

Too Good for Drugs

Grade 5 Revised Edition

Correlated with Pennsylvania Academic Standards for Health, Safety, and Physical Education

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

None apply at this time.

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

10.1.6 Concepts of Health

D. Explain factors that influence childhood and adolescent drug use.

10.2.6 Healthful Living

- A. Explain the relationship between personal health practices and individual well-being.
D. Describe and apply the steps of a decision-making process to health and safety issues.

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

10.1.6 Concepts of Health

A. Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.

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

10.2.6 Healthful Living

A. Explain the relationship between personal health practices and individual well-being.

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

10.1.6 Concepts of Health

A. Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.

D. Explain factors that influence childhood and adolescent drug use.

10.2.6 Healthful Living

A. Explain the relationship between personal health practices and individual well-being.

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

10.2.6 Healthful Living

A. Explain the relationship between personal health practices and individual well-being.

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

10.1.6 Concepts of Health

- A. Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.
- D. Explain factors that influence childhood and adolescent drug use.
- E. Identify health problems that can occur throughout life and describe ways to prevent them.

10.2.6 Healthful Living

- A. Explain the relationship between personal health practices and individual well-being.
- D. Describe and apply the steps of a decision-making process to health and safety issues.

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

10.1.6 Concepts of Health

- D. Explain factors that influence childhood and adolescent drug use.
- E. Identify health problems that can occur throughout life and describe ways to prevent them.

10.2.6 Healthful Living

- A. Explain the relationship between personal health practices and individual well-being.
- B. Explain the relationship between health-related information and consumer choices.
- C. Explain the media's effect on health and safety issues.
- D. Describe and apply the steps of a decision-making process to health and safety issues.

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

10.1.6 Concepts of Health

- D. Explain factors that influence childhood and adolescent drug use.
- E. Identify health problems that can occur throughout life and describe ways to prevent them.

10.2.6 Healthful Living

- A. Explain the relationship between personal health practices and individual well-being.
- B. Explain the relationship between health-related information and consumer choices.
- C. Explain the media's effect on health and safety issues.
- D. Describe and apply the steps of a decision-making process to health and safety issues.

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

10.1.6 Concepts of Health

D. Explain factors that influence childhood and adolescent drug use.

E. Identify health problems that can occur throughout life and describe ways to prevent them.

10.2.6 Healthful Living

A. Explain the relationship between personal health practices and individual well-being.

D. Describe and apply the steps of a decision-making process to health and safety issues.