

# Too Good for Drugs

## Grade 8 Revised Edition

Correlated with Pennsylvania Health Education  
Content Standards and Benchmarks

### Lesson 1: *The Architect* – Goal Setting

#### Objectives

Following this lesson, the student will be able to:

- Define a goal
- Identify and apply the steps for setting and reaching a personal goal
- Identify and apply the criteria for naming a reachable personal goal
- Name a personal goal using the goal-setting model
- Recognize and manage potential obstacles that can get in the way of reaching 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: *iDecide* – Decision Making

#### Objectives

Following this lesson, the student will be able to:

- Define decision
- Demonstrate the ability to apply the steps in the Decision-Making Model
- Examine how goals, media, peers, and family influence decisions
- Demonstrate the effect decisions have on accomplishing goals
- Recognize that decisions are made every day
- Differentiate between impulsive behavior and thoughtful decisions
- Predict how decisions have consequences for self and others

#### 10.1.9 Concepts of Health

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

- relationships
- interpersonal communication
- risk factors
- community

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

### 10.2.9 Healthful Living

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

## Lesson 3: *Calibrating Sensors* – Identifying and Managing Emotions

### Objective:

Following this lesson, the student will be able to:

- Relate managing emotions to success in life
- Demonstrate strategies to manage emotions
- Analyze how emotions and self-awareness influence decision making
- Demonstrate healthy ways to express feelings
- Discern the emotions of others
- Demonstrate ways to communicate care, consideration, and respect of self and others

### 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.

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

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.

- effective negotiation
- assertive behavior

## Lesson 4: *Press Send* – Effective Communication

### Objectives

Following this lesson, the student will be able to:

- Analyze the elements of interpersonal communication
- Distinguish assertive, aggressive, and passive communication styles
- Distinguish verbal and nonverbal communication
- Demonstrate assertive communication techniques
- Demonstrate active listening techniques to build and maintain healthy relationships
- Understand how perception and emotions can influence communication

### **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.
- decision-making/refusal skills
  - situation avoidance

### **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: *Friend Request* – Bonding and Relationships**

### **Objectives**

Following this lesson, the student will be able to:

- Compare healthy and unhealthy relationships
- Recognize the effects of negative peer pressure and peer influence
- Employ strategies to resist negative peer pressure and peer influence
- Recognize the effects of positive peer pressure and peer influence
- Recognize the benefits of belonging to a positive peer group
- Identify and bond with a positive peer group

### **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: *Server Not Responding* - Alcohol

### Objectives

Following this lesson, the student will be able to:

- Recognize the role expectations play in decision making
- Discuss the short-term and long-term effects of alcohol use on the teenage brain and body
- Evaluate the effects of alcohol use on reaching goals, decision making, managing emotions, communication, and relationships
- Predict consequences of underage alcohol use
- Discuss the benefits of positive health behaviors and their effect on preventing alcohol use

### 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.

### 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 7: *The Social Hacker* - Tobacco

### Objectives

Following this lesson, the student will be able to:

- Identify the various forms of tobacco products
- Identify the short-term, long-term and social consequences of tobacco use
- Compare the glamorous image and the nasty reality of using tobacco products
- Discuss the impact of product placement in media on perceptions and attitudes about tobacco use
- Discuss the stages of addiction and the associated behaviors

### 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

- B. Analyze the relationship between health-related information and adolescent consumer choices.
- tobacco products
- 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.
- E. Explain the interrelationship between the environment and personal health.

### 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: *The Blunt Truth* - Marijuana

### Objectives

Following this lesson, the student will be able to:

- Examine the misperceptions of marijuana and its use
- Examine the effects of marijuana on the body, particularly on brain function
- Discuss the impact of marijuana use on reaching goals
- Discuss the psychological addiction aspects of marijuana use

### 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

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**

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

- drug/substance use/abuse

## **Lesson 9: *Not What the Doctor Ordered* – Prescription and OTC Drugs**

### **Objectives**

Following this lesson, the student will be able to:

- Discuss risk and examine 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 addictive and harmful effects of over-the-counter and prescription drug abuse
- Differentiate the appropriate use of, and the abuse of, prescription and over-the-counter drugs
- Discuss the physical, psychological, social, and emotional consequences of abusing prescription and over-the-counter drugs

### **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

## **Lesson 10: *The Operating System* – Middle School Capstone**

### **Objectives**

Following this lesson, the student will be able to:

- Practice Goal Setting, Decision Making, Effective Communication, Managing Emotions and Relationship Management Skills
- Recall specific drug information and the effects of drug use on the body
- Identify the benefits of remaining healthy and drug-free
- Support and influence friends to remain healthy and drug-free

### **10.1.8 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.

### **10.4.8 Physical Activity**

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