

Too Good for Drugs

Grade 7 Revised Edition

Correlated with New Hampshire Middle School Health Education Curriculum Guidelines

Lesson 1: *Set to Win* – Goal Setting

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Differentiate short-term and long-term goals
- Identify and apply the criteria for naming a personal goal
- Identify and apply the steps for setting and reaching a personal goal
- Identify available resources for support and assistance in working towards a goal

MENTAL HEALTH

1. Positive Self-Image

Students need to know:

1.1 personal assets and strengths

Lesson 2: *The Decision is Yours* – Decision Making

Objectives

Following this lesson, the student will be able to:

- Identify and apply the four steps in the decision-making model
- Define consequences and differentiate between positive and negative consequences
- Recognize the role of personal responsibility when reflecting on decisions and their potential outcomes

ALCOHOL AND OTHER DRUGS

4. Healthful Choices about AOD Use

Students need to know:

4.1 how to accept personal responsibility for choices about AOD use

4.2 how to make a personal commitment not to use

Lesson 3: *Understanding Me* – Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Identify stressors that trigger emotions
- Recognize how emotions influence decisions
- Identify emotions and signs of stress
- Demonstrate healthy strategies to manage emotions and stress
- Identify and manage the emotions of others

FAMILY LIFE AND SEXUALITY

2. Growth and Development

Students need to know:

2.1 emotional Changes

MENTAL HEALTH

1. Positive Self-Image

Students need to know:

1.4 how to develop and demonstrate a sense of power (empowerment)

2. Emotional Health

Students need to know:

2.1 how to express needs, wants, and feelings appropriately

2.2 positive ways to handle/express emotions, e.g., mood swings, hurt feelings, loneliness, sadness

2.3 ways to manage and reduce anger and conflict

2.4 ways to deal with frustration

2.5 how emotions and behaviors change during adolescence

4. Stress Management

Students need to know:

4.1 how to analyze stressors, e.g., death, ending relationships, changing schools, rejection

4.2 coping strategies to reduce stress

4.3 ways to avoid stress

Lesson 4: *Say It With Style* – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Define effective communication
- Identify the elements of effective communication, both verbal and non-verbal
- Recognize how tone of voice, facial expressions, and body language can affect meaning
- Demonstrate assertive speaking and active listening techniques

MENTAL HEALTH

2. Emotional Health

Students need to know:

2.1 how to express needs, wants, and feelings appropriately

3. Interpersonal Relationships and Communication

Students need to know:

3.2 skills for effective speaking, e.g., I-statements, eye contact, assertiveness

3.3 effective listening skills, e.g., reflective listening

3.4 characteristics of nonverbal communication

Lesson 5: *The Right Connection* – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Differentiate peer pressure and peer influence
- Identify the benefits of positive peer influence
- Articulate the benefits of associating with pro-social others
- Differentiate healthy friend qualities and unhealthy friend qualities
- Identify various peer pressure refusal strategies and the peer pressure situations to which they apply

ALCOHOL AND OTHER DRUGS

3. Positive and Negative Influences on AOD Use

Students need to know:

3.1 pressures to use

3.2 internal influences

3.4 peer influences

4. Healthful Choices about AOD Use

Students need to know:

4.2 how to make a personal commitment not to use

5. Communicating Healthful Choices about AOD Use

Students need to know:

5.3 how to deal with pressure to use

5.4 how to encourage others not to use

TOBACCO

3. Choosing to be Tobacco Free

Students need to know:

3.2 strategies to resist pressure to use

MENTAL HEALTH

3. Interpersonal Relationships and Communication

Students need to know:

3.1 how to build and maintain healthy friendships

3.6 how to resist peer pressure

3.7 appropriate ways to end relationships

Lesson 6: *Addiction Notice* - Addiction

Objectives

Following this lesson, the student will be able to:

- Define and differentiate addiction and chemical dependency
- Discuss the stages of addiction
- Compare the stages of addiction and the associated behaviors
- Define tolerance and withdrawal and identify withdrawal symptoms
- Identify several reasons some teenagers consider drug use and list alternative solutions

ALCOHOL AND OTHER DRUGS

1. Short-Term and Long-Term Benefits and Risks of Medicinal Drugs

Students need to know:

1.1 risks of dependence and addiction

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

Students need to know:

2.1 risks of dependence and addiction

2.3 signs and behaviors of AOD use

3.7 influences on different levels of AOD use

TOBACCO

1. Short-Term and Long-Term Risks of Tobacco Use

Students need to know:

1.1 addictive effects of nicotine

Lesson 7: A Toxic Waste - Tobacco

Objectives

Following this lesson, the student will be able to:

- Identify the various forms of tobacco products
- Identify the chemical makeup of tobacco products
- Analyze the social consequences of smoking
- Describe the harmful short-term and long-term effects of tobacco use, including second-hand smoke, on the body

TOBACCO

1. Short-Term and Long-Term Risks of Tobacco Use

Students need to know:

1.1 addictive effects of nicotine

1.2 short-term effects of tobacco use, e.g., bad breath, heart rate, athletic performance

1.3 harmful effects of tobacco smoke

1.4 risks of different types of tobacco products

2. Influences on Tobacco Use

Students need to know:

2.4 advertising strategies

2.6 media influences

3. Choosing to be Tobacco Free

Students need to know:

- 3.1 how to make a personal commitment not to use
- 3.2 strategies to resist pressure to use
- 3.3 ways to communicate personal attitudes about tobacco use
- 3.5 ways to support others to be tobacco free
- 3.6 that most people do not use tobacco
- 3.7 healthful alternatives to tobacco use
- 4. Benefits of Being Tobacco Free

Students need to know:

- 4.1 long-term and short-term health benefits

Lesson 8: *Al K Hol* - Alcohol

Objectives

Following this lesson, the student will be able to:

- Describe the harmful short-term effects of under-age alcohol use
- Identify possible sources for the false expectations people have about alcohol
- Define media literacy and discuss its potential influence on teen behavior
- Differentiate the common misperceptions of alcohol as an energizing party drink and its actual effects as a depressant

ALCOHOL AND OTHER DRUGS

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

Students need to know:

- 2.1 risks of dependence and addiction
- 2.2 physical, social, and emotional effects of AOD use
- 2.3 signs and behaviors of AOD use
- 2.4 effects of binge drinking
- 2.8 relationship between AOD use and transportation injuries
- 2.9 relationship between AOD use and other injuries
- 2.10 relationship between AOD use and sexual behavior
- 2.12 benefits of not using AOD (physical, social, emotional, legal, financial)

3. Positive and Negative Influences on AOD Use

Students need to know:

3.1 pressures to use

3.2 internal influences

3.3 family influences

3.4 peer influences

3.5 cultural influences

3.7 influences on different levels of AOD use

5. Communicating Healthful Choices about AOD Use

Students need to know:

5.3 how to deal with pressure to use

5.4 how to encourage others not to use

Lesson 9: *The Real Deal* – Marijuana

Objectives

Following this lesson, the student will be able to:

- Differentiate accurate and inaccurate sources of information about drugs
- Differentiate myth and reality regarding marijuana
- Identify the effects of marijuana on the body, particularly on brain function
- Describe the impact of marijuana use on reaching goals
- Describe the impact of marijuana use on everyday activities

ALCOHOL AND OTHER DRUGS

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

Students need to know:

2.1 risks of dependence and addiction

2.2 physical, social, and emotional effects of AOD use

2.3 signs and behaviors of AOD use

2.6 effects of marijuana use

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

3. Positive and Negative Influences on AOD Use

Students need to know:

3.1 pressures to use

3.4 peer influences

4. Healthful Choices about AOD Use

Students need to know:

4.1 how to accept personal responsibility for choices about AOD use

4.2 how to make a personal commitment not to use

5. Communicating Healthful Choices about AOD Use

Students need to know:

5.3 how to deal with pressure to use

5.4 how to encourage others not to use

PHYSICAL ACTIVITY

4. Effects of Drugs on Fitness

Students need to know:

4.1 effects of tobacco, alcohol, and other drugs on performance

Lesson 10: A Drug is a Drug – Street, Prescription, and OTC Drugs

Objectives

Following this lesson, the student will be able to:

- Identify the harmful effects of over-the-counter and prescription drug abuse on the human brain and body
- Differentiate the appropriate use and the abuse of prescription and over-the-counter drugs
- Compare the harmful effects of abusing prescription and over-the-counter drugs to those of street drugs
- Demonstrate a knowledge of facts regarding tobacco, alcohol, marijuana, street drugs, and prescription and over-the-counter medications

ALCOHOL AND OTHER DRUGS

1. Short-Term and Long-Term Benefits and Risks of Medicinal Drugs

Students need to know:

1.1 risks of dependence and addiction

1.2 physical, social, and emotional effects of AOD use

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

Students need to know:

2.1 risks of dependence and addiction

2.2 physical, social, and emotional effects of AOD use

2.3 signs and behaviors of AOD use

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

4. Healthful Choices about AOD Use

Students need to know:

4.1 how to accept personal responsibility for choices about AOD use

4.2 how to make a personal commitment not to use

5. Communicating Healthful Choices about AOD Use

Students need to know:

5.1 effects and consequences of other non-medicinal drug use

5.3 how to deal with pressure to use

5.4 how to encourage others not to use