

Too Good for Drugs

Grade 5 Revised Edition

Correlated with New Hampshire Elementary Health Education Curriculum Guidelines

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

Mental Health

1. Positive Self-Image

1.1 personal assets and strengths

1.4 actions that show sense of power (empowerment)

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

Mental Health

1. Positive Self-Image

1.1 personal assets and strengths

1.4 actions that show sense of power (empowerment)

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

Mental Health

1. Positive Self-Image

1.1 personal assets and strengths

1.4 actions that show sense of power (empowerment)

2. Emotional Health

2.1 how to express needs, wants, and feelings

2.2 positive ways to handle emotions, e.g., fear, anger, happiness, sadness

2.3 ways to manage and reduce anger

2.4 ways to deal with frustration

2.6 how to identify stressors

2.7 ways to reduce stress

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

Mental Health

1. Positive Self-Image

1.1 personal assets and strengths

1.4 actions that show sense of power (empowerment)

2. Emotional Health

2.1 how to express needs, wants, and feelings

3. Interpersonal Relationships and Communication

3.4 how to speak effectively

3.5 effective listening skills

3.6 characteristics of nonverbal communication

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

Mental Health

1. Positive Self-Image

1.1 personal assets and strengths

1.2 characteristics of positive role models

1.3 actions that show sense of belonging (connectiveness)

1.4 actions that show sense of power (empowerment)

3. Interpersonal Relationships and Communication

3.1 strategies to build and maintain healthy friendships

3.2 ways to communicate respect for diversity

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

Mental Health

1. Positive Self-Image

1.1 personal assets and strengths

1.4 actions that show sense of power (empowerment)

2. Emotional Health

2.1 how to express needs, wants, and feelings

2.2 positive ways to handle emotions, e.g., fear, anger, happiness, sadness

2.3 ways to manage and reduce anger

2.4 ways to deal with frustration

2.6 how to identify stressors

2.7 ways to reduce stress

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

Mental Health

1. Positive Self-Image

1.1 personal assets and strengths

1.2 characteristics of positive role models

1.3 actions that show sense of belonging (connectiveness)

1.4 actions that show sense of power (empowerment)

2. Emotional Health

2.1 how to express needs, wants, and feelings

2.5 ways to manage conflict

3. Interpersonal Relationships and Communication

3.1 strategies to build and maintain healthy friendships

3.2 ways to communicate respect for diversity

3.4 how to speak effectively

3.6 characteristics of nonverbal communication

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

Alcohol and Other Drugs

2. Short-Term and Long-Term Effects of AOD Use

2.1 differences between dependence and addiction

2.2 physical, social, and emotional effects

2.4 signs and behaviors of AOD use

2.5 benefits of not using AOD (physical, social, emotional, legal, financial)

3. Positive and Negative Influences on AOD Use

3.1 pressures to use

3.2 internal influences

3.4 peer influences

3.6 legal factors

3.7 influences on different types of AOD use

4. Healthful Choices about AOD Use

4.1 how to accept personal responsibility for choices about alcohol and other non-medicinal drug use

4.2 how to make a personal commitment not to use

5. Communicating Healthful Choices about AOD Use

5.1 techniques to refuse AOD use

5.3 how to encourage others not to 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
- Demonstrate effective peer-pressure refusal techniques in situations involving tobacco products

Tobacco

1. Tobacco Harms Health

1.1 that nicotine is a drug

1.2 harmful effects of tobacco

1.3 risks of different types of tobacco

1.4 second-hand smoke risks

2. Influences on Tobacco Use

2.1 internal influences

2.3 peer influences

3. Choosing to Be Tobacco Free

3.1 how to make a personal commitment not to use

3.2 ways to resist pressure to use

3.3 ways to encourage others not to use

3.4 that most people do not use tobacco

3.5 the difficulty of stopping tobacco use

4. Benefits of Being Tobacco Free

4.1 long-term and short-term health benefits

4.2 social benefits

4.3 financial benefits

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

Alcohol and Other Drugs

2. Short-Term and Long-Term Effects of AOD Use

2.2 physical, social, and emotional effects

2.4 signs and behaviors of AOD use

2.5 benefits of not using AOD (physical, social, emotional, legal, financial)

3. Positive and Negative Influences on AOD Use

3.1 pressures to use

3.2 internal influences

3.4 peer influences

3.6 legal factors

3.7 influences on different types of AOD use

4. Healthful Choices about AOD Use

4.1 how to accept personal responsibility for choices about alcohol and other non-medicinal drug use

4.2 how to make a personal commitment not to use

5. Communicating Healthful Choices about AOD Use

5.1 techniques to refuse AOD use

5.3 how to encourage others not to use