

Too Good for Drugs

Grade 8 Revised Edition

Correlated with South Dakota Health Education Standards

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

HEALTH EDUCATION STANDARD 1 – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.8.1. Analyze the relationship between healthy behaviors and personal health.

1.8.7. Describe the benefits of and barriers to practicing healthy behaviors.

HEALTH EDUCATION STANDARD 6 – Students will demonstrate the ability to use goal-setting skills to enhance health.

6.8.2. Develop a goal to adopt, maintain, or improve a personal health practice.

6.8.3. Apply strategies and skills needed to attain a personal health goal.

HEALTH EDUCATION STANDARD 7 – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.8.1. Explain the importance of assuming responsibility for personal health behaviors.

7.8.2. Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

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

HEALTH EDUCATION STANDARD 1 – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.8.1. Analyze the relationship between healthy behaviors and personal health.

1.8.9. Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.

HEALTH EDUCATION STANDARD 2 – Students will Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

2.8.9. Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.

HEALTH EDUCATION STANDARD 5 – Students will demonstrate the ability to use decision-making skills to enhance health.

5.8.1. Identify circumstances that can help or hinder healthy decision making.

5.8.2. Determine when health-related situations require the application of a thoughtful decision making process.

5.8.7. Analyze the outcomes of a health related decision.

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

HEALTH EDUCATION STANDARD 1 – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.8.2 Describe the interrelationships of emotional, mental, physical and social health in adolescence.

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

HEALTH EDUCATION STANDARD 1 – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.8.2 Describe the interrelationships of emotional, mental, physical and social health in adolescence.

HEALTH EDUCATION STANDARD 4 - Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

4.8.1 Apply effective verbal and nonverbal communication skills to enhance health.

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

HEALTH EDUCATION STANDARD 1 – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.8.2 Describe the interrelationships of emotional, mental, physical and social health in adolescence.

HEALTH EDUCATION STANDARD 2 – Students will Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

2.8.3 Describe how peers influence healthy and unhealthy behaviors.

HEALTH EDUCATION STANDARD 7 – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.8.1 Explain the importance of assuming responsibility for personal health behaviors.

7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

7.8.3 Demonstrate behaviors that avoid or reduce health risks to self and others.

HEALTH EDUCATION STANDARD 8 - Students will demonstrate the ability to advocate for personal, family and community health.

8.8.2 Demonstrate how to influence and support others to make positive health choices.

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

HEALTH EDUCATION STANDARD 1 – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.8.1. Analyze the relationship between healthy behaviors and personal health.

1.8.8 Examine the likelihood of injury or illness if engaging in unhealthy behaviors.

1.8.9. Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.

HEALTH EDUCATION STANDARD 2 – Students will Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

2.8.3 Describe how peers influence healthy and unhealthy behaviors.

2.8.7 Explain how the perceptions of norms influence healthy and unhealthy behaviors.

2.8.9. Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.

HEALTH EDUCATION STANDARD 5 – Students will demonstrate the ability to use decision-making skills to enhance health.

5.8.2. Determine when health-related situations require the application of a thoughtful decision making process.

5.8.4 Distinguish between healthy and unhealthy alternatives to health-related issues or problems.

5.8.6 Choose healthy alternatives over unhealthy alternatives when making a decision.

HEALTH EDUCATION STANDARD 6 - Students will demonstrate the ability to use goal-setting skills to enhance health.

6.8.4 Describe how personal health goals can vary with changing abilities, priorities, resources and responsibilities.

HEALTH EDUCATION STANDARD 7 – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.8.1. Explain the importance of assuming responsibility for personal health behaviors.

7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

7.8.3 Demonstrate behaviors that avoid or reduce health risks to self and others.

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

HEALTH EDUCATION STANDARD 1 – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.8.1. Analyze the relationship between healthy behaviors and personal health.

1.8.8 Examine the likelihood of injury or illness if engaging in unhealthy behaviors.

1.8.9. Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.

HEALTH EDUCATION STANDARD 2 – Students will Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

2.8.5 Analyze how messages from media influence health behaviors.

2.8.7 Explain how the perceptions of norms influence healthy and unhealthy behaviors.

2.8.9. Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.

HEALTH EDUCATION STANDARD 3 - Students will demonstrate the ability to access valid information, products and services to enhance health.

3.8.2 Analyze the validity of health information, products, and services.

HEALTH EDUCATION STANDARD 7 – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.8.1. Explain the importance of assuming responsibility for personal health behaviors.

7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

7.8.3 Demonstrate behaviors that avoid or reduce health risks to self and others.

HEALTH EDUCATION STANDARD 8 - Students will demonstrate the ability to advocate for personal, family and community health.

8.8.4 Identify ways in which health messages and communication techniques can be altered for different audiences.

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

HEALTH EDUCATION STANDARD 1 – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.8.1. Analyze the relationship between healthy behaviors and personal health.

1.8.8 Examine the likelihood of injury or illness if engaging in unhealthy behaviors.

1.8.9. Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.

HEALTH EDUCATION STANDARD 2 – Students will Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

2.8.7 Explain how the perceptions of norms influence healthy and unhealthy behaviors.

2.8.9. Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.

HEALTH EDUCATION STANDARD 6 - Students will demonstrate the ability to use goal-setting skills to enhance health.

6.8.4 Describe how personal health goals can vary with changing abilities, priorities, resources and responsibilities.

HEALTH EDUCATION STANDARD 7 – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.8.1. Explain the importance of assuming responsibility for personal health behaviors.

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

HEALTH EDUCATION STANDARD 1 – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.8.1. Analyze the relationship between healthy behaviors and personal health.

1.8.8 Examine the likelihood of injury or illness if engaging in unhealthy behaviors.

1.8.9. Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.

HEALTH EDUCATION STANDARD 2 – Students will Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

2.8.9. Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.

HEALTH EDUCATION STANDARD 5 – Students will demonstrate the ability to use decision-making skills to enhance health.

5.8.2. Determine when health-related situations require the application of a thoughtful decision making process.

5.8.4 Distinguish between healthy and unhealthy alternatives to health-related issues or problems.

5.8.6 Choose healthy alternatives over unhealthy alternatives when making a decision.

HEALTH EDUCATION STANDARD 7 – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.8.1. Explain the importance of assuming responsibility for personal health behaviors.

HEALTH EDUCATION STANDARD 8 - Students will demonstrate the ability to advocate for personal, family and community health.

8.8.2 Demonstrate how to influence and support others to make positive health choices.

8.8.4 Identify ways in which health messages and communication techniques can be altered for different audiences.

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

HEALTH EDUCATION STANDARD 1 – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.8.1. Analyze the relationship between healthy behaviors and personal health.

1.8.7. Describe the benefits of and barriers to practicing healthy behaviors.

HEALTH EDUCATION STANDARD 2 – Students will Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

2.8.3 Describe how peers influence healthy and unhealthy behaviors.

2.8.7 Explain how the perceptions of norms influence healthy and unhealthy behaviors.

2.8.9. Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.

HEALTH EDUCATION STANDARD 5 – Students will demonstrate the ability to use decision-making skills to enhance health.

5.8.2. Determine when health-related situations require the application of a thoughtful decision making process.

5.8.4 Distinguish between healthy and unhealthy alternatives to health-related issues or problems.

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HEALTH EDUCATION STANDARD 6 - Students will demonstrate the ability to use goal-setting skills to enhance health.

6.8.4 Describe how personal health goals can vary with changing abilities, priorities, resources and responsibilities.

HEALTH EDUCATION STANDARD 7 – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.8.1. Explain the importance of assuming responsibility for personal health behaviors.

HEALTH EDUCATION STANDARD 8 - Students will demonstrate the ability to advocate for personal, family and community health.

8.8.2 Demonstrate how to influence and support others to make positive health choices.