

# Lesson Overview and Areas of Focus



## Unit 1: Social Skills Development

### 6.1 My Road Ahead: Setting Reachable Goals

Students learn how to set and reach personal goals. Students also learn to recognize and manage potential obstacles that can get in the way of reaching a goal.

### 6.2 Who's in the Driver's Seat? Making Responsible Decisions

Students learn to plan their actions, evaluate their choices, and problem solve using the steps for responsible decision making. Students also examine how goals, peers, media, and family influence decisions.

### 6.3 Diagnostic Tune-Up: Identifying and Managing Emotions

Students learn to recognize and manage their emotions using healthy strategies and analyze how emotions and self-awareness influence decision making. Students also learn to discern the emotions of others and demonstrate respect for self and others.

### 6.4 Express Yourself: 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 and analyze how perceptions influence communication.

### 6.5 Peer Review: Bonding and Relationships

Students learn and apply peer refusal strategies and peer selection skills to promote healthy bonding and connectedness. Students identify the benefits of belonging to positive peer groups as well as the effects of associating with negative peer groups.

## Unit 2: Substance Use Topics and Skills Application

### 6.6 A Closer Look: Effects of Alcohol Use

Students learn the short-term and long term effects of alcohol use on the teenage brain and body as well as the social consequences of underage drinking. Students also analyze how media messages influence expectations about alcohol.

### 6.7 A Dead End: Effects of Nicotine Use

Students learn the short-term and long-term consequences of nicotine use. Students evaluate the impact of media messages on perceptions and attitudes toward tobacco use.

### 6.8 Keep off the Grass!: Effects of THC & Marijuana Use

Students examine the misperceptions of marijuana and its use. Students also learn the effects of THC on the teenage brain and body as well as its impact on reaching goals.

### 6.9 Making Healthy Choices: Rx, OTC, and Street Drugs

Students differentiate safe and unsafe use of prescription and over-the-counter medicines and identify safe practices for the use and storage of medicine. Students also learn the harmful effects of inhalant and street-drug use.

### 6.10 Risk Assessment: Healthy Risk Taking

Students examine the developmental aspects of risk-taking and differentiate the healthy and unhealthy risks by predicting outcomes. Students recall and apply social skills developed in the course and identify the benefits of remaining drug free.

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

### 6.11 Confidence in Progress: Respect for Self and Others

Students learn how confidence and self-respect positively affect their attitudes, behaviors, and relationships. Students demonstrate the ability to think positively in difficult situations.

### 6.12 A Peaceful Approach: Conflict Resolution

Students identify healthy and unhealthy approaches to resolving conflict and evaluate the emotions associated with conflict to identify the probable effects of competition and cooperation in the resolution of a conflict.

### 6.13 Keep Your Cool: Anger Management

Students differentiate degrees of anger and identify the physical indicators of anger. Students also identify the actions that can escalate or de-escalate a conflict and learn healthy ways to manage anger and apply strategies to de-escalate a conflict.

### 6.9 What to Say: Identifying and Managing Bullying Situations

Students learn to recognize bullying and demonstrate healthy ways for targets and witnesses to respond to bullying behavior. Students identify several motivations for bullying and demonstrate healthy alternatives to bullying behavior.

### 6.10 That's Entertainment?: Media Violence/ Course Review

Students identify the negative influences of media representations of violence. Students apply critical thinking and media literacy skills to interpret depictions of violence in the media. Students also recall the skills learned in the course through a comprehensive course review.