

Too Good for Drugs

Grade 5 Revised Edition

Correlated with Missouri Department of Elementary and Secondary Education
Health Education Grade Level Expectations

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

Functions and Interrelationships of Systems

2. Social, Emotional, and Mental Health

A. Influence of Family and Peers

- Identify how family, friends, and culture can influence personal health practices and decisions

Health Maintenance and Enhancement

1. Personal and Family Health

B. Preventative Care

- Recognize the rapid changes in adolescent development (e.g., social, emotional, physical, intellectual growth)

4. Life Management Skills

C. Goal Setting and Asset Development

- Establish short and long term goals for a specific health issue

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

Functions and Interrelationships of Systems

2. Social, Emotional, and Mental Health

A. Influence of Family and Peers

- Identify how family, friends, and culture can influence personal health practices and decisions

B. Responsibility in Society

- Recognize situations where the perspective of others may differ from your own

Health Maintenance and Enhancement

1. Personal and Family Health

B. Preventative Care

- Recognize the rapid changes in adolescent development (e.g., social, emotional, physical, intellectual growth)

4. Life Management Skills

A. Decision Making and Problem Solving

- Apply strategies to solve or prevent problems (e.g., listen attentively, calm down, find a compromise)

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

Functions and Interrelationships of Systems

1. Structure and Functions of the Body

G. Nervous System

- Summarize the functions of the nervous system (e.g., sending and receiving messages, regulating body functions), serving as the body's control center for five senses (emotions, speech, coordination, balance, and learning)

2. Social, Emotional and Mental Health

B. Responsibility in Society

- Recognize situations where the perspective of others may differ from your own

C. Communication Skills

- Define defense mechanisms (constructive or destructive) as a means for handling emotions (e.g., talking it out vs. shutting down)

Health Maintenance and Enhancement

1. Personal and Family Health

B. Preventative Care

- Recognize the rapid changes in adolescent development (e.g., social, emotional, physical, intellectual growth)

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

Functions and Interrelationships of Systems

2. Social, Emotional and Mental Health

B. Responsibility in Society

- Recognize situations where the perspective of others may differ from your own

C. Communication Skills

- Define defense mechanisms (constructive or destructive) as a means for handling emotions (e.g., talking it out vs. shutting down)

Health Maintenance and Enhancement

1. Personal and Family Health

C. Growth and Development

- Recognize the rapid changes in adolescent development (e.g., social, emotional, physical, intellectual growth)

4. Life Management Skills

A. Decision Making and Problem Solving

- Apply strategies to solve or prevent problems (e.g., listen attentively, calm down, find a compromise)

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

Functions and Interrelationships of Systems

2. Social, Emotional and Mental Health

B. Responsibility in Society

- Recognize situations where the perspective of others may differ from your own

C. Communication Skills

- Define defense mechanisms (constructive or destructive) as a means for handling emotions (e.g., talking it out vs. shutting down)

Health Maintenance and Enhancement

1. Personal and Family Health

C. Growth and Development

- Recognize the rapid changes in adolescent development (e.g., social, emotional, physical, intellectual growth)

4. Life Management Skills

A. Decision Making and Problem Solving

- Apply strategies to solve or prevent problems (e.g., listen attentively, calm down, find a compromise)

E. Harassment/Bullying and Violence Prevention

- Devise a plan to reduce the risk of becoming a victim of violence, include violence prevention strategies (e.g., learn to protect yourself, avoid violent situations, choose friends wisely, don't talk to strangers)

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

Functions and Interrelationships of Systems

2. Social, Emotional and Mental Health

B. Responsibility in Society

- Recognize situations where the perspective of others may differ from your own

C. Communication Skills

- Define defense mechanisms (constructive or destructive) as a means for handling emotions (e.g., talking it out vs. shutting down)

Health Maintenance and Enhancement

1. Personal and Family Health

C. Growth and Development

- Recognize the rapid changes in adolescent development (e.g., social, emotional, physical, intellectual growth)

4. Life Management Skills

A. Decision Making and Problem Solving

- Apply strategies to solve or prevent problems (e.g., listen attentively, calm down, find a compromise)

Risk Assessment and Reduction

2. Injury Prevention and Safety

A. Safety for Home, School, and Community

- Discuss problems in daily living that may contribute to self-destructive behaviors and strategies to cope with these behaviors

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

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2. Social, Emotional and Mental Health

B. Responsibility in Society

- Recognize situations where the perspective of others may differ from your own

C. Communication Skills

- Define defense mechanisms (constructive or destructive) as a means for handling emotions (e.g., talking it out vs. shutting down)

Health Maintenance and Enhancement

1. Personal and Family Health

C. Growth and Development

- Recognize the rapid changes in adolescent development (e.g., social, emotional, physical, intellectual growth)

4. Life Management Skills

A. Decision Making and Problem Solving

- Apply strategies to solve or prevent problems (e.g., listen attentively, calm down, find a compromise)

E. Harassment/Bullying and Violence Prevention

- Devise a plan to reduce the risk of becoming a victim of violence, include violence prevention strategies (e.g., learn to protect yourself, avoid violent situations, choose friends wisely, don't talk to strangers)

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

Functions and Interrelationships of Systems

1. Structure and Functions of the Body

G. Nervous System

- Summarize the functions of the nervous system (e.g., sending and receiving messages, regulating body functions), serving as the body's control center for five senses (emotions, speech, coordination, balance, and learning)

2. Social, Emotional, and Mental Health

A. Influence of Family and Peers

- Identify how family, friends, and culture can influence personal health practices and decisions

Health Maintenance and Enhancement

4. Life Management Skills

C. Goal Setting and Asset Development

- Establish short and long term goals for a specific health issue

E. Harassment/Bullying and Violence Prevention

- Devise a plan to reduce the risk of becoming a victim of violence, include violence prevention strategies (e.g., learn to protect yourself, avoid violent situations, choose friends wisely, don't talk to strangers)

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

Health Maintenance and Enhancement

4. Life Management Skills

E. Harassment/Bullying and Violence Prevention

- Devise a plan to reduce the risk of becoming a victim of violence, include violence prevention strategies (e.g., learn to protect yourself, avoid violent situations, choose friends wisely, don't talk to strangers)

Risk Assessment and Reduction

3. Substance Education

C. Substance Use vs. Non-Use

- Discuss the issues relative to a smoke-free environment (e.g., financial, health risks, emotional) and demonstrate strategies for refusing TAOD

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

Functions and Interrelationships of Systems

1. Structure and Functions of the Body

G. Nervous System

- Summarize the functions of the nervous system (e.g., sending and receiving messages, regulating body functions), serving as the body's control center for five senses (emotions, speech, coordination, balance, and learning)

2. Social, Emotional, and Mental Health

A. Influence of Family and Peers

- Identify how family, friends, and culture can influence personal health practices and decisions

Health Maintenance and Enhancement

4. Life Management Skills

C. Goal Setting and Asset Development

- Establish short and long term goals for a specific health issue

Risk Assessment and Reduction

3. Substance Education

C. Substance Use vs. Non-Use

- Discuss the issues relative to a smoke-free environment (e.g., financial, health risks, emotional) and demonstrate strategies for refusing TAOD