

Too Good for Drugs

High School Revised Edition

Correlated with Mississippi Contemporary Health Education Standards

Lesson One: *Graduation Day* – Goal Setting

Objectives

Following this lesson, the student will be able to:

- Identify and apply the steps for setting and reaching a personal goal
- Identify and apply the criteria for naming a reachable goal
- Apply knowledge of aptitudes and interests to goal setting
- Recognize and manage obstacles that can interfere with reaching a goal

Unit 1: Personal and Consumer Health

Competency 1: Describe ways to achieve and maintain a healthy lifestyle.

- a. Define health and list characteristics of a healthy person.

Lesson Two: *Who's in Charge Here?* – Decision Making

Objectives

Following this lesson, the student will be able to:

- Demonstrate the ability to apply the steps in the Decision-Making Model
- Predict the consequences of decisions on self and others
- Recognize personal responsibility for the outcomes of decisions
- Use decision-making and problem-solving skills to reach a desirable outcome
- Examine the effects of influence on decision-making

Unit 1: Personal and Consumer Health

Competency 1: Describe ways to achieve and maintain a healthy lifestyle.

- a. Define health and list characteristics of a healthy person.

Competency 2: Demonstrate the ability to use goal-setting and decision-making skills to enhance health.

- a. Identify the steps in the decision-making model.
- b. Apply the decision-making model to solve a personal problem.

Lesson Three: *Feelings 101* – Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Demonstrate strategies to identify and manage emotions
- Discern the emotions of others
- Demonstrate the ability to perspective take in a variety of situations
- Demonstrate ways to communicate care, consideration, and respect for self and others
- Analyze how emotions and self-awareness influence decision making
- Relate managing emotions to success in life

Unit 1: Personal and Consumer Health

Competency 1: Describe ways to achieve and maintain a healthy lifestyle.

- a. Define health and list characteristics of a healthy person.

Unit 3: Family/Social Health

Competency 1: Describe how the skills of communication, cooperation, and advocacy are essential for healthy relationships.

- b. Identify qualities that are important in close friends.

Lesson Four: *Say What You Mean. Mean What You Say* – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Demonstrate active listening techniques to build and maintain healthy relationships
- Recognize the role of verbal and nonverbal communication in conveying meaning and understanding
- Differentiate assertive, passive, and aggressive communication styles
- Demonstrate assertive communication techniques
- Use effective communication skills in asking for help and advocating needs
- Apply effective communication skills to collaborative efforts

Unit 1: Personal and Consumer Health

Competency 1: Describe ways to achieve and maintain a healthy lifestyle.

- a. Define health and list characteristics of a healthy person.

Unit 2: Mental Health

Competency 1: Demonstrate the ability to practice health-enhancing behaviors that contribute to positive mental health.

- b. Identify nonthreatening ways of being assertive.

Unit 3: Family/Social Health

Competency 1: Describe how the skills of communication, cooperation, and advocacy are essential for healthy relationships.

- b. Identify qualities that are important in close friends.

Lesson Five: *The Ties that Bind* – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Identify characteristics of healthy and unhealthy relationships
- Develop social-awareness and interpersonal skills to maintain positive relationships
- Recognize the benefits of belonging to a positive peer group
- Identify and bond with a positive peer group
- Manage one's emotions in relationships to positively influence and inspire others

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Competency 1: Describe ways to achieve and maintain a healthy lifestyle.

- a. Define health and list characteristics of a healthy person.

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- b. Identify nonthreatening ways of being assertive.

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Competency 1: Describe how the skills of communication, cooperation, and advocacy are essential for healthy relationships.

- b. Identify qualities that are important in close friends.

Lesson Six: *Wasted Time* – Effects of Alcohol Use

Objectives

Following this lesson, the student will be able to:

- Recognize and evaluate the influence of expectations on the decision to consume alcohol
- Identify the physical, mental, social, emotional, and legal implications of underage consumption of alcohol
- Discuss the short and long-term effects of alcohol use on the development of the teenage brain and body
- Discuss the negative effect of underage drinking on achieving goals
- Demonstrate peer-refusal skills in situations involving alcohol

Unit 1: Personal and Consumer Health

Competency 1: Describe ways to achieve and maintain a healthy lifestyle.

- a. Define health and list characteristics of a healthy person.

Competency 4: Analyze the influence of culture, media, technology, and other factors on health.

- a. Evaluate the implications of modern technology on societal health.

Unit 2: Mental Health

Competency 1: Demonstrate the ability to practice health-enhancing behaviors that contribute to positive mental health.

- b. Identify nonthreatening ways of being assertive.

Unit 7: Substance Abuse Prevention

Competency 2: Summarize the health hazards of alcohol.

- a. Identify the short- and long-term effects of alcohol on the body.

Competency 3: Analyze the health hazards of drugs and the benefits of medicines.

- b. Describe the side effects of drugs and how drugs are commonly abused.
- c. Illustrate how drug use, misuse, and abuse cause problems in society.

Competency 5: Discuss refusal and intervention skills.

- a. Develop refusal skills for all forms of drugs and inhalants.

Lesson Seven: *Vaporware* – Effects of Nicotine Use on the Brain and Body

Objectives

Following this lesson, the student will be able to:

- Distinguish between advertising claims and facts about the effects of using tobacco products.
- Describe the long-term and short-term effects of using tobacco products
- Contrast perceived norms with actual prevalence of smoking
- Identify ways tobacco use can interfere with the ability to reach a goal
- Demonstrate effective peer-pressure refusal techniques in situations involving tobacco products

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Competency 1: Describe ways to achieve and maintain a healthy lifestyle.

- a. Define health and list characteristics of a healthy person.

Competency 4: Analyze the influence of culture, media, technology, and other factors on health.

- a. Evaluate the implications of modern technology on societal health.

Unit 2: Mental Health

Competency 1: Demonstrate the ability to practice health-enhancing behaviors that contribute to positive mental health.

- b. Identify nonthreatening ways of being assertive.

Unit 7: Substance Abuse Prevention

Competency 1: Examine the health hazards of tobacco.

- a. List major reasons why people either abstain from or use tobacco.
- b. Describe long-term effects of tobacco use and the dangers of smoking.

Competency 3: Analyze the health hazards of drugs and the benefits of medicines.

- b. Describe the side effects of drugs and how drugs are commonly abused.
- c. Illustrate how drug use, misuse, and abuse cause problems in society.

Competency 5: Discuss refusal and intervention skills.

- a. Develop refusal skills for all forms of drugs and inhalants.
- b. Demonstrate ways to intervene and help a drug-dependent friend.

Lesson Eight: *Truth or Consequences* – Effects of Marijuana Use

Objectives

Following this lesson, the student will be able to:

- Discuss the physical, mental, social, and emotional consequences of marijuana use
- Discuss the misperceptions of marijuana and its use
- Examine the effects of marijuana on the body, particularly on brain function
- Evaluate the impact of marijuana impairment on goals, activities, and occupations
- Discuss the psychological addiction aspects of marijuana use

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Unit 7: Substance Abuse Prevention

Competency 3: Analyze the health hazards of drugs and the benefits of medicines.

- b. Describe the side effects of drugs and how drugs are commonly abused.
- c. Illustrate how drug use, misuse, and abuse cause problems in society.

Lesson Nine: *The Evidence Speaks for Itself* – Prescription, OTC, and Street Drugs

Objectives

Following this lesson, the student will be able to:

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

Unit 1: Personal and Consumer Health

Competency 1: Describe ways to achieve and maintain a healthy lifestyle.

- a. Define health and list characteristics of a healthy person.

Competency 2: Demonstrate the ability to use goal-setting and decision-making skills to enhance health.

- a. Identify the steps in the decision-making model.
- b. Apply the decision-making model to solve a personal problem.

Competency 4: Analyze the influence of culture, media, technology, and other factors on health.

- a. Evaluate the implications of modern technology on societal health.

Unit 2: Mental Health

Competency 1: Demonstrate the ability to practice health-enhancing behaviors that contribute to positive mental health.

- b. Identify nonthreatening ways of being assertive.

Competency 2: Describe how stress influences mental health.

- a. Identify the harmful physiological and psychological effects of stress.
- b. Develop a stress management plan.

Unit 3: Family/Social Health

Competency 1: Describe how the skills of communication, cooperation, and advocacy are essential for healthy relationships.

- b. Identify qualities that are important in close friends.
- c. Discuss conflict resolution styles and components of communication that can aid in resolving conflicts.

Unit 7: Substance Abuse Prevention

Competency 1: Examine the health hazards of tobacco.

- a. List major reasons why people either abstain from or use tobacco.

- b. Describe long-term effects of tobacco use and the dangers of smoking.

Competency 2: Summarize the health hazards of alcohol.

- a. Identify the short- and long-term effects of alcohol on the body.

Competency 3: Analyze the health hazards of drugs and the benefits of medicines.

- a. Differentiate between legal and illegal drugs and explain the benefits of medicines and harmful effects of illegal drugs.
- b. Describe the side effects of drugs and how drugs are commonly abused.
- c. Illustrate how drug use, misuse, and abuse cause problems in society.
- d. Explain how medicines benefit the life of human beings.

Competency 5: Discuss refusal and intervention skills.

- a. Develop refusal skills for all forms of drugs and inhalants.
- b. Demonstrate ways to intervene and help a drug-dependent friend.

Lesson Ten: *Consider the Alternative* – Alternatives to Substance Use/Course Review

Objectives

Following this lesson, the student will be able to:

- Discuss the reasons why some teenagers choose to use drugs
- Identify healthy alternatives to drug use
- Discuss solutions for a friend with an alcohol or other drug problem
- Access school and community resources for help with alcohol or other drug problems
- Recall and practice skills and concepts learned in the course

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