

Too Good for Drugs

Grade 7 Revised Edition

Correlated with Pennsylvania Health Education
Content Standards and Benchmarks

Lesson 1: *Set to Win* – Goal Setting

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Differentiate short-term and long-term goals
- Identify and apply the criteria for naming a personal goal
- Identify and apply the steps for setting and reaching a personal goal
- Identify available resources for support and assistance in working towards a goal

10.1.9 Concepts of Health

A. Analyze factors that impact growth and development between adolescence and adulthood.

- relationships
- interpersonal communication
- risk factors
- community

D. Analyze prevention and intervention strategies in relation to adolescent and adult drug use.

- goal setting
- professional assistance
- parent involvement

Lesson 2: *The Decision is Yours* – Decision Making

Objectives

Following this lesson, the student will be able to:

- Identify and apply the four steps in the decision-making model
- Define consequences and differentiate between positive and negative consequences
- Recognize the role of personal responsibility when reflecting on decisions and their potential outcomes

10.1.9 Concepts of Health

D. Analyze prevention and intervention strategies in relation to adolescent and adult drug use.

- decision-making/refusal skills
- situation avoidance

10.2.9 Healthful Living

D. Analyze and apply a decision-making process to adolescent health and safety issues.

Lesson 3: *Understanding Me* – Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Identify stressors that trigger emotions
- Recognize how emotions influence decisions
- Identify emotions and signs of stress
- Demonstrate healthy strategies to manage emotions and stress
- Identify and manage the emotions of others

10.1.9 Concepts of Health

B. Analyze the interdependence existing among the body system

D. Analyze prevention and intervention strategies in relation to adolescent and adult drug use.

- decision-making/refusal skills
- situation avoidance
- professional assistance
- parent involvement

E. Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.

10.3.9 Safety and Injury Prevention

C. Analyze and apply strategies to avoid or manage conflict and violence during adolescence.

- assertive behavior

Lesson 4: *Say It With Style* – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Define effective communication
- Identify the elements of effective communication, both verbal and non-verbal
- Recognize how tone of voice, facial expressions, and body language can affect meaning
- Demonstrate assertive speaking and active listening techniques

10. 1.9 Concepts of Health

A. Analyze factors that impact growth and development between adolescence and adulthood.

- relationships
- interpersonal communication

10.3.9 Safety and Injury Prevention

C. Analyze and apply strategies to avoid or manage conflict and violence during adolescence.

- effective negotiation
- assertive behavior

Lesson 5: *The Right Connection* – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Differentiate peer pressure and peer influence
- Identify the benefits of positive peer influence
- Articulate the benefits of associating with pro-social others
- Differentiate healthy friend qualities and unhealthy friend qualities
- Identify various peer pressure refusal strategies and the peer pressure situations to which they apply

10.1.9 Concepts of Health

A. Analyze factors that impact growth and development between adolescence and adulthood.

- relationships
- interpersonal communication
- risk factors
- community

E. Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.

10.2.9 Healthful Living

D. Analyze and apply a decision-making process to adolescent health and safety issues.

10.4.9 Physical Activity

F. Analyze the effects of positive and negative interactions of adolescent group members in physical activities.

- group dynamics
- social pressure

Lesson 6: *Addiction Notice* - Addiction

Objectives

Following this lesson, the student will be able to:

- Define and differentiate addiction and chemical dependency
- Discuss the stages of addiction
- Compare the stages of addiction and the associated behaviors
- Define tolerance and withdrawal and identify withdrawal symptoms
- Identify several reasons some teenagers consider drug use and list alternative solutions

10. 1.9 Concepts of Health

A. Analyze factors that impact growth and development between adolescence and adulthood.

- relationships
- interpersonal communication
- risk factors
- community

B. Analyze the interdependence existing among the body system

E. Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.

10.2.9 Healthful Living

- B. Analyze the relationship between health-related information and adolescent consumer choices.
- tobacco products

Lesson 7: *A Toxic Waste* - Tobacco

Objectives

Following this lesson, the student will be able to:

- Identify the various forms of tobacco products
- Identify the chemical makeup of tobacco products
- Analyze the social consequences of smoking
- Describe the harmful short-term and long-term effects of tobacco use, including second-hand smoke, on the body

10. 1.9 Concepts of Health

- A. Analyze factors that impact growth and development between adolescence and adulthood.
- relationships
 - interpersonal communication
 - risk factors
 - community
- B. Analyze the interdependence existing among the body system
- D. Analyze prevention and intervention strategies in relation to adolescent and adult drug use.
- decision-making/refusal skills
 - situation avoidance
 - goal setting
 - professional assistance
 - parent involvement
- E. Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.

10.2.9 Healthful Living

- B. Analyze the relationship between health-related information and adolescent consumer choices.
- tobacco products

D. Analyze and apply a decision-making process to adolescent health and safety issues.

- E. Explain the interrelationship between the environment and personal health.
- air pollution/respiratory disease

10.4.9 Physical Activity

- C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.
- drug/substance use/abuse

Lesson 8: *Al K Hol* - Alcohol

Objectives

Following this lesson, the student will be able to:

- Describe the harmful short-term effects of under-age alcohol use
- Identify possible sources for the false expectations people have about alcohol
- Define media literacy and discuss its potential influence on teen behavior
- Differentiate the common misperceptions of alcohol as an energizing party drink and its actual effects as a depressant

10.1.9 Concepts of Health

A. Analyze factors that impact growth and development between adolescence and adulthood.

- relationships
- interpersonal communication
- risk factors
- community

B. Analyze the interdependence existing among the body system

C. Analyze factors that impact nutritional choices of adolescents.

- advertising
- peer influence
- athletic goals

D. Analyze prevention and intervention strategies in relation to adolescent and adult drug use.

- decision-making/refusal skills
- situation avoidance
- goal setting

E. Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.

10.2.9 Healthful Living

C. Analyze media health and safety messages and describe their impact on personal health and safety.

D. Analyze and apply a decision-making process to adolescent health and safety issues.

10.3.9 Safety and Injury Prevention

D. Analyze the role of individual responsibility for safety during organized group activities.

10.4.9 Physical Activity

C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.

- drug/substance use/abuse

Lesson 9: *The Real Deal* – Marijuana

Objectives

Following this lesson, the student will be able to:

- Differentiate accurate and inaccurate sources of information about drugs
- Differentiate myth and reality regarding marijuana
- Identify the effects of marijuana on the body, particularly on brain function
- Describe the impact of marijuana use on reaching goals
- Describe the impact of marijuana use on everyday activities

10.1.9 Concepts of Health

A. Analyze factors that impact growth and development between adolescence and adulthood.

- relationships
- interpersonal communication
- risk factors
- community

B. Analyze the interdependence existing among the body system

C. Analyze factors that impact nutritional choices of adolescents.

- advertising
- peer influence
- athletic goals

D. Analyze prevention and intervention strategies in relation to adolescent and adult drug use.

- decision-making/refusal skills
- situation avoidance
- goal setting
- professional assistance
- parent involvement

E. Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.

10.2.9 Healthful Living

B. Analyze the relationship between health-related information and adolescent consumer choices.

- tobacco products

D. Analyze and apply a decision-making process to adolescent health and safety issues.

10.3.9 Safety and Injury Prevention

D. Analyze the role of individual responsibility for safety during organized group activities.

10.4.9 Physical Activity

C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.

- drug/substance use/abuse

Lesson 10: *A Drug is a Drug* – Street, Prescription, and OTC Drugs

Objectives

Following this lesson, the student will be able to:

- Identify the harmful effects of over-the-counter and prescription drug abuse on the human brain and body
- Differentiate the appropriate use and the abuse of prescription and over-the-counter drugs
- Compare the harmful effects of abusing prescription and over-the-counter drugs to those of street drugs
- Demonstrate a knowledge of facts regarding tobacco, alcohol, marijuana, street drugs, and prescription and over-the-counter medications

10.1.9 Concepts of Health

- A. Analyze factors that impact growth and development between adolescence and adulthood.
- risk factors
- B. Analyze the interdependence existing among the body system
- C. Analyze factors that impact nutritional choices of adolescents.
- advertising
 - peer influence
 - athletic goals
- D. Analyze prevention and intervention strategies in relation to adolescent and adult drug use.
- decision-making/refusal skills
 - situation avoidance
 - goal setting
 - professional assistance
 - parent involvement
- E. Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.

10.2.9 Healthful Living

- A. Identify and describe health care products and services that impact adolescent health practices.
- B. Analyze the relationship between health-related information and adolescent consumer choices.
- tobacco products
 - weight control products
- D. Analyze and apply a decision-making process to adolescent health and safety issues.

10.4.9 Physical Activity

- C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.
- drug/substance use/abuse