

Too Good for Drugs

Grade 5 Revised Edition

Correlated with Mississippi Department of Education Contemporary Health Curriculum

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

Competency 6: Demonstrate the ability to use goal-setting skills to enhance health.

- Identify health goals and evaluate strategies/skills for attaining personal health goals.

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

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

Competency 5: Demonstrate the ability to use decision-making skills to enhance health.

- Explore the characteristics of habits and how habits affect personal health.

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

Competency 8: Understand the importance of demonstrating the ability to advocate for personal, family, and community health.

- Develop strategies to encourage and influence others in making healthy choices (e.g., healthy food choices, abstaining from alcohol, tobacco, and illegal drug use).

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

Competency 5: Demonstrate the ability to use decision-making skills to enhance health.

- Explore the characteristics of habits and how habits affect personal health.

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

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

- Demonstrate verbal and non-verbal skills to communicate care, self control, and respect for all.

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

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

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

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

- Demonstrate verbal and non-verbal skills to communicate care, self control, and respect for all.
- Demonstrate refusal and conflict resolution skills needed to develop and maintain healthy relationships with peers, family, and others in socially acceptable ways

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

Competency 8: Understand the importance of demonstrating the ability to advocate for personal, family, and community health.

- Develop strategies to encourage and influence others in making healthy choices (e.g., healthy food choices, abstaining from alcohol, tobacco, and illegal drug use).

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

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

- Demonstrate verbal and non-verbal skills to communicate care, self control, and respect for all.

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

Competency 8: Understand the importance of demonstrating the ability to advocate for personal, family, and community health.

- Develop strategies to encourage and influence others in making healthy choices (e.g., healthy food choices, abstaining from alcohol, tobacco, and illegal drug use).

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

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

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

- Demonstrate verbal and non-verbal skills to communicate care, self control, and respect for all.
- Demonstrate refusal and conflict resolution skills needed to develop and maintain healthy relationships with peers, family, and others in socially acceptable ways

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

Competency 8: Understand the importance of demonstrating the ability to advocate for personal, family, and community health.

- Develop strategies to encourage and influence others in making healthy choices (e.g., healthy food choices, abstaining from alcohol, tobacco, and illegal drug use).

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

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

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

- Demonstrate refusal and conflict resolution skills needed to develop and maintain healthy relationships with peers, family, and others in socially acceptable ways

Competency 5: Demonstrate the ability to use decision-making skills to enhance health.

- Explore the characteristics of habits and how habits affect personal health.

Competency 6: Demonstrate the ability to use goal-setting skills to enhance health.

- Identify health goals and evaluate strategies/skills for attaining personal health goals.

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

Competency 8: Understand the importance of demonstrating the ability to advocate for personal, family, and community health.

- Develop strategies to encourage and influence others in making healthy choices (e.g., healthy food choices, abstaining from alcohol, tobacco, and illegal drug use).

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

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

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

- Demonstrate refusal and conflict resolution skills needed to develop and maintain healthy relationships with peers, family, and others in socially acceptable ways

Competency 5: Demonstrate the ability to use decision-making skills to enhance health.

- Explore the characteristics of habits and how habits affect personal health.

Competency 6: Demonstrate the ability to use goal-setting skills to enhance health.

- Identify health goals and evaluate strategies/skills for attaining personal health goals.

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

Competency 8: Understand the importance of demonstrating the ability to advocate for personal, family, and community health.

- Develop strategies to encourage and influence others in making healthy choices (e.g., healthy food choices, abstaining from alcohol, tobacco, and illegal drug use).

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 TGFD lessons 1-9

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

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

- Demonstrate verbal and non-verbal skills to communicate care, self control, and respect for all.
- Demonstrate refusal and conflict resolution skills needed to develop and maintain healthy relationships with peers, family, and others in socially acceptable ways

Competency 5: Demonstrate the ability to use decision-making skills to enhance health.

- Explore the characteristics of habits and how habits affect personal health.

Competency 6: Demonstrate the ability to use goal-setting skills to enhance health.

- Identify health goals and evaluate strategies/skills for attaining personal health goals.

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

Competency 8: Understand the importance of demonstrating the ability to advocate for personal, family, and community health.

- Develop strategies to encourage and influence others in making healthy choices (e.g., healthy food choices, abstaining from alcohol, tobacco, and illegal drug use).