

# Lesson Overview and Areas of Focus



## Unit 1: Social Skills Development

<b>3.1 Program Designer:</b> Setting Reachable Goals  Students learn how to set and reach personal goals. Students also learn to track personal progress toward their goal.	<b>3.2 Consider the Consequences:</b> Making Responsible Decisions  Students learn to plan their actions, evaluate their choices, and generate alternative solutions using the steps for responsible decision making. Students also determine whether decisions should be made alone or with the	<b>3.3 Getting to Know Me:</b> Identifying and Managing Emotions  Students recognize a variety of emotions and the physical signals of specific emotions. Students learn to manage their emotions and express feelings using I-messages. Students also discern the emotions of others and	<b>3.4 Listening Program Active:</b> Effective Communication  Students learn and demonstrate active listening skills to show caring and respect. Students also learn and demonstrate effective speaking skills to enhance and maintain positive relationships.	<b>3.5 Human Interface:</b> Bonding and Relationships  Students compare healthy and unhealthy friendship qualities and learn the benefits of bonding with pro-social others. Students also apply effective communication skills to support and encourage others.
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## Unit 2: Substance Use Topics and Skill Application

<b>3.6 Step Right Up!:</b> Peer Pressure Refusal  Students learn to recognize positive and negative peer pressure and learn to apply peer-pressure refusal strategies. Students also recognize the effects of peer pressure on decision making.	<b>3.7 Me-ology:</b> Safe Use of Medicines  Students differentiate safe and unsafe use of medicines including safe storage, following label directions, and asking trusted adults before handling medicines. Students learn the benefits of medicine used correctly and the impact of misuse on the body's systems.	<b>3.8 Healthier Choices:</b> Effects of Alcohol Use  Students learn the risks associated with underage alcohol use. Students identify the benefits of making healthy choices related to food, rest, and exercise to keep their bodies and minds in good health.	<b>3.9 Making My Day:</b> Stress Management  Students identify how stress can impact mental, emotional, and physical wellness. Students learn healthy ways to reduce stress so they are better able to find balance, solve problems, and make responsible decisions.	<b>3.10 It Still Stinks!</b> Effects of Nicotine Use  Students learn the short-term and long-term effects of nicotine and tobacco use. Students also demonstrate peer-pressure refusal in situations involving tobacco products. Students recall social competency skills and review the effects of drug use on the body and the benefits of remaining healthy and drug free.
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## Unit 3: A Peaceable Place Topics and Skill Application

<b>3.6 Respect Matters:</b> Respect for Self and Others  Students learn how respect for self, others, and property affects their personal wellbeing and that of others. Students discuss the impact of effective communication and respecting differences on connecting with others.	<b>3.7 Tuning Frequencies:</b> Conflict Resolution  Students learn that conflict is normal and demonstrate the effectiveness of cooperation and the ineffectiveness of competition in resolving a conflict. Students explore points of view and use cooperative problem-solving skills to reach a solution.	<b>3.8 Reset Function:</b> Anger Management and Mindfulness  Students study the physical sensations of anger and recognize the warning signs of conflict. Students distinguish angry feelings from aggressive actions and demonstrate ways to use self-control to manage angry feelings.	<b>3.9 Short Circuit:</b> Identifying and Managing Bullying Situations  Students differentiate and everyday conflict and practice recognizing bullying behaviors. Students demonstrate effective bullying response strategies and practice assertive communication skills.	<b>3.10 Advanced Programming</b> Problem Solving  Students generate ideas to solve a problem and learn the benefits of working together and encourage each other. Students recall and apply goal setting, decision making, effective communication, emotion management, and healthy relationship skills.
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