

Grade 5 Too Good for Drugs

Correlated to Virginia SEL Guidance Standards 2021

Lesson 5.1 *Preparing for Take Off* – Setting Reachable Goals

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

Self-Management

SeM1: 5-6c, I can identify and utilize strategies for persevering through challenges and setbacks.

SeM2: 5-6a, I can identify the importance of setting academic goals for personal growth.

SeM2: 5-6b, I can plan, implement, and monitor progress towards reaching my goals.

SeM2: 5-6c, I can manage my time to help me achieve my goals.

Lesson 5.2 *Rocket Science* – Making Responsible Decisions

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

Decision Making

DeM1: 5-6c, I can identify the multiple outcomes that can result from my choices.

DeM2: 5-6b, I can explain how the perspectives of others should be considered when making decisions.

Lesson 5.3 *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 behaviors
- Differentiate healthy and unhealthy ways to manage emotions

Self-Awareness

SeA1: 5-6a, I can differentiate among a variety of complex emotions.

SeA1: 5-6c, I can anticipate my emotions based on my body signals, events, and situations.

Self-Management

SeM1: 5-6b, I can proactively plan and apply a coping skill for handling a stressful situation that typically causes me to experience uncomfortable emotions.

Lesson 5.4 *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

Relationship Skills

ReS1: 5-6a, I can explain and demonstrate how positive communication skills help build and maintain healthy relationships. (Incorporate social media)

ReS1: 5-6b, I can use active listening to successfully understand multiple perspectives.

Lesson 5.5 *My Flight Crew* – Bonding & 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

Social Awareness

SoA1: 5-6a, I can empathize with others' thoughts, perspectives, and emotions.

SoA1: 5-6c, I can express gratitude for others, including those with different perspectives.

SoA2: 5-6a, I can identify when people are treated unfairly.

Relationship Skills

ReS1: 5-6a, I can explain and demonstrate how positive communication skills help build and maintain healthy relationships. (Incorporate social media)

ReS1: 5-6b, I can use active listening to successfully understand multiple perspectives.

Decision Making

DeM2: 5-6b, I can explain how the perspectives of others should be considered when making decisions.

Lesson 5.6 *Prescription for Life* – Safe Use of Prescription and OTC Medicines

Objectives

Following this lesson, the students will be able to:

- Recognize and anticipate negative reactions to personal mistakes and disappointments
- Differentiate positive and negative self-talk
- Discuss the effect of positive and negative self-talk on feelings and actions
- Use positive self-talk to manage and overcome mistakes
- Differentiate safe and unsafe use of prescription and over-the-counter medicines
- Explain the benefits of medicine when used correctly
- Identify safe practices to use and store prescription and over-the-counter medicines at home

Self-Awareness

SeA1: 5-6a, I can differentiate among a variety of complex emotions.

SeA1: 5-6b, I can identify examples of how my positive and negative self-talk can impact my emotions.

SeA1: 5-6c, I can anticipate my emotions based on my body signals, events, and situations.

SeA2: 5-6a, I can analyze how my personal strengths give me confidence in multiple settings.

SeA2: 5-6b, I can identify actions I can take to overcome personal challenges.

Self-Management

SeM1: 5-6a, I can identify the difference between healthy and unhealthy stress levels.

SeM1: 5-6b, I can proactively plan and apply a coping skill for handling a stressful situation that typically causes me to experience uncomfortable emotions.

SeM1: 5-6c, I can identify and utilize strategies for persevering through challenges and setbacks.

Decision Making

DeM1: 5-6c, I can identify the multiple outcomes that can result from my choices.

Lesson 5.7 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

Self-Awareness

SeA2: 5-6b, I can identify actions I can take to overcome personal challenges.

Self-Management

SeM1: 5-6a, I can identify the difference between healthy and unhealthy stress levels.

SeM1: 5-6b, I can proactively plan and apply a coping skill for handling a stressful situation that typically causes me to experience uncomfortable emotions.

SeM1: 5-6c, I can identify and utilize strategies for persevering through challenges and setbacks.

Social Awareness

SoA2: 5-6a, I can identify when people are treated unfairly.

Relationship Skills

ReS1: 5-6c, I can outline and practice the use of conflict resolution skills with adult support.

ReS1: 5-6d, I can demonstrate how I will navigate situations when I might feel pressured to go along with injustice.

ReS2: 5-6c, I can recognize how positive and negative peer pressure affect me.

Decision Making

DeM1: 5-6c, I can identify the multiple outcomes that can result from my choices.

Lesson 5.8 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

Self-Management

SeM1: 5-6b, I can proactively plan and apply a coping skill for handling a stressful situation that typically causes me to experience uncomfortable emotions.

Relationship Skills

ReS1: 5-6c, I can outline and practice the use of conflict resolution skills with adult support.

ReS2: 5-6c, I can recognize how positive and negative peer pressure affect me.

ReS2: 5-6d, I can demonstrate how to give and receive feedback in a constructive way.

Decision Making

DeM1: 5-6c, I can identify the multiple outcomes that can result from my choices.

Lesson 5.9 *Smoke Screen* – Effects of Nicotine Use

Objectives

Following this lesson, the students will be able to:

- Describe the long-term and short-term effects of using tobacco products
- Discuss the benefits of quitting nicotine use and being nicotine free
- Demonstrate effective peer-pressure refusal techniques in situations involving tobacco products

Self-Management

SeM1: 5-6b, I can proactively plan and apply a coping skill for handling a stressful situation that typically causes me to experience uncomfortable emotions.

Relationship Skills

ReS1: 5-6c, I can outline and practice the use of conflict resolution skills with adult support.

ReS2: 5-6c, I can recognize how positive and negative peer pressure affect me.

ReS2: 5-6d, I can demonstrate how to give and receive feedback in a constructive way.

Decision Making

DeM1: 5-6c, I can identify the multiple outcomes that can result from my choices.

Lesson 5.10 *Way Off Course* – Effects of Marijuana Use and Course Review

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 TGFD lessons 1-9

Self-Awareness

SeA1: 5-6a, I can differentiate among a variety of complex emotions.

SeA1: 5-6b, I can identify examples of how my positive and negative self-talk can impact my emotions.

SeA1: 5-6c, I can anticipate my emotions based on my body signals, events, and situations.

SeA2: 5-6a, I can analyze how my personal strengths give me confidence in multiple settings.

SeA2: 5-6b, I can identify actions I can take to overcome personal challenges.

Self-Management

SeM1: 5-6a, I can identify the difference between healthy and unhealthy stress levels.

SeM1: 5-6b, I can proactively plan and apply a coping skill for handling a stressful situation that typically causes me to experience uncomfortable emotions.

SeM1: 5-6c, I can identify and utilize strategies for persevering through challenges and setbacks.

SeM2: 5-6a, I can identify the importance of setting academic goals for personal growth.

SeM2: 5-6b, I can plan, implement, and monitor progress towards reaching my goals.

SeM2: 5-6c, I can manage my time to help me achieve my goals.

Social Awareness

SoA1: 5-6a, I can empathize with others' thoughts, perspectives, and emotions.

SoA1: 5-6c, I can express gratitude for others, including those with different perspectives.

SoA2: 5-6a, I can identify when people are treated unfairly.

Relationship Skills

ReS1: 5-6a, I can explain and demonstrate how positive communication skills help build and maintain healthy relationships. (Incorporate social media)

ReS1: 5-6b, I can use active listening to successfully understand multiple perspectives.

ReS1: 5-6c, I can outline and practice the use of conflict resolution skills with adult support.

ReS1: 5-6d, I can demonstrate how I will navigate situations when I might feel pressured to go along with injustice.

ReS2: 5-6c, I can recognize how positive and negative peer pressure affect me.

ReS2: 5-6d, I can demonstrate how to give and receive feedback in a constructive way.

Decision Making

DeM1: 5-6c, I can identify the multiple outcomes that can result from my choices.