2.1.P – Identify internal and external influences that affect personal health practices.

Standard 7: Practicing Health-Enhancing Behaviors

7.2.P – Demonstrate personal responsibility for health habits.

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

None apply at this time.

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

None apply at this time.

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

Personal and Community Health

Standard 7: Practicing Health-Enhancing Behaviors

7.2.P – Demonstrate personal responsibility for health habits.