

Too Good for Drugs

Grade 5 Revised Edition

Correlated with South Dakota Health Education Standards

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

Health Education Standard 1 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.5.1 Describe the relationship between healthy behaviors and personal health.

Health Education Standard 6 - Students will demonstrate the ability to use goal-setting skills to enhance health.

6.5.1 Set a personal health goal and track progress toward its achievement.

6.5.2 Identify resources to assist in achieving a personal health goal.

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

Health Education Standard 1 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.5.1 Describe the relationship between healthy behaviors and personal health.

Health Education Standard 5 - Students will demonstrate the ability to use decision-making skills to enhance health.

5.5.1 Identify health-related situations that might require a thoughtful decision.

5.5.2 Analyze when assistance is needed in making a health-related decision.

5.5.3 List healthy options to health-related issues or problems.

5.5.4 Predict the potential outcomes of each option when making a health-related decision.

5.5.5 Choose a healthy option when making a decision.

5.5.6 Describe the outcomes of a health-related decision.

Health Education Standard 7 - Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.5.3 Demonstrate a variety of behaviors that avoid or reduce health risks.

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

Health Education Standard 1 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.5.2 Identify examples of emotional, mental, physical, and social health.

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

Health Education Standard 4 - Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

4.5.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.

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

Health Education Standard 2 - Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

2.5.3 Identify how peers can influence healthy and unhealthy behaviors.

Health Education Standard 8 - Students will demonstrate the ability to advocate for personal, family and community health.

8.5.2 Support others to make positive health choices.

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

Health Education Standard 1 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.5.1 Describe the relationship between healthy behaviors and personal health.

1.5.2 Identify examples of emotional, mental, physical, and social health.

Health Education Standard 7 - Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.5.1 Identify responsible personal health behaviors.

7.5.2 Demonstrate a variety of health practices and behaviors to maintain or improve personal health.

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

Health Education Standard 1 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.5.1 Describe the relationship between healthy behaviors and personal health.

Health Education Standard 2 - Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

2.5.3 Identify how peers can influence healthy and unhealthy behaviors.

Health Education Standard 4 - Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

4.5.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.

4.5.2 Demonstrate refusal skills that avoid or reduce health risks.

Health Education Standard 7 - Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.5.1 Identify responsible personal health behaviors.

7.5.2 Demonstrate a variety of health practices and behaviors to maintain or improve personal health.

7.5.3 Demonstrate a variety of behaviors that avoid or reduce health risks.

Health Education Standard 8 - Students will demonstrate the ability to advocate for personal, family and community health.

8.5.2 Support others to make positive health choices.

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

Health Education Standard 1 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.5.1 Describe the relationship between healthy behaviors and personal health.

Health Education Standard 2 - Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

2.5.3 Identify how peers can influence healthy and unhealthy behaviors.

Health Education Standard 4 - Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

4.5.2 Demonstrate refusal skills that avoid or reduce health risks.

Health Education Standard 5 - Students will demonstrate the ability to use decision-making skills to enhance health.

5.5.3 List healthy options to health-related issues or problems.

5.5.4 Predict the potential outcomes of each option when making a health-related decision.

5.5.5 Choose a healthy option when making a decision.

5.5.6 Describe the outcomes of a health-related decision.

Health Education Standard 7 - Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.5.1 Identify responsible personal health behaviors.

7.5.2 Demonstrate a variety of health practices and behaviors to maintain or improve personal health.

7.5.3 Demonstrate a variety of behaviors that avoid or reduce health risks.

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

Health Education Standard 1 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.5.1 Describe the relationship between healthy behaviors and personal health.

Health Education Standard 2 - Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

2.5.3 Identify how peers can influence healthy and unhealthy behaviors.

Health Education Standard 4 - Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

4.5.2 Demonstrate refusal skills that avoid or reduce health risks.

Health Education Standard 5 - Students will demonstrate the ability to use decision-making skills to enhance health.

5.5.3 List healthy options to health-related issues or problems.

5.5.4 Predict the potential outcomes of each option when making a health-related decision.

5.5.5 Choose a healthy option when making a decision.

5.5.6 Describe the outcomes of a health-related decision.

Health Education Standard 7 - Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.5.1 Identify responsible personal health behaviors.

7.5.2 Demonstrate a variety of health practices and behaviors to maintain or improve personal health.

7.5.3 Demonstrate a variety of behaviors that avoid or reduce health risks.

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 TGFD lessons 1-9

Health Education Standard 1 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.5.1 Describe the relationship between healthy behaviors and personal health.

Health Education Standard 5 - Students will demonstrate the ability to use decision-making skills to enhance health.

5.5.3 List healthy options to health-related issues or problems.

5.5.5 Choose a healthy option when making a decision.

5.5.6 Describe the outcomes of a health-related decision.

Health Education Standard 7 - Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.5.1 Identify responsible personal health behaviors.

7.5.2 Demonstrate a variety of health practices and behaviors to maintain or improve personal health.

7.5.3 Demonstrate a variety of behaviors that avoid or reduce health risks.