

Too Good for Drugs

Grade 8 Revised Edition

Correlated with Health Education Standards of Learning for Virginia Public Schools

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

8.2 The student will apply health concepts and skills to the management of personal and family health. Key concepts/skills include

d) the benefits of developing and implementing short- and long-term health and fitness goals that are achievable and purposeful.

8.5 The student will investigate and evaluate ways in which peers, families, and other community groups can work together to build a safe and healthy community. Key concepts/skills include

a) methods used to reduce health hazards and risks

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

8.1 The student will analyze and evaluate the relationship between health-risk behaviors and the onset of health problems that can impact health and wellness during the adolescent years. Key concepts/skills include

d) the impact of failing to recognize issues related to emotional and mental health;

e) the health risks associated with feelings of immortality and invincibility;

f) the consequences of involvement in potentially dangerous situations

8.2 The student will apply health concepts and skills to the management of personal and family health. Key concepts/skills include

b) the benefits of using resistance, problem-solving, and decision-making skills for addressing health issues

8.5 The student will investigate and evaluate ways in which peers, families, and other community groups can work together to build a safe and healthy community. Key concepts/skills include

a) methods used to reduce health hazards and risks

b) the health risks associated with yielding to negative peer pressure;

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

8.1 The student will analyze and evaluate the relationship between health-risk behaviors and the onset of health problems that can impact health and wellness during the adolescent years. Key concepts/skills include

d) the impact of failing to recognize issues related to emotional and mental health

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

8.1 The student will analyze and evaluate the relationship between health-risk behaviors and the onset of health problems that can impact health and wellness during the adolescent years. Key concepts/skills include

d) the impact of failing to recognize issues related to emotional and mental health

8.2 The student will apply health concepts and skills to the management of personal and family health. Key concepts/skills include

b) the benefits of using resistance, problem-solving, and decision-making skills for addressing health issues

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

8.1 The student will analyze and evaluate the relationship between health-risk behaviors and the onset of health problems that can impact health and wellness during the adolescent years. Key concepts/skills include

d) the impact of failing to recognize issues related to emotional and mental health

8.2 The student will apply health concepts and skills to the management of personal and family health. Key concepts/skills include

b) the benefits of using resistance, problem-solving, and decision-making skills for addressing health issues

c) the importance of developing relationships that are positive and promote wellness

8.5 The student will investigate and evaluate ways in which peers, families, and other community groups can work together to build a safe and healthy community. Key concepts/skills include

a) methods used to reduce health hazards and risks;

b) the health risks associated with yielding to negative peer 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

8.1 The student will analyze and evaluate the relationship between health-risk behaviors and the onset of health problems that can impact health and wellness during the adolescent years. Key concepts/skills include

c) the short- and long-term health issues related to alcohol abuse and tobacco use;

d) the impact of failing to recognize issues related to emotional and mental health;

e) the health risks associated with feelings of immortality and invincibility;

f) the consequences of involvement in potentially dangerous situations;

h) the risk factors associated with communicable and non-communicable diseases.

8.2 The student will apply health concepts and skills to the management of personal and family health. Key concepts/skills include

b) the benefits of using resistance, problem-solving, and decision-making skills for addressing health issues

c) the importance of developing relationships that are positive and promote wellness

8.5 The student will investigate and evaluate ways in which peers, families, and other community groups can work together to build a safe and healthy community. Key concepts/skills include

a) methods used to reduce health hazards and risks;

b) the health risks associated with yielding to negative peer pressure

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

8.1 The student will analyze and evaluate the relationship between health-risk behaviors and the onset of health problems that can impact health and wellness during the adolescent years. Key concepts/skills include

c) the short- and long-term health issues related to alcohol abuse and tobacco use;

d) the impact of failing to recognize issues related to emotional and mental health;

e) the health risks associated with feelings of immortality and invincibility;

f) the consequences of involvement in potentially dangerous situations;

h) the risk factors associated with communicable and non-communicable diseases.

8.2 The student will apply health concepts and skills to the management of personal and family health. Key concepts/skills include

b) the benefits of using resistance, problem-solving, and decision-making skills for addressing health issues

c) the importance of developing relationships that are positive and promote wellness

8.4 The student will interpret and evaluate how health information, products, services, and agencies target adolescents. Key concepts/skills include

b) the influence of multiple media resources on personal choices;

8.5 The student will investigate and evaluate ways in which peers, families, and other community groups can work together to build a safe and healthy community. Key concepts/skills include

- a) methods used to reduce health hazards and risks;
- b) the health risks associated with yielding to negative peer pressure

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

8.1 The student will analyze and evaluate the relationship between health-risk behaviors and the onset of health problems that can impact health and wellness during the adolescent years. Key concepts/skills include

- c) the short- and long-term health issues related to alcohol abuse and tobacco use;
- d) the impact of failing to recognize issues related to emotional and mental health;
- e) the health risks associated with feelings of immortality and invincibility;
- f) the consequences of involvement in potentially dangerous situations;
- h) the risk factors associated with communicable and non-communicable diseases.

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- b) the benefits of using resistance, problem-solving, and decision-making skills for addressing health issues
- c) the importance of developing relationships that are positive and promote wellness

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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

8.1 The student will analyze and evaluate the relationship between health-risk behaviors and the onset of health problems that can impact health and wellness during the adolescent years. Key concepts/skills include

- c) the short- and long-term health issues related to alcohol abuse and tobacco use;
- d) the impact of failing to recognize issues related to emotional and mental health;
- e) the health risks associated with feelings of immortality and invincibility;
- f) the consequences of involvement in potentially dangerous situations;
- h) the risk factors associated with communicable and non-communicable diseases.

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- b) the benefits of using resistance, problem-solving, and decision-making skills for addressing health issues
- c) the importance of developing relationships that are positive and promote wellness

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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

8.1 The student will analyze and evaluate the relationship between health-risk behaviors and the onset of health problems that can impact health and wellness during the adolescent years. Key concepts/skills include

- c) the short- and long-term health issues related to alcohol abuse and tobacco use;
- d) the impact of failing to recognize issues related to emotional and mental health;
- e) the health risks associated with feelings of immortality and invincibility;
- f) the consequences of involvement in potentially dangerous situations;
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