

Too Good for Drugs High School Revised

Correlated with Washington State Learning Standards

Lesson One: *Graduation Day* – Goal Setting

Objectives

Following this lesson, the student will be able to:

- Identify and apply the steps for setting and reaching a personal goal
- Identify and apply the criteria for naming a reachable goal
- Apply knowledge of aptitudes and interests to goal setting
- Recognize and manage obstacles that can interfere with reaching a goal

Wellness

5. Communication

Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others. H4.W5.HS

7. Goal-Setting

Implement strategies to achieve a personal health goal. H6.W7.HS

Lesson Two: *Who's in Charge Here?* – Decision Making

Objectives

Following this lesson, the student will be able to:

- Demonstrate the ability to apply the steps in the Decision-Making Model
- Predict the consequences of decisions on self and others
- Recognize personal responsibility for the outcomes of decisions
- Use decision-making and problem-solving skills to reach a desirable outcome
- Examine the effects of influence on decision-making

Wellness

1. Analyzing Influences

Analyze how a variety of factors impact personal and community health. H2.W3.HS

6. Decision-Making

Predict potential short- and long-term outcomes of a personal health-related decision. H5.W6.HS

Social Emotional Health

3. Analyzing Influences

Analyze how a variety of factors impact personal and community health. H2.W3.HS

4. Expressing Emotions

Advocate for ways to manage or resolve interpersonal conflict. H8.So4.HS

Lesson Three: *Feelings 101* – Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Demonstrate strategies to identify and manage emotions
- Discern the emotions of others
- Demonstrate the ability to perspective take in a variety of situations
- Demonstrate ways to communicate care, consideration, and respect for self and others
- Analyze how emotions and self-awareness influence decision making
- Relate managing emotions to success in life

Wellness

2. Dimensions of Health

Analyze personal dimensions of health and design a plan to balance health. H1.W1.HS

3. Analyzing Influences

Analyze how a variety of factors impact personal and community health. H2.W3.HS

5. Communication

Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others. H4.W5.HS

Sexual Health

2. Puberty and Development

Explain the physical, social, mental, and emotional changes associated with being a young adult. H1.Se2.HSa

Social Emotional Health

4. Expressing Emotions

Advocate for ways to manage or resolve interpersonal conflict. H8.So4.HS

Summarize strategies for coping with difficult emotions, including defense mechanisms. H1.So4.HS

Demonstrate effective communication skills to express emotions. H4.So4.HS

6. Emotional and Mental/Behavioral Health

Identify school and community resources that can help a person with emotional and mental and behavioral health concerns. H3.So6.HSa

Lesson Four: *Say What You Mean. Mean What You Say* – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Demonstrate active listening techniques to build and maintain healthy relationships
- Recognize the role of verbal and nonverbal communication in conveying meaning and understanding
- Differentiate assertive, passive, and aggressive communication styles
- Demonstrate assertive communication techniques
- Use effective communication skills in asking for help and advocating needs
- Apply effective communication skills to collaborative efforts

Wellness

5. Communication

Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others. H4.W5.HS

6. Decision-Making

Predict potential short- and long-term outcomes of a personal health-related decision. H5.W6.HS

Sexual Health

3. Self-Identity

Promote ways to show respect for all people. H8.Se5.5

Social Emotional Health

4. Expressing Emotions

Advocate for ways to manage or resolve interpersonal conflict. H8.So4.HS

Summarize strategies for coping with difficult emotions, including defense mechanisms. H1.So4.HS

Demonstrate effective communication skills to express emotions. H4.So4.HS

Lesson Five: *The Ties that Bind* – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Identify characteristics of healthy and unhealthy relationships
- Develop social-awareness and interpersonal skills to maintain positive relationships
- Recognize the benefits of belonging to a positive peer group
- Identify and bond with a positive peer group
- Manage one's emotions in relationships to positively influence and inspire others

Wellness

5. Communication

Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others. H4.W5.HS

Sexual Health

2. Puberty and Development

Explain the physical, social, mental, and emotional changes associated with being a young adult. H1.Se2.HSa

3. Self-Identity

Promote ways to show respect for all people. H8.Se5.5

5. Healthy Relationships

Differentiate between healthy and unhealthy relationships. H1.Se6.5a

Understand how to support a peer to recognize healthy and unhealthy relationships. H8.Se6.5

Social Emotional Health

4. Expressing Emotions

Advocate for ways to manage or resolve interpersonal conflict. H8.So4.HS

Demonstrate effective communication skills to express emotions. H4.So4.HS

5. Harassment, Intimidation, and Bullying

Analyze strategies to prevent and respond to different types of harassment, intimidation, and bullying.
H1.So5.HS

Lesson Six: *Wasted Time* – Effects of Alcohol Use

Objectives

Following this lesson, the student will be able to:

- Recognize and evaluate the influence of expectations on the decision to consume alcohol
- Identify the physical, mental, social, emotional, and legal implications of underage consumption of alcohol
- Discuss the short and long-term effects of alcohol use on the development of the teenage brain and body
- Discuss the negative effect of underage drinking on achieving goals
- Demonstrate peer-refusal skills in situations involving alcohol

Wellness

2. Disease Prevention

Assess personal risk factors and predict future health status. H2.W2.HSb

3. Analyzing Influences

Analyze how a variety of factors impact personal and community health. H2.W3.HS

7. Goal-Setting

Implement strategies to achieve a personal health goal. H6.W7.HS

Substance Use and Abuse

1. Use and Abuse

Analyze why individuals choose to use or not use substances. H1.Su1.HSa

Analyze validity of information on substance use. H3.Su1.HSa

2. Effects

Summarize short- and long-term effects of substance abuse on dimensions of health. H1.Su2.HSa

Analyze how addiction and dependency impact individuals, families, and society. H1.Su2.HSb

3. Prevention

Predict how a drug-free lifestyle will support achievement of short- and long-term goals. H6.Su3.HS

Lesson Seven: *Vaporware* – Effects of Nicotine Use on the Brain and Body

Objectives

Following this lesson, the student will be able to:

- Distinguish between advertising claims and facts about the effects of using tobacco products.
- Describe the long-term and short-term effects of using tobacco products
- Contrast perceived norms with actual prevalence of smoking
- Identify ways tobacco use can interfere with the ability to reach a goal
- Demonstrate effective peer-pressure refusal techniques in situations involving tobacco products

Wellness

2. Disease Prevention

Assess personal risk factors and predict future health status. H2.W2.HSb

3. Analyzing Influences

Analyze how a variety of factors impact personal and community health. H2.W3.HS

7. Goal-Setting

Implement strategies to achieve a personal health goal. H6.W7.HS

Substance Use and Abuse

1. Use and Abuse

Analyze why individuals choose to use or not use substances. H1.Su1.HSa

Analyze validity of information on substance use. H3.Su1.HSa

2. Effects

Summarize short- and long-term effects of substance abuse on dimensions of health. H1.Su2.HSa

Analyze how addiction and dependency impact individuals, families, and society. H1.Su2.HSb

3. Prevention

Predict how a drug-free lifestyle will support achievement of short- and long-term goals. H6.Su3.HS

Lesson Eight: *Truth or Consequences* – Effects of Marijuana Use

Objectives

Following this lesson, the student will be able to:

- Discuss the physical, mental, social, and emotional consequences of marijuana use
- Discuss the misperceptions of marijuana and its use
- Examine the effects of marijuana on the body, particularly on brain function
- Evaluate the impact of marijuana impairment on goals, activities, and occupations
- Discuss the psychological addiction aspects of marijuana use

Wellness

2. Disease Prevention

Assess personal risk factors and predict future health status. H2.W2.HSb

3. Analyzing Influences

Analyze how a variety of factors impact personal and community health. H2.W3.HS

7. Goal-Setting

Implement strategies to achieve a personal health goal. H6.W7.HS

Substance Use and Abuse

1. Use and Abuse

Analyze why individuals choose to use or not use substances. H1.Su1.HSa

Analyze validity of information on substance use. H3.Su1.HSa

2. Effects

Summarize short- and long-term effects of substance abuse on dimensions of health. H1.Su2.HSa

Analyze how addiction and dependency impact individuals, families, and society. H1.Su2.HSb

3. Prevention

Predict how a drug-free lifestyle will support achievement of short- and long-term goals. H6.Su3.HS

Lesson Nine: *The Evidence Speaks for Itself* – Prescription, OTC, and Street Drugs

Objectives

Following this lesson, the student will be able to:

- Differentiate healthy and unhealthy risks and predict their outcomes
- Incorporate risk analysis into the Decision-Making Model
- Compare the harmful effects of abusing prescription and OTC drugs to those of street drugs
- Discuss the addictive and harmful effects of over-the-counter, prescription, street drug abuse
- Discuss the physical, psychological, social, and emotional consequences of prescription and OTC drug abuse
- Differentiate appropriate use and abuse of prescription, over-the-counter, and street drugs

Wellness

2. Disease Prevention

Assess personal risk factors and predict future health status. H2.W2.HSb

3. Analyzing Influences

Analyze how a variety of factors impact personal and community health. H2.W3.HS

7. Goal-Setting

Implement strategies to achieve a personal health goal. H6.W7.HS

Substance Use and Abuse

1. Use and Abuse

Analyze why individuals choose to use or not use substances. H1.Su1.HSa

Analyze validity of information on substance use. H3.Su1.HSa

2. Effects

Summarize short- and long-term effects of substance abuse on dimensions of health. H1.Su2.HSa

Analyze how addiction and dependency impact individuals, families, and society. H1.Su2.HSb

3. Prevention

Predict how a drug-free lifestyle will support achievement of short- and long-term goals. H6.Su3.HS

Lesson Ten: *Consider the Alternative* – Alternatives to Substance Use/Course Review

Objectives

Following this lesson, the student will be able to:

- Discuss the reasons why some teenagers choose to use drugs
- Identify healthy alternatives to drug use
- Discuss solutions for a friend with an alcohol or other drug problem
- Access school and community resources for help with alcohol or other drug problems
- Recall and practice skills and concepts learned in the course

Wellness

3. Analyzing Influences

Analyze how a variety of factors impact personal and community health. H2.W3.HS

5. Communication

Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others. H4.W5.HS

6. Decision-Making

Predict potential short- and long-term outcomes of a personal health-related decision. H5.W6.HS

7. Goal-Setting

Implement strategies to achieve a personal health goal. H6.W7.HS

Sexual Health

2. Puberty and Development

Explain the physical, social, mental, and emotional changes associated with being a young adult.
H1.Se2.HSa

3. Self-Identity

Promote ways to show respect for all people. H8.Se5.5

5. Healthy Relationships

Differentiate between healthy and unhealthy relationships. H1.Se6.5a

Understand how to support a peer to recognize healthy and unhealthy relationships. H8.Se6.5

Social Emotional Health

4. Expressing Emotions

Advocate for ways to manage or resolve interpersonal conflict. H8.So4.HS

Summarize strategies for coping with difficult emotions, including defense mechanisms. H1.So4.HS

Demonstrate effective communication skills to express emotions. H4.So4.HS

Substance Use and Abuse

1. Use and Abuse

Analyze why individuals choose to use or not use substances. H1.Su1.HSa

Analyze validity of information on substance use. H3.Su1.HSa

2. Effects

Summarize short- and long-term effects of substance abuse on dimensions of health. H1.Su2.HSa

Analyze how addiction and dependency impact individuals, families, and society. H1.Su2.HSb

3. Prevention

Predict how a drug-free lifestyle will support achievement of short- and long-term goals. H6.Su3.HS