

Too Good for Drugs

Grade 8 Revised Edition

Correlated with New Jersey Core Curriculum Content Standards

Lesson 1: *The Architect* – Goal Setting

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Identify and apply the steps for setting and reaching a personal goal
- Identify and apply the criteria for naming a reachable personal goal
- Name a personal goal using the goal-setting model
- Recognize and manage potential obstacles that can get in the way of reaching a goal

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.

2.1.8.E.1. Analyze how personal assets, resiliency, and protective factors support healthy social and emotional health.

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.

2.2.8.B.3. Analyze factors that support or hinder the achievement of personal health goals during different life stages.

Lesson 2: *iDecide* – Decision Making

Objectives

Following this lesson, the student will be able to:

- Define decision
- Demonstrate the ability to apply the steps in the Decision-Making Model
- Examine how goals, media, peers, and family influence decisions
- Demonstrate the effect decisions have on accomplishing goals
- Recognize that decisions are made every day
- Differentiate between impulsive behavior and thoughtful decisions
- Predict how decisions have consequences for self and others

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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.

2.2.8.B.1. Predict social situations that may require the use of decision-making skills.

2.2.8.B.2. Justify when individual or collaborative decision-making is appropriate.

Lesson 3: *Calibrating Sensors* – Identifying and Managing Emotions

Objective:

Following this lesson, the student will be able to:

- Relate managing emotions to success in life
- Demonstrate strategies to manage emotions
- Analyze how emotions and self-awareness influence decision making
- Demonstrate healthy ways to express feelings
- Discern the emotions of others
- Demonstrate ways to communicate care, consideration, and respect of self and others

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E. Social and Emotional Health

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

2.1.8.E.1. Analyze how personal assets, resiliency, and protective factors support healthy social and emotional health.

Lesson 4: *Press Send* – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Analyze the elements of interpersonal communication
- Distinguish assertive, aggressive, and passive communication styles
- Distinguish verbal and nonverbal communication
- Demonstrate assertive communication techniques
- Demonstrate active listening techniques to build and maintain healthy relationships
- Understand how perception and emotions can influence communication

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.

2.1.8.E.1. Analyze how personal assets, resiliency, and protective factors support healthy social and emotional health.

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 interpersonal communication encompasses respect and acceptance for individuals regardless of gender, sexual orientation, disability, ethnicity, socioeconomic background, religion, and/or culture.

2.2.8.A.1. Compare and contrast verbal and nonverbal interpersonal communication strategies in a variety of settings and cultures in different situations.

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

2.2.8.A.2. Demonstrate the use of refusal, negotiation, and assertiveness skills when responding to peer pressure, disagreements, or conflicts.

Lesson 5: *Friend Request* – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Compare healthy and unhealthy relationships
- Recognize the effects of negative peer pressure and peer influence
- Employ strategies to resist negative peer pressure and peer influence
- Recognize the effects of positive peer pressure and peer influence
- Recognize the benefits of belonging to a positive peer group
- Identify and bond with a positive peer group

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.

2.1.8.E.1. Analyze how personal assets, resiliency, and protective factors support healthy social and emotional health.

2.4 Human Relationships and Sexuality: All students will acquire knowledge about the physical, emotional, and social aspects of human relationships and sexuality and apply these concepts to support a healthy, active lifestyle.

A. Relationships

Content: The values acquired from family, culture, personal experiences, and friends impact all types of relationships.

2.4.8.A.5. Determine when a relationship is unhealthy and explain effective strategies to end the relationship.

Lesson 6: *Server Not Responding* - Alcohol

Objectives

Following this lesson, the student will be able to:

- Recognize the role expectations play in decision making
- Discuss the short-term and long-term effects of alcohol use on the teenage brain and body
- Evaluate the effects of alcohol use on reaching goals, decision making, managing emotions, communication, and relationships
- Predict consequences of underage alcohol use
- Discuss the benefits of positive health behaviors and their effect on preventing alcohol use

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.

2.1.8.E.1. Analyze how personal assets, resiliency, and protective factors support healthy social and emotional health.

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.

2.3.8.B.1. Compare and contrast the physical and behavioral effects of commonly abused substances by adolescents.

2.3.8.B.5. Explain the impact of alcohol and other drugs on those areas of the brain that control vision, sleep, coordination, and reaction time and the related impairment of behavior, judgment, and memory.

2.3.8.B.6. Relate the use of alcohol and other drugs to decision-making and risk for sexual assault, pregnancy, and STIs.

Lesson 7: *The Social Hacker* - Tobacco

Objectives

Following this lesson, the student will be able to:

- Identify the various forms of tobacco products
- Identify the short-term, long-term and social consequences of tobacco use
- Compare the glamorous image and the nasty reality of using tobacco products
- Discuss the impact of product placement in media on perceptions and attitudes about tobacco use
- Discuss the stages of addiction and the associated behaviors

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.

2.1.8.E.1. Analyze how personal assets, resiliency, and protective factors support healthy social and emotional health.

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.

2.3.8.B.1. Compare and contrast the physical and behavioral effects of commonly abused substances by adolescents.

2.3.8.B.3. Analyze the effects of all types of tobacco use on the aging process.

Lesson 8: *The Blunt Truth* - Marijuana

Objectives

Following this lesson, the student will be able to:

- Examine the misperceptions of marijuana and its use
- Examine the effects of marijuana on the body, particularly on brain function
- Discuss the impact of marijuana use on reaching goals
- Discuss the psychological addiction aspects of marijuana use

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E. Social and Emotional Health

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

2.1.8.E.1. Analyze how personal assets, resiliency, and protective factors support healthy social and emotional health.

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.

2.3.8.B.1. Compare and contrast the physical and behavioral effects of commonly abused substances by adolescents.

2.3.8.B.2. Predict the legal and financial consequences of the use, sale, and possession of illegal substances.

2.3.8.B.5. Explain the impact of alcohol and other drugs on those areas of the brain that control vision, sleep, coordination, and reaction time and the related impairment of behavior, judgment, and memory.

2.3.8.B.6. Relate the use of alcohol and other drugs to decision-making and risk for sexual assault, pregnancy, and STIs.

Lesson 9: *Not What the Doctor Ordered* – Prescription and OTC Drugs

Objectives

Following this lesson, the student will be able to:

- Discuss risk and examine 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 addictive and harmful effects of over-the-counter and prescription drug abuse
- Differentiate the appropriate use of, and the abuse of, prescription and over-the-counter drugs
- Discuss the physical, psychological, social, and emotional consequences of abusing prescription and over-the-counter drugs

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E. Social and Emotional Health

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

2.1.8.E.1. Analyze how personal assets, resiliency, and protective factors support healthy social and emotional health.

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.

A. Medicines

Content: Medicines come in a variety of forms (prescription medicines, over-the-counter medicines, medicinal supplements), are used for numerous reasons, and should be taken as directed in order to be safe and effective.

2.3.8.A.1. Explain why the therapeutic effects and potential risks of commonly used over-the-counter medicines, prescription drugs, and herbal and medicinal supplements vary in different individuals.

2.3.8.A.2. Compare and contrast adolescent and adult abuse of prescription and over-the-counter medicines and the consequences of such abuse.

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.

2.3.8.B.1. Compare and contrast the physical and behavioral effects of commonly abused substances by adolescents.

2.3.8.B.5. Explain the impact of alcohol and other drugs on those areas of the brain that control vision, sleep, coordination, and reaction time and the related impairment of behavior, judgment, and memory.

2.3.8.B.6. Relate the use of alcohol and other drugs to decision-making and risk for sexual assault, pregnancy, and STIs.

Lesson 10: *The Operating System* – Middle School Capstone

Objectives

Following this lesson, the student will be able to:

- Practice Goal Setting, Decision Making, Effective Communication, Managing Emotions and Relationship Management Skills
- Recall specific drug information and the effects of drug use on the body

- Identify the benefits of remaining healthy and drug-free
- Support and influence friends to remain healthy and drug-free

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E. Social and Emotional Health

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

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2.3.8.B.1. Compare and contrast the physical and behavioral effects of commonly abused substances by adolescents.

2.3.8.B.5. Explain the impact of alcohol and other drugs on those areas of the brain that control vision, sleep, coordination, and reaction time and the related impairment of behavior, judgment, and memory.

2.3.8.B.6. Relate the use of alcohol and other drugs to decision-making and risk for sexual assault, pregnancy, and STIs.