

Too Good for Drugs

Grade 6 Revised Edition

Correlated with Pennsylvania Health Education
Content Standards and Benchmarks

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

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.
- education
 - socioeconomic

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

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.
- education

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: *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

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.

- education
- socioeconomic

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

- social acceptance
- stress

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

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.

- education

10.2.6 Healthful Living

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

10.3.6 Safety and Injury Prevention

A. Explain and apply safe practices in the home, school and community.

- personal safety
- communication

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

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.

- education
- socioeconomic

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

- peer influence
- social acceptance
- stress
- decision-making/refusal skills
- rules, regulations and laws
- consequences

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.

E. Analyze environmental factors that impact health.

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

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.

- education
- socioeconomic

B. Identify and describe the structure and function of the major body systems.

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

- peer influence
- social acceptance
- stress
- media influence
- decision-making/refusal skills
- rules, regulations and laws
- consequences

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

- diseases
- preventions

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 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

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.

- education
- socioeconomic

B. Identify and describe the structure and function of the major body systems.

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

- peer influence
- body image
- social acceptance
- stress
- media influence
- decision-making/refusal skills
- rules, regulations and laws
- consequences

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

- diseases
- preventions

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.

E. Analyze environmental factors that impact health.

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

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.

- education
- socioeconomic

B. Identify and describe the structure and function of the major body systems.

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

- peer influence
- body image
- social acceptance
- stress
- decision-making/refusal skills
- rules, regulations and laws
- consequences

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

- diseases
- preventions

10.2.6 Healthful Living

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

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

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.
- education
 - socioeconomic
- B. Identify and describe the structure and function of the major body systems.
- D. Explain factors that influence childhood and adolescent drug use.
- peer influence
 - stress
 - media influence
 - decision-making/refusal skills
 - rules, regulations and laws
 - consequences
- E. Identify health problems that can occur throughout life and describe ways to prevent them.
- diseases
 - preventions

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 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

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.
- education
 - socioeconomic
- D. Explain factors that influence childhood and adolescent drug use.
- peer influence
 - body image

- social acceptance
- stress
- media influence
- decision-making/refusal skills
- rules, regulations and laws
- consequences

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

- diseases
- preventions

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.