

Too Good for Drugs

High School Revised Edition

Correlated with Oregon 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

Promotion of Mental, Social and Emotional Health

HE.12.PM01.CC Explain how to build and maintain healthy family and peer relationships.

HE.12.PM01.INF Analyze how personal, family, and cultural values influence healthy behaviors.

HE.12.PM02.CC Describe qualities that contribute to a healthy self-image.

HE.12.PM02.INF Identify influences, peer, family, community and media that contribute to a healthy self-image.

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

Promotion of Mental, Social and Emotional Health

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HE.12.PM02.CC Describe qualities that contribute to a healthy self-image.

HE.12.PM02.INF Identify influences, peer, family, community and media that contribute to a healthy self-image.

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

Promotion of Mental, Social and Emotional Health

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HE.12.PM02.CC Describe qualities that contribute to a healthy self-image.

HE.12.PM02.INF Identify influences, peer, family, community and media that contribute to a healthy self-image.

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

Promotion of Mental, Social and Emotional Health

HE.12.PM01.CC Explain how to build and maintain healthy family and peer relationships.

HE.12.PM01.INF Analyze how personal, family, and cultural values influence healthy behaviors.

HE.12.PM02.CC Describe qualities that contribute to a healthy self-image.

HE.12.PM02.INF Identify influences, peer, family, community and media that contribute to a healthy self-image.

HE.12.PM02.ADV Advocate for healthy communication skills within relationships.

Violence and Suicide Prevention

HE.12.VS01.CC Explain pro-social behaviors and explain how they may prevent violence.

HE.12.VS01.IC Demonstrate pro-social communication skills.

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

Promotion of Mental, Social and Emotional Health

HE.12.PM01.CC Explain how to build and maintain healthy family and peer relationships.

HE.12.PM01.INF Analyze how personal, family, and cultural values influence healthy behaviors.

HE.12.PM02.CC Describe qualities that contribute to a healthy self-image.

HE.12.PM02.INF Identify influences, peer, family, community and media that contribute to a healthy self-image.

HE.12.PM02.ADV Advocate for healthy communication skills within relationships.

HE.12.PS11.CC Describe characteristics of healthy and unhealthy romantic and/or sexual relationships.

HE.12.PS11.AI Demonstrate how to access valid information and resources about healthy and unhealthy relationships.

HE.12.PS11.IC Demonstrate effective strategies to avoid or end an unhealthy relationship.

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, Tobacco and Other Drug prevention

HE.12.AT01.CC Describe health benefits of abstaining from or discontinuing tobacco and/or drug use.

HE.12.AT01.GS Set goals to abstain from alcohol, tobacco and other drug use.

HE.12.AT01.ADV Advocate for the benefits of abstaining from or discontinuing tobacco and/or drug use.

HE.12.AT02.CC Explain short-and long-term effects of alcohol, tobacco, inhalants and other drug use, including anabolic steroids, performance enhancing drugs and controlled substances.

HE.12.AT02.IC Demonstrate refusal skills related to alcohol, tobacco, inhalants and other drug use, including anabolic steroids, performance enhancing drugs and controlled substances.

- HE.12.AT05.CC** Interpret school policies and community laws related to alcohol, tobacco, steroids, performance enhancing and illegal drug use, possession, and sales.
- HE.12.AT05.IC Communicate to others the school policies and state laws around student’s non- use of alcohol, tobacco, steroids, performance enhancing and other drug use.
- HE.12.AT06.CC** Explain the relationship between alcohol and other drug use on vehicle crashes, injuries, violence, suicide, and sexual risk behavior.
- HE.12.AT06.INF Analyze the influences and pressures teenagers face regarding issues of alcohol, tobacco and other drug use.
- HE.12.AT06.IC Demonstrate refusal skills around drinking and driving or being a passenger when the driver has been drinking and driving.

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, Tobacco and Other Drug prevention

- HE.12.AT01.CC** Describe health benefits of abstaining from or discontinuing tobacco and/or drug use.
- HE.12.AT01.GS Set goals to abstain from alcohol, tobacco and other drug use.
- HE.12.AT01.ADV Advocate for the benefits of abstaining from or discontinuing tobacco and/or drug use.
- HE.12.AT02.CC** Explain short-and long-term effects of alcohol, tobacco, inhalants and other drug use, including anabolic steroids, performance enhancing drugs and controlled substances.
- HE.12.AT02.IC Demonstrate refusal skills related to alcohol, tobacco, inhalants and other drug use, including anabolic steroids, performance enhancing drugs and controlled substances.
- HE.12.AT03.CC** Describe the potential addictive qualities of alcohol, tobacco and other drugs.
- HE.12.AT03.AI Access the appropriate resources for addiction services.
- HE.12.AT04.CC** Explain the impact of secondhand smoke.
- HE.12.AT04.SM Demonstrate ways to avoid second-hand smoke.
- HE.12.AT04.DM Use the decision making process to avoid secondhand smoke.
- HE.12.AT05.CC** Interpret school policies and community laws related to alcohol, tobacco, steroids, performance enhancing and illegal drug use, possession, and sales.
- HE.12.AT05.IC Communicate to others the school policies and state laws around student’s non- use of alcohol, tobacco, steroids, performance enhancing and other drug use.

HE.12.AT06.CC Explain the relationship between alcohol and other drug use on vehicle crashes, injuries, violence, suicide, and sexual risk behavior.

HE.12.AT06.INF Analyze the influences and pressures teenagers face regarding issues of alcohol, tobacco and other drug use.

Promotion of Environmental Health

HE.12.PE02.CC Describe the impact of air and water pollution, including secondhand smoke.

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, Tobacco and Other Drug prevention

HE.12.AT01.CC Describe health benefits of abstaining from or discontinuing tobacco and/or drug use.

HE.12.AT01.GS Set goals to abstain from alcohol, tobacco and other drug use.

HE.12.AT01.ADV Advocate for the benefits of abstaining from or discontinuing tobacco and/or drug use.

HE.12.AT02.CC Explain short-and long-term effects of alcohol, tobacco, inhalants and other drug use, including anabolic steroids, performance enhancing drugs and controlled substances.

HE.12.AT02.IC Demonstrate refusal skills related to alcohol, tobacco, inhalants and other drug use, including anabolic steroids, performance enhancing drugs and controlled substances.

HE.12.AT05.CC Interpret school policies and community laws related to alcohol, tobacco, steroids, performance enhancing and illegal drug use, possession, and sales.

HE.12.AT05.IC Communicate to others the school policies and state laws around student's non- use of alcohol, tobacco, steroids, performance enhancing and other drug use.

HE.12.AT06.CC Explain the relationship between alcohol and other drug use on vehicle crashes, injuries, violence, suicide, and sexual risk behavior.

HE.12.AT06.INF Analyze the influences and pressures teenagers face regarding issues of alcohol, tobacco and other drug use.

HE.12.AT09.CC Identify the occupational dangers of drug use in the workplace.

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, Tobacco and Other Drug prevention

HE.12.AT01.CC Describe health benefits of abstaining from or discontinuing tobacco and/or drug use.

HE.12.AT01.GS Set goals to abstain from alcohol, tobacco and other drug use.

HE.12.AT01.ADV Advocate for the benefits of abstaining from or discontinuing tobacco and/or drug use.

HE.12.AT02.CC Explain short-and long-term effects of alcohol, tobacco, inhalants and other drug use, including anabolic steroids, performance enhancing drugs and controlled substances.

HE.12.AT03.CC Describe the potential addictive qualities of alcohol, tobacco and other drugs.

HE.12.AT03.AI Access the appropriate resources for addiction services.

HE.12.AT05.CC Interpret school policies and community laws related to alcohol, tobacco, steroids, performance enhancing and illegal drug use, possession, and sales.

HE.12.AT05.IC Communicate to others the school policies and state laws around student's non- use of alcohol, tobacco, steroids, performance enhancing and other drug use.

HE.12.AT06.CC Explain the relationship between alcohol and other drug use on vehicle crashes, injuries, violence, suicide, and sexual risk behavior.

HE.12.AT06.INF Analyze the influences and pressures teenagers face regarding issues of alcohol, tobacco and other drug use.

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, Tobacco and Other Drug prevention

HE.12.AT01.CC Describe health benefits of abstaining from or discontinuing tobacco and/or drug use.

HE.12.AT01.GS Set goals to abstain from alcohol, tobacco and other drug use.

HE.12.AT01.ADV Advocate for the benefits of abstaining from or discontinuing tobacco and/or drug use.

HE.12.AT02.CC Explain short-and long-term effects of alcohol, tobacco, inhalants and other drug use, including anabolic steroids, performance enhancing drugs and controlled substances.

HE.12.AT02.IC Demonstrate refusal skills related to alcohol, tobacco, inhalants and other drug use, including anabolic steroids, performance enhancing drugs and controlled substances.

HE.12.AT03.CC Describe the potential addictive qualities of alcohol, tobacco and other drugs.

HE.12.AT03.AI Access the appropriate resources for addiction services.

HE.12.AT04.CC Explain the impact of secondhand smoke.

HE.12.AT04.SM Demonstrate ways to avoid second-hand smoke.

HE.12.AT04.DM Use the decision making process to avoid secondhand smoke.

HE.12.AT05.CC Interpret school policies and community laws related to alcohol, tobacco, steroids, performance enhancing and illegal drug use, possession, and sales.

HE.12.AT05.IC Communicate to others the school policies and state laws around student's non- use of alcohol, tobacco, steroids, performance enhancing and other drug use.

HE.12.AT05.ADV Advocate for a no-tolerance zone in school and community settings.

HE.12.AT06.CC Explain the relationship between alcohol and other drug use on vehicle crashes, injuries, violence, suicide, and sexual risk behavior.

HE.12.AT06.INF Analyze the influences and pressures teenagers face regarding issues of alcohol, tobacco and other drug use.

HE.12.AT06.IC Demonstrate refusal skills around drinking and driving or being a passenger when the driver has been drinking and driving.

HE.12.AT07.CC Explain the effects of alcohol, tobacco and other drug use during pregnancy.

HE.12.AT07.ADV Advocate for abstaining from alcohol, tobacco and other drugs during pregnancy.

HE.12.AT08.CC Explain the effects of alcohol, tobacco, steroids, performance enhancing, other drug use, and controlled substances on athletic performance.

HE.12.AT08.ADV Advocate for athletes to abstain from alcohol, tobacco and other drugs.

HE.12.AT09.CC Identify the occupational dangers of drug use in the workplace.

Promotion of Environmental Health

HE.12.PE02.CC Describe the impact of air and water pollution, including secondhand smoke.

Promotion of Mental, Social and Emotional Health

HE.12.PM01.CC Explain how to build and maintain healthy family and peer relationships.

HE.12.PM01.AI Identify resources at home, school, and in the community for managing family and healthy relationships.

HE.12.PM01.INF Analyze how personal, family, and cultural values influence healthy behaviors.

HE.12.PM02.CC Describe qualities that contribute to a healthy self-image.

HE.12.PM02.INF Identify influences, peer, family, community and media that contribute to a healthy self-image.

HE.12.PM02.ADV Advocate for healthy communication skills within relationships.