

Too Good for Drugs

Grade 6 Revised Edition

Correlated with New Jersey Core Curriculum Content Standards

Lesson 1: *My Road Ahead* – Goal Setting

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Identify and apply the goal-naming criteria
- Identify and apply goal-setting steps to a personal goal
- Name someone to support him or her in working toward the goal

2.1 Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.

A. Personal Growth and Development

Content: Staying healthy is a lifelong process that includes all dimensions of wellness.

2.1.6.A.2. Relate how personal lifestyle habits, environment, and heredity influence growth and development in each life stage.

E. Social and Emotional Health

Content: Social and emotional development impacts all components of wellness.

2.1.6.E.1. Examine how personal assets and protective factors support healthy social and emotional development

2.2 Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.

B. Decision Making and Goal Setting

Content: Every health-related decision has short- and long-term consequences and affects the ability to reach health goals.

2.2.6.B.2. Predict how the outcome(s) of a health-related decision may differ if an alternative decision is made by self or others.

2.2.6.B.4. Apply personal health data and information to support achievement of one's short- and long-term health goals

Lesson 2: *Who's in the Driver's Seat?* – Decision Making

Objectives

Following this lesson, the student will be able to:

- Define consequence
- Distinguish decisions with minor consequences from those with major consequences
- List the steps of the decision-making model
- Explain the importance of stopping to think about possible consequences before making major decisions

- Evaluate possible consequences of major decisions

2.1 Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.

E. Social and Emotional Health

Content: Social and emotional development impacts all components of wellness.

2.1.6.E.1. Examine how personal assets and protective factors support healthy social and emotional development.

2.2 Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.

B. Decision Making and Goal Setting

Content: Every health-related decision has short- and long-term consequences and affects the ability to reach health goals.

2.2.6.B.1. Use effective decision-making strategies.

2.2.6.B.2. Predict how the outcome(s) of a health-related decision may differ if an alternative decision is made by self or others.

2.2.6.B.3. Determine how conflicting interests may influence one's decisions.

C. Character Development

Content: Personal core ethical values impact the behavior of oneself and others.

2.2.6.C.1. Explain how character and core ethical values can be useful in addressing challenging situations.

Content: Character building is influenced by many factors both positive and negative, such as acceptance, discrimination, bullying, abuse, sportsmanship, support, disrespect, and violence.

2.2.6.C.2. Predict situations that may challenge an individual's core ethical values.

2.3 Drugs and Medicines: All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle.

B. Alcohol, Tobacco and Other Drugs

2.3.6.B.5. Determine situations where the use of alcohol and other drugs influence decision making and can place one at risk.

Lesson 3: *Diagnostic Tune-Up* – Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Recognize the physical signals associated with specific emotions
- Identify intense emotions
- Name a variety of emotions
- List positive ways to manage emotions
- Discuss the importance of managing emotions to prevent them from intensifying and leading to inappropriate actions

2.1 Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.

E. Social and Emotional Health

Content: Social and emotional development impacts all components of wellness.

2.1.6.E.1. Examine how personal assets and protective factors support healthy social and emotional development.

Lesson 4: *Express Yourself* – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Define effective communication
- Identify the elements of communication, both verbal and non-verbal
- Recognize how tone of voice, facial expressions, and body language can affect meaning
- Distinguish among assertive, aggressive, and passive communication styles

2.1 Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.

E. Social and Emotional Health

Content: Social and emotional development impacts all components of wellness.

2.1.6.E.1. Examine how personal assets and protective factors support healthy social and emotional development.

2.2 Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.

A. Interpersonal Communication

Content: Effective communication may be a determining factor in the outcome of health and safety-related situations.

2.2.6.A.1. Demonstrate verbal and nonverbal interpersonal communication in various settings that impact the health of oneself and others.

Lesson 5: *Peer Review* – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Define peer pressure
 - Identify nine effective peer-pressure refusal strategies
 - Demonstrate effective peer-pressure refusal techniques in a variety of situations
 - Evaluate assertiveness in peer-pressure refusal demonstrations
 - Identify the benefits of associating with peers who make positive decisions
 - Name ways to influence others positively

2.1 Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.

E. Social and Emotional Health

Content: Social and emotional development impacts all components of wellness.

2.1.6.E.1. Examine how personal assets and protective factors support healthy social and emotional development.

2.2 Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.

A. Interpersonal Communication

Content: Effective communication may be a determining factor in the outcome of health and safety-related situations.

2.2.6.A.1. Demonstrate verbal and nonverbal interpersonal communication in various settings that impact the health of oneself and others.

Content: Effective communication is the basis for strengthening interpersonal interactions and relationships and resolving conflicts.

2.2.6.A.2. Demonstrate use of refusal, negotiation, and assertiveness skills in different situations.

C. Character Development

Content: Personal core ethical values impact the behavior of oneself and others.

2.2.6.C.1. Explain how character and core ethical values can be useful in addressing challenging situations.

Content: Character building is influenced by many factors both positive and negative, such as acceptance, discrimination, bullying, abuse, sportsmanship, support, disrespect, and violence.

2.2.6.C.2. Predict situations that may challenge an individual's core ethical values.

2.3 Drugs and Medicines: All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle.

B. Alcohol, Tobacco and Other Drugs

Content: There is a strong relationship between individuals who abuse drugs and increased intentional and unintentional health risk behaviors.

2.3.6.B.5. Determine situations where the use of alcohol and other drugs influence decision making and can place one at risk.

Lesson 6: A Closer Look – Alcohol

Objectives

Following this lesson, the student will be able to:

- Compare the alcohol content of one serving of beer, wine, and liquor
- Define “psychoactive”
- List the effects of alcohol on the brain and behavior
- Demonstrate effective peer-pressure refusal skills in situations involving alcohol
- Identify ways alcohol use can interfere with the ability to reach a goal
- Identify the various forms of media used to communicate to large populations
- Determine that all advertising media messages are created and constructed by people to sell a product, service, or idea

2.1 Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.

E. Social and Emotional Health

Content: Social and emotional development impacts all components of wellness.

2.1.6.E.1. Examine how personal assets and protective factors support healthy social and emotional development.

2.2 Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.

A. Interpersonal Communication

Content: Effective communication is the basis for strengthening interpersonal interactions and relationships and resolving conflicts.

2.2.6.A.2. Demonstrate use of refusal, negotiation, and assertiveness skills in different situations.

B. Decision Making and Goal Setting

Content: Effective communication is the basis for strengthening interpersonal interactions and relationships and resolving conflicts.

2.2.6.B.2. Predict how the outcome(s) of a health-related decision may differ if an alternative decision is made by self or others.

2.2.6.B.4. Apply personal health data and information to support achievement of one's short- and long-term health goals.

2.3 Drugs and Medicines: All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle.

B. Alcohol, Tobacco and Other Drugs

Content: There is a strong relationship between individuals who abuse drugs and increased intentional and unintentional health risk behaviors.

2.3.6.B.4. Determine the impact of the use and abuse of alcohol on the incidence of illness, injuries, and disease, the increase of risky health behaviors, and the likelihood of harm to one's health.

2.3.6.B.5. Determine situations where the use of alcohol and other drugs influence decision making and can place one at risk.

Lesson 7: A Dead End – Tobacco

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

2.1 Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.

E. Social and Emotional Health

Content: Social and emotional development impacts all components of wellness.

2.1.6.E.1. Examine how personal assets and protective factors support healthy social and emotional development.

2.2 Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.

A. Interpersonal Communication

Content: Effective communication is the basis for strengthening interpersonal interactions and relationships and resolving conflicts.

2.2.6.A.2. Demonstrate use of refusal, negotiation, and assertiveness skills in different situations.

B. Decision Making and Goal Setting

Content: Effective communication is the basis for strengthening interpersonal interactions and relationships and resolving conflicts.

2.2.6.B.4. Apply personal health data and information to support achievement of one's short- and long-term health goals.

2.3 Drugs and Medicines: All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle.

B. Alcohol, Tobacco and Other Drugs

Content: There is a strong relationship between individuals who abuse drugs and increased intentional and unintentional health risk behaviors.

2.3.6.B.2. Relate tobacco use and the incidence of disease.

2.3.6.B.3. Compare the effect of laws, policies, and procedures on smokers and nonsmokers.

2.3.6.B.5. Determine situations where the use of alcohol and other drugs influence decision making and can place one at risk.

C. Dependency, Addiction and Treatment

Content: Substance abuse is caused by a variety of factors.

2.3.6.C.2. Explain how wellness is affected during the stages of drug dependency/addiction.

2.3.6.C.3. Determine the extent to which various factors contribute to the use and abuse of alcohol, tobacco, and other drugs by adolescents, such as peer pressure, low self-esteem, genetics, and poor role models.

Lesson 8: *Keep off the Grass!* – Marijuana

Objectives

Following this lesson, the student will be able to:

- Demonstrate effective peer pressure refusal techniques in situations involving alcohol
- List the effects of marijuana on the body and on behavior
- Determine the consequences of marijuana use on everyday activities
- Contrast perceived norms with actual prevalence of marijuana use
- Practice using peer-pressure refusal strategies in a variety of situations involving marijuana

2.1 Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.

E. Social and Emotional Health

Content: Social and emotional development impacts all components of wellness.

2.1.6.E.1. Examine how personal assets and protective factors support healthy social and emotional development.

2.2 Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.

A. Interpersonal Communication

Content: Effective communication is the basis for strengthening interpersonal interactions and relationships and resolving conflicts.

2.2.6.A.2. Demonstrate use of refusal, negotiation, and assertiveness skills in different situations.

B. Decision Making and Goal Setting

Content: Every health-related decision has short- and long-term consequences and affects the ability to reach health goals.

2.2.6.B.4. Apply personal health data and information to support achievement of one's short- and long-term health goals.

2.3 Drugs and Medicines: All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle.

B. Alcohol, Tobacco and Other Drugs

Content: There is a strong relationship between individuals who abuse drugs and increased intentional and unintentional health risk behaviors.

2.3.6.B.5. Determine situations where the use of alcohol and other drugs influence decision making and can place one at risk.

C. Dependency, Addiction and Treatment

Content: Substance abuse is caused by a variety of factors.

2.3.6.C.2. Explain how wellness is affected during the stages of drug dependency/addiction.

2.3.6.C.3. Determine the extent to which various factors contribute to the use and abuse of alcohol, tobacco, and other drugs by adolescents, such as peer pressure, low self-esteem, genetics, and poor role models.

Content: There are many ways to obtain help for treatment of alcohol, tobacco, and other substance abuse problems.

2.3.6.C.4. Determine effective strategies to stop using alcohol, tobacco and other drugs, and that support the ability to remain drug-free.

Lesson 9: *Calculate the Risk* – Inhalants and Street Drugs

Objectives

Following this lesson, the student will be able to:

- Discuss risk and the developmental aspects of risk-taking
- Differentiate healthy and unhealthy risks and predict their outcomes
- Incorporate risk analysis into the Decision-Making Model
- Discuss the harmful effects of inhalants and street drugs

2.1 Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.

E. Social and Emotional Health

Content: Social and emotional development impacts all components of wellness.

2.1.6.E.1. Examine how personal assets and protective factors support healthy social and emotional development.

2.3 Drugs and Medicines: All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle.

B. Alcohol, Tobacco and Other Drugs

Content: There is a strong relationship between individuals who abuse drugs and increased intentional and unintentional health risk behaviors.

2.3.6.B.5. Determine situations where the use of alcohol and other drugs influence decision making and can place one at risk.

2.3.6.B.6. Summarize the signs and symptoms of inhalant abuse.

Lesson 10: *Prevention 500* – Course Review

Objectives

Following this lesson, the student will be able to:

- Recall skills taught in TGFD lessons 1-9
- Explain concepts taught in TGFD lesson 1-9
- State reasons not to use drugs

2.1 Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.

E. Social and Emotional Health

Content: Social and emotional development impacts all components of wellness.

2.1.6.E.1. Examine how personal assets and protective factors support healthy social and emotional development.

2.2 Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.

A. Interpersonal Communication

Content: Effective communication is the basis for strengthening interpersonal interactions and relationships and resolving conflicts.

2.2.6.A.2. Demonstrate use of refusal, negotiation, and assertiveness skills in different situations.

B. Decision Making and Goal Setting

Content: Effective communication is the basis for strengthening interpersonal interactions and relationships and resolving conflicts.

2.2.6.B.2. Predict how the outcome(s) of a health-related decision may differ if an alternative decision is made by self or others.

2.2.6.B.4. Apply personal health data and information to support achievement of one's short- and long-term health goals.

2.3 Drugs and Medicines: All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle.

B. Alcohol, Tobacco and Other Drugs

Content: There is a strong relationship between individuals who abuse drugs and increased intentional and unintentional health risk behaviors.

2.3.6.B.4. Determine the impact of the use and abuse of alcohol on the incidence of illness, injuries, and disease, the increase of risky health behaviors, and the likelihood of harm to one's health.

2.3.6.B.5. Determine situations where the use of alcohol and other drugs influence decision making and can place one at risk.