

Lesson Overview and Areas of Focus



Unit 1: Social Skills Development

7.1 Set to Win: 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.

7.2 The Decision Is Yours: 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.

7.3 Understanding Me: Identifying and Managing Emotions

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

7.4 Say It With Style: 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. Students also analyze how perceptions and emotions can influence communication.

7.5 The Right Connection: 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

7.6 Addiction Notice: Understanding Addiction

Students learn about addiction and its physiological and psychological effects on the teenage body and brain. Students also identify healthy alternatives to dealing with common life pressures to remain drug free.

7.7 A Toxic Waste: Effects of Nicotine Use on the Brain and Body

Students learn the short-term, long-term, and social consequences of Nicotine use. Students evaluate the impact of product placement in media on perceptions and attitudes toward Nicotine use.

7.8 Al K. Hol: Effects of Alcohol Use on the Brain and Body

Students examine the short and long term effects of alcohol use on the teenage brain and body as well as the social consequences of underage drinking. Students analyze how expectations affect decisions.

7.9 The Real Deal: Effects of THC and Marijuana Use on the Brain and Body

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

7.10 A Drug Is a Drug: Street, Prescription, and OTC Drugs

Students learn the short term effects of the abuse of street, prescription, and OTC drugs and review the effects of drug use on the teenage brain and body. Students also identify the benefits of remaining healthy and drug free.

Unit 3: Social Perspectives Topics and Skills Application

7.11 Celebrating Differences: Respect for Self and Others

Students consider their own strengths and weaknesses and study their effects on sense of self. Students explore the relationship between confidence and self-respect and their effect on emotions, attitudes, and behavior. Students explore the benefits of individual differences in building rewarding, long term relationships.

7.12 Meeting Point: Conflict Resolution

Students compare the potential consequences of handling conflict in healthy ways and learn to recognize conflict as an opportunity to learn about oneself and to listen respectfully to different points of view. Students also demonstrate cooperation as an approach to resolving conflict.

7.13 Anger Outlet: Anger Management

Students identify healthy, effective anger management techniques. Students describe the role of personal responsibility in a peaceful response to anger-provoking situations. Students also demonstrate how to reframe self-talk to reduce anger and differentiate the actions that can escalate and deescalate a conflict.

7.14 Home Base: Identifying and Managing Bullying Situations

Students identify bullying behaviors and examine several motivations for bullying. Students also demonstrate healthy solutions for targets and witnesses to respond to bullying behavior and healthy alternatives to bullying behavior. Students differentiate snitching and reporting.

7.15 Site Survey: Peer Violence Course Review

Students examine the precursors to peer violence including unresolved conflict, social pressure, rumors, and unmanaged emotion. Students examine the consequences of violence for the aggressor, target, and witness.