

Too Good for Drugs

Grade 7

Correlated with Tennessee's Social and Personal Competencies

Lesson 7.1 *Set to Win* – Setting Reachable Goals

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Differentiate short-term and long-term goals
- Identify and apply the steps for setting and reaching a personal goal
- Identify available resources for support and assistance in working toward a goal

1B. Demonstrate an awareness of his/her personal qualities and interests.

Utilizes interest to gain additional experiences toward mastery of a skill or concept

1C. Demonstrate an awareness of his/her strengths and limitations.

Identifies personal strengths and limitations as they relate to specific activities

Applies self-reflection techniques to recognize potential, strengths, and growth areas

Implements a plan to build on strengths or address limitations

1D. Demonstrate a sense of personal responsibility and advocacy.

Plans and develops an action plan to set and achieve short- and long-term goals

1E. Identify external and community resources and supports.

Identifies positive peer/adult support when needed

2B. Set, monitor, adapt, and evaluate his/her goals to achieve success in school and life.

Designs actions plans for achieving short-term and long-term goals and establishing timelines

Identifies and utilizes potential resources for achieving goals (e.g., home, school, and community support)

Sets a positive character goal

Establishes criteria for evaluating personal and academic success

Lesson 7.2 *The Decision is Yours* – Making Responsible Decisions

Objectives

Following this lesson, the student will be able to:

- Identify and apply four steps in the decision-making model
- Define consequences and differentiate positive and negative consequences
- Recognize the role of personal responsibility when reflecting on decisions and their potential outcomes

5B. Develop, implement, and model effective decision-making skills to deal responsibly with academic and social situations.

Identifies and applies the steps of systematic decision-making

Develops decision making strategies for avoiding risky behavior

Defines how external influences impact decision making

Analyze how decision-making skills affect study habits and academic performance

Lesson 7.3 *Understanding Me* - Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Identify stressors that trigger emotions
- Recognize how emotions influence decisions
- Identify emotions and signs of stress
- Identify and manage the emotions of others

1A. Demonstrate an awareness of his/her emotions.

Recognizes uncomfortable emotions as indicators of situations in need of attention
Identifies emotional states that contribute to or detract from ability to problem solve
Explains the possible outcomes associated with the different forms of communicating emotions

2A. Understand and use strategies for managing his/her emotions and behaviors constructively.

Recognizes the affective behavioral responses to thoughts, emotions, and actions

3A. Demonstrate awareness and consideration of other people's emotions, perspectives, and social cues.

Analyzes ways that a person's emotions can be affected by the behavior of others

Lesson 7.4 *Say It with Style* - Effective Communication

Objectives

Following this lesson, the student will be able to:

- Define effective communication
- Identify the elements of effective communication, both verbal and nonverbal
- Recognize how tone of voice, facial expressions, and body language affect meaning
- Demonstrate assertive speaking and active listening techniques

1A. Demonstrate an awareness of his/her emotions.

Explains the possible outcomes associated with the different forms of communicating emotions

2A. Understand and use strategies for managing his/her emotions and behaviors constructively.

Reflects on possible consequences, both positive and negative, before expressing an emotion or behavior

3A. Demonstrate awareness and consideration of other people's emotions, perspectives, and social cues.

Analyzes ways that a person's emotions can be affected by the behavior of others

4A. Use positive communication and social skills to interact effectively with others.

Practices reflective listening

Uses understanding of how and why others respond in a given situation (e.g., assertive, passive, or aggressive) in order to respond respectfully and effectively with others

Lesson 7.5 *The Right Connection* – Bonding & Relationships

Objectives

Following this lesson, the student will be able to:

- Differentiate peer pressure and peer influence
- Identify the benefits of positive peer influence
- Articulate the benefits of associating with pro-social others
- Differentiate healthy friend qualities and unhealthy friend qualities
- Identify various peer-pressure refusal strategies and the peer-pressure situations to which they apply

3A. Demonstrate awareness and consideration of other people’s emotions, perspectives, and social cues.

Accepts and shows respect for other people’s perspectives, opinions, or points of view

4A. Use positive communication and social skills to interact effectively with others.

Practices reflective listening

Demonstrates ability to perform different roles in a cooperative group to achieve group goals

4B. Develop and maintain positive relationships.

Distinguishes between helpful and harmful peer pressure

Demonstrates strategies for resisting harmful peer pressure

Is involved in positive activities with their peers

Develops friendships based on personal values

Identifies the impact of social media in developing and sustaining positive relationships

Identifies the difference between safe and risky behaviors in a relationship

Lesson 7.6 *Addiction Notice* – Understanding Addiction

Objectives

Following this lesson, the students will be able to:

- Define and differentiate addiction and chemical dependency
- Discuss the stages of addiction
- Compare the stages of addiction and the associated behaviors
- Define tolerance and withdrawal and identify withdrawal symptoms
- Identify several reasons some teenagers consider drug use and list alternative solutions

1D. Demonstrate a sense of personal responsibility and advocacy.

Analyzes the short- and long-term outcomes between safe and responsible behavior versus risky and harmful behaviors on their health and well-being

Explains the connection between choice and responsibility for the consequences involved if they engage in risky and harmful behaviors

4B. Develop and maintain positive relationships.

Identifies the difference between safe and risky behaviors in a relationship

5B. Develop, implement, and model effective decision-making skills to deal responsibly with academic and social situations.

Develops decision making strategies for avoiding risky behavior

Lesson 7.7 *A Toxic Waste* – Effects of Nicotine Use

Objectives

Following this lesson, the student will be able to:

- Identify the various types of tobacco and nicotine products
- Identify the chemical makeup of tobacco products
- Analyze the social consequences of nicotine use
- Describe the harmful short-term and long-term effects of nicotine use, including secondhand smoke, on the body

1D. Demonstrate a sense of personal responsibility and advocacy.

Analyzes the short- and long-term outcomes between safe and responsible behavior versus risky and harmful behaviors on their health and well-being

Explains the connection between choice and responsibility for the consequences involved if they engage in risky and harmful behaviors

4B. Develop and maintain positive relationships.

Identifies the difference between safe and risky behaviors in a relationship

5B. Develop, implement, and model effective decision-making skills to deal responsibly with academic and social situations.

Develops decision making strategies for avoiding risky behavior

Lesson 7.8 *Al K. Hol* – Effects of Alcohol Use

Objectives

Following this lesson, the student will be able to:

- Describe the harmful short-term effects of underage alcohol use
- Identify possible sources for the false expectations people have about alcohol
- Define media literacy and discuss its potential influence on teen behavior
- Differentiate the common misperception of alcohol as an energizing party drink and its actual effects as a depressant

1D. Demonstrate a sense of personal responsibility and advocacy.

Analyzes the short- and long-term outcomes between safe and responsible behavior versus risky and harmful behaviors on their health and well-being

Explains the connection between choice and responsibility for the consequences involved if they engage in risky and harmful behaviors

4B. Develop and maintain positive relationships.

Identifies the difference between safe and risky behaviors in a relationship

5B. Develop, implement, and model effective decision-making skills to deal responsibly with academic and social situations.

Develops decision making strategies for avoiding risky behavior

Lesson 7.9 *The Real Deal* – Effects of THC and Marijuana Use

Objectives

Following this lesson, the students will be able to:

- Differentiate accurate and inaccurate sources of information about drugs
- Differentiate myth and reality regarding marijuana
- Identify the effects of marijuana on the body, particularly on brain function
- Describe the impact of marijuana use on reaching goals
- Describe the impact of marijuana use on everyday activities

1D. Demonstrate a sense of personal responsibility and advocacy.

Analyzes the short- and long-term outcomes between safe and responsible behavior versus risky and harmful behaviors on their health and well-being

Explains the connection between choice and responsibility for the consequences involved if they engage in risky and harmful behaviors

4B. Develop and maintain positive relationships.

Identifies the difference between safe and risky behaviors in a relationship

5B. Develop, implement, and model effective decision-making skills to deal responsibly with academic and social situations.

Develops decision making strategies for avoiding risky behavior

Lesson 7.10 A Drug is a Drug – Street, Prescription, and OTC Drugs & Course Review

Objectives

Following this lesson, the student will be able to:

- Identify the harmful effects of over-the-counter and prescription drug abuse on the human brain and body
- Differentiate the appropriate use and the abuse of prescription and over-the-counter drugs
- Compare the harmful effects of abusing prescription and over-the-counter drugs to those of street drugs
- Demonstrate a knowledge of the facts regarding nicotine, alcohol, marijuana, street drugs, and prescription and over-the-counter medications

1A. Demonstrate an awareness of his/her emotions.

Recognizes uncomfortable emotions as indicators of situations in need of attention

Identifies emotional states that contribute to or detract from ability to problem solve

Explains the possible outcomes associated with the different forms of communicating emotions

1B. Demonstrate an awareness of his/her personal qualities and interests.

Utilizes interest to gain additional experiences toward mastery of a skill or concept

Evaluates influence of personal qualities and interests on decision making

1C. Demonstrate an awareness of his/her strengths and limitations.

Identifies personal strengths and limitations as they relate to specific activities

Applies self-reflection techniques to recognize potential, strengths, and growth areas

Implements a plan to build on strengths or address limitations

1D. Demonstrate a sense of personal responsibility and advocacy.

Plans and develops an action plan to set and achieve short- and long-term goals

Analyzes the short- and long-term outcomes between safe and responsible behavior versus risky and harmful behaviors on their health and well-being

Explains the connection between choice and responsibility for the consequences involved if they engage in risky and harmful behaviors

1E. Identify external and community resources and supports.

Identifies positive peer/adult support when needed

2A. Understand and use strategies for managing his/her emotions and behaviors constructively.

Recognizes the affective behavioral responses to thoughts, emotions, and actions

Reflects on possible consequences, both positive and negative, before expressing an emotion or behavior

2B. Set, monitor, adapt, and evaluate his/her goals to achieve success in school and life.

- Designs actions plans for achieving short-term and long-term goals and establishing timelines
- Identifies and utilizes potential resources for achieving goals (e.g., home, school, and community support)
- Sets a positive character goal
- Establishes criteria for evaluating personal and academic success

3A. Demonstrate awareness and consideration of other people's emotions, perspectives, and social cues.

- Analyzes ways that a person's emotions can be affected by the behavior of others
- Accepts and shows respect for other people's perspectives, opinions, or points of view

4A. Use positive communication and social skills to interact effectively with others.

- Practices reflective listening
- Demonstrates ability to perform different roles in a cooperative group to achieve group goals
- Uses understanding of how and why others respond in a given situation (e.g., assertive, passive, or aggressive) in order to respond respectfully and effectively with others

4B. Develop and maintain positive relationships.

- Distinguishes between helpful and harmful peer pressure
- Demonstrates strategies for resisting harmful peer pressure
- Is involved in positive activities with their peers
- Develops friendships based on personal values
- Identifies the impact of social media in developing and sustaining positive relationships
- Identifies the difference between safe and risky behaviors in a relationship

5A. Consider and use multiple factors in decision-making, including ethical and safety factors, personal and community responsibilities, and short-term and long-term goals.

- Analyzes the reason for school and societal rules and their impact on decisions
- Analyzes the impact of media on one's behavior
- Explains how honesty, respect, and compassion (empathy) enables one to take the needs of others into account

5B. Develop, implement, and model effective decision-making skills to deal responsibly with academic and social situations.

- Identifies and applies the steps of systematic decision-making
- Develops decision making strategies for avoiding risky behavior
- Defines how external influences impact decision making
- Analyze how decision-making skills affect study habits and academic performance