

Too Good for Drugs

Grade 5 Revised Edition

Correlated with Oregon Health Education Standards and Benchmarks

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

PREVENTION AND CONTROL OF DISEASE

Set goal for personal health care.

Set goal and track progress to improve/maintain personal health.

Encourage effective health care practices at home and school.

PROMOTION OF MENTAL, SOCIAL AND EMOTIONAL HEALTH

List characteristics that contribute to a healthy self-image.

Identify personal characteristics that reflect a healthy self-image.

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

PROMOTION OF MENTAL, SOCIAL AND EMOTIONAL HEALTH

Demonstrate pro-social behaviors including respect for self and others.

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

PROMOTION OF MENTAL, SOCIAL AND EMOTIONAL HEALTH

Identify people to talk with about social/emotional needs and relationships.

Demonstrate pro-social behaviors including respect for self and others.

Describe different emotions.

Demonstrate appropriate ways to express emotions, wants, and feelings.

Explain how the expression of emotions may help and/or harm self and others.

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

PROMOTION OF MENTAL, SOCIAL AND EMOTIONAL HEALTH

Identify people to talk with about social/emotional needs and relationships.

Demonstrate verbal and nonverbal, pro-social communication.

Demonstrate pro-social behaviors including respect for self and others.

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

PROMOTION OF MENTAL, SOCIAL AND EMOTIONAL HEALTH

Describe how pro-social behaviors help to build and maintain healthy relationships.

Identify people to talk with about social/emotional needs and relationships.

Demonstrate verbal and nonverbal, pro-social communication.

Demonstrate pro-social behaviors including respect for self and others.

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

PROMOTION OF MENTAL, SOCIAL AND EMOTIONAL HEALTH

Identify people to talk with about social/emotional needs and relationships.

Demonstrate pro-social behaviors including respect for self and others.

Demonstrate appropriate ways to express emotions, wants, and feelings.

Explain how the expression of emotions may help and/or harm self and others.

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

PROMOTION OF MENTAL, SOCIAL AND EMOTIONAL HEALTH

Describe how pro-social behaviors help to build and maintain healthy relationships.

Identify people to talk with about social/emotional needs and relationships.

Demonstrate verbal and nonverbal, pro-social communication.

Demonstrate pro-social behaviors including respect for self and others.

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, TOBACCO AND OTHER DRUG PREVENTION

Describe the benefits of a tobacco and drug-free environment.

List reasons why most youth do not use alcohol, tobacco, and other drugs.

Identify short and long-term consequences of alcohol, tobacco, steroids, and other drug use.

Recognize how advertising influences alcohol, tobacco, and other drug use.

Demonstrate verbal and non-verbal refusal skills to avoid alcohol, tobacco, and illegal drugs.

PREVENTION AND CONTROL OF DISEASE

Recognize the importance of healthy body systems and how each contributes to personal health.

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

ALCOHOL, TOBACCO AND OTHER DRUG PREVENTION

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List reasons why most youth do not use alcohol, tobacco, and other drugs.

Identify short and long-term consequences of alcohol, tobacco, steroids, and other drug use.

Recognize how advertising influences alcohol, tobacco, and other drug use.

Demonstrate verbal and non-verbal refusal skills to avoid alcohol, tobacco, and illegal drugs.

PREVENTION AND CONTROL OF DISEASE

Recognize the importance of healthy body systems and how each contributes to personal health.

PROMOTION OF ENVIRONMENTAL HEALTH

Identify ways to reduce exposure to potentially harmful and toxic substances including secondhand smoke.

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

PROMOTION OF MENTAL, SOCIAL AND EMOTIONAL HEALTH

Identify people to talk with about social/emotional needs and relationships.

Demonstrate pro-social behaviors including respect for self and others.

Demonstrate appropriate ways to express emotions, wants, and feelings.

Explain how the expression of emotions may help and/or harm self and others.

Demonstrate verbal and nonverbal, pro-social communication.

Demonstrate pro-social behaviors including respect for self and others.

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