

Too Good for Drugs

High School Revised Edition

Correlated with New Hampshire 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

Mental Health

1. Positive Self-Image

Students need to know:

- 1.1 personal assets and strengths
- 1.4 how to develop and demonstrate a sense of empowerment

2. Emotional Health

Students need to know:

- 2.4 ways of dealing with frustration

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

Mental Health

1. Positive Self-Image

Students need to know:

- 1.1 personal assets and strengths
- 1.4 how to develop and demonstrate a sense of empowerment

2. Emotional Health

Students need to know:

- 2.1 strategies for expressing needs, wants and feelings appropriately

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

Mental Health

1. Positive Self-Image

Students need to know:

- 1.1 personal assets and strengths
- 1.4 how to develop and demonstrate a sense of empowerment

2. Emotional Health

Students need to know:

- 2.1 strategies for expressing needs, wants and feelings appropriately
- 2.2 positive ways to handle emotions, e.g., mood swings, loneliness, hurt feelings, sadness
- 2.3 strategies for managing and reducing anger and conflict
- 2.4 ways of dealing with frustration

3. Interpersonal Relationships and Communication

Students need to know:

- 3.4 characteristics of non-verbal communication
- 3.9 how to advocate for needs and rights of others

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

Mental Health

1. Positive Self-Image

Students need to know:

- 1.1 personal assets and strengths
- 1.4 how to develop and demonstrate a sense of empowerment

2. Emotional Health

Students need to know:

2.1 strategies for expressing 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 skills for effective listening, e.g., reflective listening

3.4 characteristics of non-verbal communication

3.9 how to advocate for needs and rights of others

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

Mental Health

1. Positive Self-Image

Students need to know:

1.1 personal assets and strengths

1.4 how to develop and demonstrate a sense of empowerment

2. Emotional Health

Students need to know:

2.1 strategies for expressing needs, wants and feelings appropriately

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

2.3 strategies for managing and reducing anger and conflict

2.4 ways of dealing with frustration

3. Interpersonal Relationships and Communication

Students need to know:

3.1 how to build and maintain relationships, including appropriate ways to end relationships

3.6 ways to resist peer pressure

3.7 appropriate ways to end relationships

3.8 techniques for negotiation and compromise

Family Life and Sexuality

1. Families and Relationships

Students need to know:

1.1 ways to communicate respect for self and others

1.2 diversity of relationships, e.g., family, friends, dating, marriage

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

Alcohol and Other Drugs

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

Students need to know:

- 2.2 physical, social and emotional effects of AOD use
- 2.3 effects of binge drinking
- 2.11 relationship between AOD use and mental health
- 2.12 benefits of not using AOD (physical, social, emotional, legal, financial, vocational)

3. Positive and Negative Influences on AOD Use

Students need to know:

- 3.1 strategies to identify pressures to use
- 3.2 internal influences
- 3.4 peer influences
- 3.6 legal/policy factors

4. Healthful Choices about AOD Use

Students need to know:

- 4.1 how to accept personal responsibility for choices about alcohol and other non-medicinal drug use
- 4.2 strategies to support personal commitment not to use

5. Communicating Healthful Choices about AOD Use

Students need to know:

- 5.1 ways to refuse alcohol and other non-medicinal drug use
- 5.2 how to get help for self and others
- 5.3 ways to deal with pressure to use
- 5.4 ways to encourage others not to use
- 5.5 techniques to refuse to ride with someone who has been using AOD

Injury Prevention

2. Transportation Safety

Students need to know:

- 2.2 consequences of driving under influence of alcohol or other drugs

Mental Health

1. Positive Self-Image

Students need to know:

- 1.1 personal assets and strengths
- 1.4 how to develop and demonstrate a sense of empowerment

3. Interpersonal Relationships and Communication

Students need to know:

- 3.6 ways to resist peer pressure

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

Alcohol and Other Drugs

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

Students need to know:

- 2.1 differences between dependence and addiction
- 2.2 physical, social and emotional effects of AOD use
- 2.12 benefits of not using AOD (physical, social, emotional, legal, financial, vocational)

3. Positive and Negative Influences on AOD Use

Students need to know:

- 3.1 strategies to identify pressures to use
- 3.2 internal influences
- 3.4 peer influences
- 3.6 legal/policy factors

4. Healthful Choices about AOD Use

Students need to know:

- 4.1 how to accept personal responsibility for choices about alcohol and other non-medicinal drug use
- 4.2 strategies to support personal commitment not to use

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 and long-term effects of tobacco use
- 1.3 harmful substances in tobacco
- 1.4 risks of different types of tobacco products

2. Influences on Tobacco Use

Students need to know:

- 2.1 internal influences
- 2.3 peer influences
- 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 techniques to communicate personal attitudes about tobacco use
- 3.4 how to advocate for a tobacco-free environment
- 3.5 most people don't use tobacco
- 3.6 alternatives to tobacco use

4. Benefits of Being Tobacco Free

Students need to know:

- 4.1 long-term and short-term health benefits
- 4.2 social benefits

5. Cessation

Students need to know:

- 5.1 barriers to quitting
- 5.3 resources for getting help

Mental Health

1. Positive Self-Image

Students need to know:

- 1.1 personal assets and strengths
- 1.4 how to develop and demonstrate a sense of empowerment

3. Interpersonal Relationships and Communication

Students need to know:

- 3.1 how to build and maintain relationships, including appropriate ways to end relationships
- 3.6 ways to resist peer pressure
- 3.9 how to advocate for needs and rights of others

6. Resources and Support

Students need to know:

- 6.1 when to get help
- 6.2 why to get help
- 6.3 where and how to get help

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

Alcohol and Other Drugs

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

Students need to know:

- 2.1 differences between dependence and addiction
- 2.2 physical, social and emotional effects of AOD use
- 2.5 effects of marijuana use
- 2.11 relationship between AOD use and mental health
- 2.12 benefits of not using AOD (physical, social, emotional, legal, financial, vocational)

3. Positive and Negative Influences on AOD Use

Students need to know:

- 3.1 strategies to identify pressures to use
- 3.2 internal influences
- 3.4 peer influences
- 3.6 legal/policy factors

4. Healthful Choices about AOD Use

Students need to know:

- 4.1 how to accept personal responsibility for choices about alcohol and other non-medicinal drug use
- 4.2 strategies to support personal commitment not to use

Injury Prevention

2. Transportation Safety

Students need to know:

- 2.2 consequences of driving under influence of alcohol or other drugs

Mental Health

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- 1.4 how to develop and demonstrate a sense of empowerment

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

Alcohol and Other Drugs

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

Students need to know:

- 1.2 importance of taking medicines as described (dosage, duration, need for food)

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

Students need to know:

- 2.2 physical, social and emotional effects of AOD use
- 2.7 effects of use of other illicit drugs
- 2.8 relationship between AOD use and transportation injuries
- 2.9 relationship between AOD use and violence and other injuries
- 2.11 relationship between AOD use and mental health
- 2.12 benefits of not using AOD (physical, social, emotional, legal, financial, vocational)

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Students need to know:

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Injury Prevention

2. Transportation Safety

Students need to know:

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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

Alcohol and Other Drugs

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

Students need to know:

- 1.1 differences between dependence and addiction
- 1.2 importance of taking medicines as described (dosage, duration, need for food)
- 1.3 necessity of using caution in taking multiple medicines.

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

Students need to know:

- 2.1 differences between dependence and addiction
- 2.2 physical, social and emotional effects of AOD use
- 2.3 effects of binge drinking
- 2.5 effects of marijuana use
- 2.7 effects of use of other illicit drugs
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- 3.4 characteristics of non-verbal communication
- 3.6 ways to resist peer pressure
- 3.7 appropriate ways to end relationships
- 3.8 techniques for negotiation and compromise
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