

# Too Good for Drugs

## Grade 5 Revised Edition

Correlated with Health Education Standards of Learning for Virginia Public Schools

### 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

None apply at this time.

### 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

#### Knowledge and Skills

5.1 The student will demonstrate the interpersonal skills necessary to build healthy relationships. Key concepts/skills include

- a) the development of positive social skills
- c) effective verbal and nonverbal communication skills that convey care, consideration, and respect for self and others

### 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

#### Knowledge and Skills

5.1 The student will demonstrate the interpersonal skills necessary to build healthy relationships. Key concepts/skills include

- a) the development of positive social skills
- c) effective verbal and nonverbal communication skills that convey care, consideration, and respect for self and others

## 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

### Knowledge and Skills

5.1 The student will demonstrate the interpersonal skills necessary to build healthy relationships. Key concepts/skills include

- a) the development of positive social skills
- b) the use of refusal and conflict-resolution skills
- c) effective verbal and nonverbal communication skills that convey care, consideration, and respect for self and others

## 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

### Knowledge and Skills

5.1 The student will demonstrate the interpersonal skills necessary to build healthy relationships. Key concepts/skills include

- a) the development of positive social skills
- c) effective verbal and nonverbal communication skills that convey care, consideration, and respect for self and others

5.2 The student will demonstrate responsibility for developing personal health habits and practicing behaviors that promote an active, healthy lifestyle. Key concepts/skills include

- f) the importance of developing and maintaining a positive self-image

## 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

### Knowledge and Skills

5.1 The student will demonstrate the interpersonal skills necessary to build healthy relationships. Key concepts/skills include

- a) the development of positive social skills
- c) effective verbal and nonverbal communication skills that convey care, consideration, and respect for self and others

5.2 The student will demonstrate responsibility for developing personal health habits and practicing behaviors that promote an active, healthy lifestyle. Key concepts/skills include

- f) the importance of developing and maintaining a positive self-image

## 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

### Knowledge and Skills

5.1 The student will demonstrate the interpersonal skills necessary to build healthy relationships. Key concepts/skills include

- a) the development of positive social skills
- b) the use of refusal and conflict-resolution skills
- c) effective verbal and nonverbal communication skills that convey care, consideration, and respect for self and others

## Lesson 8: *System Malfunction* – 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

### Knowledge and Skills

5.1 The student will demonstrate the interpersonal skills necessary to build healthy relationships. Key concepts/skills include

- b) the use of refusal and conflict-resolution skills

5.3 The student will analyze the risks associated with dependence on and addiction to alcohol, tobacco, inhalants and other drugs.

Key concepts/skills include

- a) the effects on the integrated functioning of the body's systems
- b) the effects on academic performance
- c) the effects on relationships with family, peers, and other individuals

## Lesson 9: *Smoke Screen* – 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

### Knowledge and Skills

5.1 The student will demonstrate the interpersonal skills necessary to build healthy relationships. Key concepts/skills include

- b) the use of refusal and conflict-resolution skills

5.2 The student will demonstrate responsibility for developing personal health habits and practicing behaviors that promote an active, healthy lifestyle. Key concepts/skills include

- a) the relationship between health promotion and disease prevention

5.3 The student will analyze the risks associated with dependence on and addiction to alcohol, tobacco, inhalants and other drugs.

Key concepts/skills include

- a) the effects on the integrated functioning of the body's systems
- b) the effects on academic performance

c) the effects on relationships with family, peers, and other individuals

## **Lesson 10: *Way Off Course* – 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 TGF lessons 1-9

### **Knowledge and Skills**

5.3 The student will analyze the risks associated with dependence on and addiction to alcohol, tobacco, inhalants and other drugs.

Key concepts/skills include

- a) the effects on the integrated functioning of the body's systems
- b) the effects on academic performance
- c) the effects on relationships with family, peers, and other individual