

Too Good for Drugs

Grade 5

Correlated to Washington State Health Education K-12 Learning Standards

Lesson 5.1 *Preparing for Take Off* – Setting Reachable Goals

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Identify the steps in the goal-setting model
- Identify and apply the goal-naming criteria
- Name a short-term personal goal using the goal-naming criteria

Health Education Core Idea: Wellness (W)

8. Goal-Setting

Analyze progress toward achieving a personal health goal. H6.W8.5

Lesson 5.2 *Rocket Science* – Making Responsible Decisions

Objectives

Following this lesson, the student will be able to:

- Define consequence
- List the steps of the decision-making model
- Identify a variety of options to any given decision
- Demonstrate the ability to choose healthy options when making a decision

Health Education Core Idea: Wellness (W)

7. Decision-Making

Apply decision-making skills to make a health-enhancing choice. H5.W7.5

Lesson 5.3 *Systems Check* - Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Name four basic emotions: happy, sad, angry, and scared and their variations
- Recognize the physical signals associated with particular emotions
- Identify the relationship between feelings and behaviors
- Differentiate healthy and unhealthy ways to manage emotions

Health Education Core Idea: Social Emotional Health (So)

4. Expressing Emotions

Understand ways to manage difficult emotions. H1.So4.5a

Identify resources for managing emotions. H1.So4.5b

Lesson 5.4 *This is Your Captain Speaking* - Effective Communication

Objectives

Following this lesson, the student will be able to:

- Define communication
- Identify the elements of communication, both verbal and nonverbal
- Differentiate assertive, aggressive, and passive speaking styles
- Identify active listening skills

Health Education Core Idea: Wellness (W)

6. Communication

Demonstrate appropriate interpersonal communication skills. H4.W6.5

Lesson 5.5 *My Flight Crew* – Bonding & Relationships

Objectives

Following this lesson, the student will be able to:

- Compare healthy and unhealthy friendship qualities
- Understand how to be compassionate and empathetic toward others
- Recognize the benefits of belonging to a positive peer group
- Identify and bond with a positive peer group

Health Education Core Idea: Wellness (W)

6. Communication

Demonstrate appropriate interpersonal communication skills. H4.W6.5

Health Education Core Idea: Sexual Health (Se)

6. Healthy Relationships

Differentiate between healthy and unhealthy relationships. H1.Se6.5a

Understand how to support a peer to recognize healthy and unhealthy relationships. H8.Se6.5

Lesson 5.6 *Prescription for Life* – Safe Use of Prescription and OTC Medicines

Objectives

Following this lesson, the students will be able to:

- Recognize and anticipate negative reactions to personal mistakes and disappointments
- Differentiate positive and negative self-talk
- Discuss the effect of positive and negative self-talk on feelings and actions
- Use positive self-talk to manage and overcome mistakes
- Differentiate safe and unsafe use of prescription and over-the-counter medicines
- Explain the benefits of medicine when used correctly
- Identify safe practices to use and store prescription and over-the-counter medicines at home

Health Education Core Idea: Substance Use and Abuse (Su)

1. Use and Abuse

Identify reliable sources of information about tobacco, alcohol, and other drugs. H3.Su1.5

Identify a variety of tobacco, alcohol, and marijuana products. H1.Su1.5a

Recognize that tobacco, alcohol, and other drugs can be addictive. H1.Su1.5b

Describe how family, school, community, peers, media, and technology influence decisions related to use of tobacco, alcohol, marijuana, and other drugs. H2.Su1.5

3. Prevention

Identify healthy alternatives for decisions related to substance use. H5.Su3.5

Lesson 5.7 *Decompression* – Peer-Pressure Refusal

Objectives

Following this lesson, the student will be able to:

- Define peer pressure and peer influence
- Identify the effect of peer pressure on decision making and goals
- Identify and apply nine peer-pressure refusal strategies
- Identify how to be a positive peer influence

Health Education Core Idea: Wellness (W)

6. Communication

Demonstrate appropriate interpersonal communication skills. H4.W6.5

Health Education Core Idea: Sexual Health (Se)

6. Healthy Relationships

Differentiate between healthy and unhealthy relationships. H1.Se6.5a

Understand how to support a peer to recognize healthy and unhealthy relationships. H8.Se6.5

Health Education Core Idea: Substance Use and Abuse (Su)

3.Prevention

Demonstrate ways to resist peer pressure to use substances. H4.Su3.5

Identify healthy alternatives for decisions related to substance use. H5.Su3.5

Lesson 5.8 *System Malfunction* – Effects of Alcohol Use**Objectives**

Following this lesson, the student will be able to:

- List the harmful effects of alcohol on the developing brain and behavior
- Identify false expectations about the effects of alcohol
- Apply positive peer influence in situations involving alcohol
- Discuss the effect of alcohol use on the ability to reach one's goals

Health Education Core Idea: Wellness (W)

8. Goal-Setting

Analyze progress toward achieving a personal health goal. H6.W8.5

Health Education Core Idea: Substance Use and Abuse (Su)

1. Use and Abuse

Identify reliable sources of information about tobacco, alcohol, and other drugs. H3.Su1.5

Identify a variety of tobacco, alcohol, and marijuana products. H1.Su1.5a

Recognize that tobacco, alcohol, and other drugs can be addictive. H1.Su1.5b

Describe how family, school, community, peers, media, and technology influence decisions related to use of tobacco, alcohol, marijuana, and other drugs. H2.Su1.5

2. Effects

Recognize substances are more addictive and harmful during growth and development. H1.Su2.5a

3.Prevention

Demonstrate ways to resist peer pressure to use substances. H4.Su3.5

Identify healthy alternatives for decisions related to substance use. H5.Su3.5

Lesson 5.9 *Smoke Screen* – Effects of Nicotine Use**Objectives**

Following this lesson, the students will be able to:

- Describe the long-term and short-term effects of using tobacco products
- Discuss the benefits of quitting nicotine use and being nicotine free
- Demonstrate effective peer-pressure refusal techniques in situations involving tobacco products

Health Education Core Idea: Wellness (W)

8. Goal-Setting

Analyze progress toward achieving a personal health goal. H6.W8.5

Health Education Core Idea: Substance Use and Abuse (Su)

1. Use and Abuse

Identify reliable sources of information about tobacco, alcohol, and other drugs. H3.Su1.5

Identify a variety of tobacco, alcohol, and marijuana products. H1.Su1.5a

Recognize that tobacco, alcohol, and other drugs can be addictive. H1.Su1.5b

Describe how family, school, community, peers, media, and technology influence decisions related to use of tobacco, alcohol, marijuana, and other drugs. H2.Su1.5

2. Effects

Recognize substances are more addictive and harmful during growth and development. H1.Su2.5a

3. Prevention

Demonstrate ways to resist peer pressure to use substances. H4.Su3.5

Identify healthy alternatives for decisions related to substance use. H5.Su3.5

Lesson 5.10 *Way Off Course* – Effects of Marijuana Use and Course Review

Objectives

Following this lesson, the student will be able to:

- List the effects of marijuana use on the brain and body
- Discuss the effects of marijuana use on the ability to reach goals
- Recall and practice skills taught in TGFD lessons 1-9

Health Education Core Idea: Wellness (W)

8. Goal-Setting

Analyze progress toward achieving a personal health goal. H6.W8.5

Health Education Core Idea: Substance Use and Abuse (Su)

1. Use and Abuse

Identify reliable sources of information about tobacco, alcohol, and other drugs. H3.Su1.5

Identify a variety of tobacco, alcohol, and marijuana products. H1.Su1.5a

Recognize that tobacco, alcohol, and other drugs can be addictive. H1.Su1.5b

Describe how family, school, community, peers, media, and technology influence decisions related to use of tobacco, alcohol, marijuana, and other drugs. H2.Su1.5

2. Effects

Recognize substances are more addictive and harmful during growth and development. H1.Su2.5a

3. Prevention

Demonstrate ways to resist peer pressure to use substances. H4.Su3.5

Identify healthy alternatives for decisions related to substance use. H5.Su3.5