

# Lesson Overview and Areas of Focus



## Unit 1: Social Skills Development

### 5.1 Preparing for Take Off:

Setting Reachable Goals

Students learn how to set and reach personal goals. Students also name a short term goal using the Goal Naming Criteria

### 5.2 Rocket Science

Making Responsible Decisions

Students learn to plan their actions, evaluate their choices, and problem solve using the steps for responsible decision making. Students also demonstrate the ability to identify positive options when making a decision.

### 5.3 Systems Check:

Identifying and Managing Emotions

Students learn to recognize and manage their emotions using healthy strategies. Students examine the relationship between feelings and behavior and learn to discern the emotions of others.

### 5.4 This is Your Captain Speaking:

Effective Communication

Students learn and apply effective communication skills to handle conflict peacefully, share feelings and ideas with others, and enhance cooperation in order to maintain positive relationships.

### 5.5 My Flight Crew:

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.

## Unit 2: Substance Use Topics and Skill Application

### 5.6 Decompression:

Peer-Pressure Refusal

Students learn and apply peer-pressure refusal strategies. Students also learn to communicate the decision to refuse the pressure with confidence in order to avoid risky behaviors.

### 5.7 System Malfunction:

Effects of Alcohol Use

Students learn the short and long term effects of alcohol use on the brain and body, as well as the effects of alcohol use on the ability to reach goals. Students apply peer refusal strategies in a variety of situations involving alcohol.

### 5.8 Smoke Screen:

Effects of Nicotine Use

Students learn the short term and long term effects of nicotine use on the body. Students also demonstrate the effective use of peer-pressure refusal strategies in a variety of situations involving tobacco.

### 5.9 Prescription for Life:

Safe Use of Rx and OTC Meds

Students identify negative reactions to mistakes and learn to use positive self-talk to manage and overcome mistakes. Students examine the risks and effects of Rx and OTC misuse.

### 5.10 Way off Course:

Effects of Marijuana Use

Students learn the effects of THC on the brain and body as well as its impact on reaching goals. Students recall and apply skills developed in the course.

## Unit 3: A Peaceable Place Topics and Skill Application

### 5.11 Initiate Launch:

Respect for Self and Others

Students learn the affect of self-respect and self-confidence together with a respect for others to develop a greater capacity to build empathy, diffuse conflict, and develop stronger relationships.

### 5.12 Smooth Landing:

Conflict Resolution

Students learn to recognize the precursors to conflict and learn strategies to resolve conflict to build stronger, healthier relationships. Students practice respecting differing opinions and the needs of others to seek peaceful solutions to conflict.

### 5.13 Initiate Countdown:

Anger Management

Students express their feelings with confidence, not aggression, to satisfy their needs for security, position, safety, and power. Students practice reporting and refusing bullying behaviors and to speak up if they are the target or the witness of a bullying situation.

### 5.14 Shields Up:

Identifying and Managing Bullying Situations

Students learn the short term and long term effects of tobacco use on the body. Students also demonstrate the effective use of peer-pressure refusal strategies in a variety of situations involving tobacco.

### 5.15 Flight Academy:

Being a Positive Role Model  
Course Review

Students learn the effects of marijuana on the brain and body as well as its impact on reaching goals. Students recall and apply skills developed in the course.