

# Too Good for Drugs and Violence High School

## 2021 Edition

*Correlated with Wyoming Health Education Content and Performance Standards*

### **Lesson 1 Graduation Day – Setting Reachable Goal**

#### **Objectives**

Following this lesson, the student will be able to:

- Identify and apply the steps for setting and reaching a personal goal
- Identify and apply the criteria for naming a reachable goal
- Apply knowledge of aptitudes and interests to goal setting
- Recognize and manage obstacles that can interfere with reaching a goal

#### **1. HEALTH INFORMATION, PRODUCTS AND RESOURCES**

HE12.1.1 Locate and evaluate appropriate resources at school, in the community and beyond that help to enhance health.

#### **2. PROBLEM SOLVING AND DECISION MAKING**

HE12.2.1 Analyze the types of decisions that would be appropriate for a specific health related situation.

HE12.2.4 Evaluate how peers, culture, media and technology influence decisions students make about health practices and risk behaviors.

#### **4. PERSONAL AND SOCIAL RESPONSIBILITY**

HE12.4.8 Use criteria to set a long-term personal health goal and make a plan for achieving it.

HE12.4.9 Monitor progress toward achieving a long-term personal health goal and evaluate the effectiveness of the plan for meeting the goal.

### **Lesson 2 Who's in Charge Here? – Making Responsible Decisions**

#### **Objectives**

Following this lesson, the student will be able to:

- Demonstrate the ability to apply the steps in the Decision-Making Model
- Predict the consequences of decisions on self and others
- Recognize personal responsibility for the outcomes of decisions
- Use decision-making and problem-solving skills to reach a desirable outcome
- Examine the effects of influence on decision-making

#### **2. PROBLEM SOLVING AND DECISION MAKING**

HE12.2.1 Analyze the types of decisions that would be appropriate for a specific health related situation.

HE12.2.2 Apply a systematic decision making process that includes evaluation of consequences to enhance health.

HE12.2.3 Apply a systematic decision making process that includes evaluation of consequences to reduce or avoid health risks.

HE12.2.4 Evaluate how peers, culture, media and technology influence decisions students make about health practices and risk behaviors.

## **Lesson 3 Feelings 101 – *Identifying and Managing Emotions***

### **Objectives**

Following this lesson, the student will be able to:

- Demonstrate strategies to identify and manage emotions
- Discern the emotions of others
- Demonstrate the ability to perspective take in a variety of situations
- Demonstrate ways to communicate care, consideration, and respect for self and others
- Analyze how emotions and self-awareness influence decision making
- Relate managing emotions to success in life

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HE12.2.3 Apply a systematic decision making process that includes evaluation of consequences to reduce or avoid health risks.

### **3. EFFECTIVE COMMUNICATION**

HE12.3.1 Evaluate verbal and non-verbal techniques for communicating effectively with family, peers and others to enhance health.

HE12.3.3 Demonstrate the ability to use effective communication techniques to advocate for personal and community health.

HE12.3.6 Demonstrate the ability to use strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.

### **4. PERSONAL AND SOCIAL RESPONSIBILITY**

HE12.4.1 Analyze the relationship between personal health and their effect on self, others, and society.

HE12.4.2 Demonstrate the ability to use a strategic approach to manage health risks and enhance health.

HE12.4.12 Analyze the relationship between physical, social, and mental and emotional health.

## **Lesson 4 Say What You Mean. Mean What You Say. – *Effective Communication***

### **Objectives**

Following this lesson, the student will be able to:

- Demonstrate active listening techniques to build and maintain healthy relationships
- Recognize the role of verbal and nonverbal communication in conveying meaning and understanding
- Differentiate assertive, passive, and aggressive communication styles
- Demonstrate assertive communication techniques
- Use effective communication skills in asking for help and advocating needs
- Apply effective communication skills to collaborative efforts

### **2. PROBLEM SOLVING AND DECISION MAKING**

HE12.2.2 Apply a systematic decision making process that includes evaluation of consequences to enhance health.

HE12.2.3 Apply a systematic decision making process that includes evaluation of consequences to reduce or avoid health risks.

### **3. EFFECTIVE COMMUNICATION**

- HE12.3.1 Evaluate verbal and non-verbal techniques for communicating effectively with family, peers and others to enhance health.
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- HE12.3.3 Demonstrate the ability to use effective communication techniques to advocate for personal and community health.

## **Lesson 5 The Ties that Bind – *Bonding and Relationships***

### **Objectives**

Following this lesson, the student will be able to:

- Identify characteristics of healthy and unhealthy relationships
- Develop social-awareness and interpersonal skills to maintain positive relationships
- Recognize the benefits of belonging to a positive peer group
- Identify and bond with a positive peer group
- Manage one's emotions in relationships to positively influence and inspire others

### **2. PROBLEM SOLVING AND DECISION MAKING**

- HE12.2.4 Evaluate how peers, culture, media and technology influence decisions students make about health practices and risk behaviors.

### **3. EFFECTIVE COMMUNICATION**

- HE12.3.1 Evaluate verbal and non-verbal techniques for communicating effectively with family, peers and others to enhance health.
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- HE12.3.6 Demonstrate the ability to use strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.

## **Lesson 6 Wasted Time – *Effects of Alcohol Use on the Brain and Body***

### **Objectives**

Following this lesson, the student will be able to:

- Recognize and evaluate the influence of expectations on the decision to consume alcohol
- Identify the physical, mental, social, emotional, and legal implications of underage consumption of alcohol
- Discuss the short and long-term effects of alcohol use on the development of the teenage brain and body
- Discuss the negative effect of underage drinking on achieving goals
- Demonstrate peer-refusal skills in situations involving alcohol

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- HE12.1.3 Use criteria to evaluate the validity of health information from a variety of sources.

### **2. PROBLEM SOLVING AND DECISION MAKING**

- HE12.2.1 Analyze the types of decisions that would be appropriate for a specific health related situation.
- HE12.2.2 Apply a systematic decision making process that includes evaluation of consequences to enhance health.

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#### **4. PERSONAL AND SOCIAL RESPONSIBILITY**

- HE12.4.12 Analyze the relationship between physical, social, and mental and emotional health.

## **Lesson 7 Vaporware – *Effects of Nicotine Use on the Brain and Body***

### **Objectives**

Following this lesson, the student will be able to:

- Distinguish between advertising claims and facts about the effects of using tobacco products.
- Describe the long-term and short-term effects of using tobacco products
- Contrast perceived norms with actual prevalence of smoking
- Identify ways tobacco use can interfere with the ability to reach a goal
- Demonstrate effective peer-pressure refusal techniques in situations involving tobacco products

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### **3. EFFECTIVE COMMUNICATION**

- HE12.3.5 Demonstrate the ability to use refusal, negotiation and collaboration skills to reduce or avoid health risks.
- HE12.3.6 Demonstrate the ability to use strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.

### **4. PERSONAL AND SOCIAL RESPONSIBILITY**

- HE12.4.12 Analyze the relationship between physical, social, and mental and emotional health.

## **Lesson 8 *Truth or Consequences – Effects of THC and Marijuana Use on the Brain and Body***

### **Objectives**

Following this lesson, the student will be able to:

- Discuss the physical, mental, social, and emotional consequences of marijuana use
- Discuss the misperceptions of marijuana and its use
- Examine the effects of marijuana on the body, particularly on brain function
- Evaluate the impact of marijuana impairment on goals, activities, and occupations
- Discuss the psychological addiction aspects of marijuana use

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### **4. PERSONAL AND SOCIAL RESPONSIBILITY**

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## **Lesson 9 *The Evidence Speaks for Itself – Prescription, OTC, and Street Drugs***

### **Objectives**

Following this lesson, the student will be able to:

- Differentiate healthy and unhealthy risks and predict their outcomes
- Incorporate risk analysis into the Decision-Making Model
- Compare the harmful effects of abusing prescription and OTC drugs to those of street drugs
- Discuss the addictive and harmful effects of over-the-counter, prescription, street drug abuse
- Discuss the physical, psychological, social, and emotional consequences of prescription and OTC drug abuse
- Differentiate appropriate use and abuse of prescription, over-the-counter, and street drugs

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## **Lesson 10 Consider the Alternative – *Alternatives to Substance Use and Course Review***

### **Objectives**

Following this lesson, the student will be able to:

- Discuss the reasons why some teenagers choose to use drugs
- Identify healthy alternatives to drug use
- Discuss solutions for a friend with an alcohol or other drug problem
- Access school and community resources for help with alcohol or other drug problems
- Recall and practice skills and concepts learned in the course

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## **Lesson 11 Many Rivers to Cross – *Respect for Self and Others***

### **Objectives**

Following this lesson, the student will be able to:

- Define respect
- Appreciate differences in preference, point of view, opinion, value, and experience of others
- Identify the effect of self-respect on decisions and relationships
- Identify specific examples of demonstrating respect to others
- Differentiate commanding and demanding respect
- Determine how to promote respect in different situations

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HE12.3.6 Demonstrate the ability to use strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.

### **4. PERSONAL AND SOCIAL RESPONSIBILITY**

HE12.4.10 Evaluate strategies for being respectful of others and opposing stereotyping and prejudice.

HE12.4.12 Analyze the relationship between physical, social, and mental and emotional health.

## **Lesson 12 The Resolution Solution – *Conflict Resolution***

### **Objectives**

Following this lesson, the student will be able to:

- Differentiate between conflict and violence
- Determine behaviors that escalate a conflict
- Identify healthy approaches to conflict resolution
- Demonstrate effective conflict resolution skills

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## **Lesson 13 Maximize Life, Minimize Stress – *Stress Management***

### **Objectives**

Following this lesson, the student will be able to:

- Identify common stressors including change, difficult situations, internal conflict, and external conflict
- Identify physical, emotional, and health-related signs and symptoms of stress
- Discuss the role of self-control and personal responsibility in managing the emotions related to stress
- Evaluate and apply effective strategies for coping with stress

### **2. PROBLEM SOLVING AND DECISION MAKING**

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### **3. EFFECTIVE COMMUNICATION**

- HE12.3.3 Demonstrate the ability to use effective communication techniques to advocate for personal and community health.

### **4. PERSONAL AND SOCIAL RESPONSIBILITY**

- HE12.4.1 Analyze the relationship between personal health and their effect on self, others, and society.
- HE12.4.4 Explain signs of stress and how stress can affect health status.
- HE12.4.5 Analyze age appropriate factors that create good stress and bad stress.



HE12.4.7 Evaluate the appropriateness of various strategies for managing stress and avoiding stress overload in specific situations.

HE12.4.12 Analyze the relationship between physical, social, and mental and emotional health.

## **Lesson 14 #Compatibility – Healthy Teen Dating**

### **Objectives**

Following this lesson, the student will be able to:

- Identify characteristics of healthy and unhealthy dating relationships
- Define teen dating abuse
- Demonstrate ways to bond with pro-social partners to build and maintain healthy dating relationships
- Demonstrate ways to avoid unhealthy dating relationships
- Establish standards and characteristics of healthy personal relationships
- Evaluate and manage the potential risks when unhealthy characteristics are present in a dating relationship

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HE12.4.12 Analyze the relationship between physical, social, and mental and emotional health.

# Lesson 15 Finding Perspective – *Social Media Awareness and Course Review*

## Objectives

Following this lesson, the student will be able to:

- Discuss the effects of one's actions on social media on relationships and emotional well-being
- Discuss the relationships between past online activity and obstacles to reaching goals
- Identify the effects of one's online interactions on others
- Demonstrate knowledge and understanding of social-emotional skills learned in lessons 1-10

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