

# Too Good for Drugs

## Grade 8

*Correlated to Washington State Health Education K-12 Learning Standards*

### Lesson 8.1 *The Architect* – Setting Reachable Goals

#### Objectives

Following this lesson, the student will be able to:

- Define goal
- Identify and apply the steps for setting and reaching a personal goal
- Identify and apply the criteria for naming a reachable personal goal
- Name a personal goal using the goal-setting model
- Recognize and manage potential obstacles that can get in the way of reaching a goal

#### Health Education Core Idea: Wellness (W)

##### 7. Goal-Setting

Describe various short-and long-term goals that can be used to enhance health. H6.W7.8

### Lesson 8.2 *iDecide* – Making Responsible Decisions

#### Objectives

Following this lesson, the student will be able to:

- Define decision
- Demonstrate the ability to apply the steps in the Decision-Making Model
- Examine how goals, media, peers, and family influence decisions
- Demonstrate the effect decisions have on accomplishing goals
- Recognize that decisions are made every day
- Differentiate between impulsive behavior and thoughtful decisions
- Predict how decisions have consequences for self and others

#### Health Education Core Idea: Wellness (W)

##### 6. Decision-Making

Demonstrate a decision-making model to make a personal health-enhancing choice. H5.W6.8

### Lesson 8.3 *Calibrating Sensors* - Identifying and Managing Emotions

#### Objectives

Following this lesson, the student will be able to:

- Relate managing emotions to success in life
- Demonstrate strategies to manage emotions
- Analyze how emotions and self-awareness influence decision making
- Demonstrate healthy ways to express feelings
- Discern the emotions of others
- Demonstrate ways to communicate care, consideration, and respect of self and others

#### Health Education Core Idea: Social Emotional Health (So)

##### 4. Expressing Emotions

Demonstrate ways to manage or resolve interpersonal conflict. H4.So4.8

Compare and contrast the influence of family, culture, and media on how emotions are expressed. H2.So4.8

## **Lesson 8.4 *Press Send* - Effective Communication**

### **Objectives**

Following this lesson, the student will be able to:

- Define effective communication
- Identify the elements of verbal and non-verbal communication
- Recognize how tone of voice, facial expressions, and body language affect meaning and understanding
- Differentiate assertive, aggressive, and passive communication styles

### **Health Education Core Idea: Wellness (W)**

#### **5. Communication**

Demonstrate communication skills to enhance health and avoid or reduce health risks. H4.W5.8

### **Health Education Core Idea: Safety (Sa)**

#### **3. Violence Prevention**

Differentiate between passive, aggressive, and assertive communication. H4.Sa3.8

## **Lesson 8.5 *Friend Request* – Bonding & Relationships**

### **Objectives**

Following this lesson, the student will be able to:

- Compare healthy and unhealthy relationships
- Recognize the effects of negative peer pressure and peer influence
- Employ strategies to resist negative peer pressure and peer influence
- Recognize the effects of positive peer pressure and peer influence
- Recognize the benefits of belonging to a positive peer group
- Identify and bond with a positive peer group

### **Health Education Core Idea: Safety (Sa)**

#### **3. Violence Prevention**

Differentiate between passive, aggressive, and assertive communication. H4.Sa3.8

### **Health Education Core Idea: Sexual Health (Se)**

#### **5. Healthy Relationships**

Explain how to build and maintain healthy family, peer, and dating relationships. H1.Se5.8a

Analyze the impact of technology and social media on friendships and relationships. H2.Se8.8.

## **Lesson 8.6 *Server Not Responding* – Effects of Alcohol Use**

### **Objectives**

Following this lesson, the students will be able to:

- Recognize the role expectations play in decision making
- Discuss the short-term and long-term effects of alcohol use on the teenage brain and body
- Evaluate the effects of alcohol use on reaching goals, decision-making, managing emotions, communication, and relationships
- Predict the consequences of underage alcohol use
- Discuss the benefits of positive health behaviors and their effect on preventing alcohol use

### **Health Education Core Idea: Wellness (W)**

#### **6. Decision-Making**

Demonstrate a decision-making model to make a personal health-enhancing choice. H5.W6.8

#### **7. Goal-Setting**

Describe various short-and long-term goals that can be used to enhance health. H6.W7.8

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

### 1. Use and Abuse

Analyze factors that influence substance use and abuse. H2.Su1.8

Compare and contrast sources of information on substance use. H3.Su1.8

### 2. Effects

Describe how substance abuse affects dimensions of health. H1.Su2.8

### 3.Prevention

Apply refusal skills to avoid substance use. H7.Su3.8a

Demonstrate behaviors and practices to prevent substance use and improve the health of oneself and others. H7.Su3.8b

Create a drug-free message for school. H8.Su3.8

## **Lesson 8.7 *The Social Hacker* – Effects of Nicotine Use**

### **Objectives**

Following this lesson, the student will be able to:

- Identify the various forms of tobacco and tobacco-related products
- Identify the short-term, long-term, and social consequences of nicotine use
- Compare the glamorous image and the harmful reality of nicotine use
- Discuss the impact of product placement in media on perceptions and attitudes about nicotine use
- Discuss the stages of addiction and the associated behaviors

### **Health Education Core Idea: Wellness (W)**

#### 6. Decision-Making

Demonstrate a decision-making model to make a personal health-enhancing choice. H5.W6.8

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

#### 1. Use and Abuse

Analyze factors that influence substance use and abuse. H2.Su1.8

Compare and contrast sources of information on substance use. H3.Su1.8

#### 2. Effects

Describe how substance abuse affects dimensions of health. H1.Su2.8

#### 3.Prevention

Apply refusal skills to avoid substance use. H7.Su3.8a

Demonstrate behaviors and practices to prevent substance use and improve the health of oneself and others. H7.Su3.8b

## **Lesson 8.8 *The Blunt Truth* – Effects of THC and Marijuana Use**

### **Objectives**

Following this lesson, the student will be able to:

- Examine the misperceptions of marijuana and its use
- Examine the effects of marijuana and THC use on the body, particularly on brain function
- Discuss the impact of marijuana and THC use on reaching goals
- Discuss the psychological addiction aspects of marijuana use

### **Health Education Core Idea: Wellness (W)**

#### 6. Decision-Making

Demonstrate a decision-making model to make a personal health-enhancing choice. H5.W6.8

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

#### 1. Use and Abuse

Analyze factors that influence substance use and abuse. H2.Su1.8

Compare and contrast sources of information on substance use. H3.Su1.8

## 2. Effects

Describe how substance abuse affects dimensions of health. H1.Su2.8

## 3.Prevention

Apply refusal skills to avoid substance use. H7.Su3.8a

Demonstrate behaviors and practices to prevent substance use and improve the health of oneself and others. H7.Su3.8b

# **Lesson 8.9 *Not What the Doctor Ordered* – Street, Prescription, and OTC Drugs**

## **Objectives**

Following this lesson, the students will be able to:

- Discuss the addictive and harmful effects of over-the-counter, prescription, and street drug abuse
- Differentiate the appropriate use and abuse of prescription and over-the-counter drugs
- Discuss the physical, psychological, social, and emotional consequences of abusing drugs
- Identify healthy alternatives to substance use

## **Health Education Core Idea: Wellness (W)**

### 6. Decision-Making

Demonstrate a decision-making model to make a personal health-enhancing choice. H5.W6.8

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

### 1. Use and Abuse

Analyze factors that influence substance use and abuse. H2.Su1.8

Compare and contrast sources of information on substance use. H3.Su1.8

## 2. Effects

Describe how substance abuse affects dimensions of health. H1.Su2.8

## 3.Prevention

Apply refusal skills to avoid substance use. H7.Su3.8a

Demonstrate behaviors and practices to prevent substance use and improve the health of oneself and others. H7.Su3.8b

# **Lesson 8.10 *The Operating System* – Understanding Risk and Course Review**

## **Objectives**

Following this lesson, the student will be able to:

- Discuss risk and examine the development of aspects of risk-taking
- Differentiate healthy and unhealthy risks and predict their outcomes
- Practice Goal Setting, Decision Making, Effective Communication, Managing Emotions and Relationship Management Skills
- Recall specific drug information and the effects of drug use on the brain and body
- Identify the benefits of remaining healthy and drug free
- Support and influence friends to remain healthy and drug free

## **Health Education Core Idea: Wellness (W)**

### 6. Decision-Making

Demonstrate a decision-making model to make a personal health-enhancing choice. H5.W6.8

### 7. Goal-Setting

Describe various short-and long-term goals that can be used to enhance health. H6.W7.8

## **Health Education Core Idea: Safety (Sa)**

### 3. Violence Prevention

Differentiate between passive, aggressive, and assertive communication. H4.Sa3.8

### **Health Education Core Idea: Sexual Health (Se)**

#### 5. Healthy Relationships

Explain how to build and maintain healthy family, peer, and dating relationships. H1.Se5.8a

Analyze the impact of technology and social media on friendships and relationships. H2.Se8.8.

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Compare and contrast sources of information on substance use. H3.Su1.8

#### 2. Effects

Describe how substance abuse affects dimensions of health. H1.Su2.8

#### 3.Prevention

Apply refusal skills to avoid substance use. H7.Su3.8a

Demonstrate behaviors and practices to prevent substance use and improve the health of oneself and others. H7.Su3.8b

Create a drug-free message for school. H8.Su3.8