

Too Good for Drugs

Grade 6

Correlated to Expected Behavior in Safe and Supportive Schools

Lesson 6.1 *My Road Ahead* – Setting Reachable Goals

Objectives

Following this lesson, the student will be able to:

- Define “Goal”
- Identify and apply the goal-naming criteria
- Identify and apply steps to setting and reaching a personal goal
- Name someone to support him or her in working toward a goal

Self-awareness and Self-management

5-8.1.03 Analyze how personal qualities influence choices and successes.

5-8.1.04 Set a short-term goal and make a plan for achieving it.

5-8.1.05 Analyze why one achieved or did not achieve a goal.

Lesson 6.2 *Who’s in the Driver’s Seat?* – Making Responsible Decisions

Objectives

Following this lesson, the student will be able to:

- Define consequence
- Distinguish decisions with minor consequences from those with major consequences
- List the steps of the decision-making model
- Explain the benefits of stopping to think about possible consequences before making major decisions
- Evaluate possible consequences of major decisions

Decision-making Skills and Responsible Behaviors

5-8.3.03 Analyze how decision-making skills improve study habits and academic performance.

Lesson 6.3 *Diagnostic Tune-Up* - Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Recognize the physical signals associated with specific emotions
- Identify intensifying emotions
- Name a variety of emotions
- List positive ways to manage emotions
- Discuss the role of emotion management in preventing intensifying emotions from leading to inappropriate actions

Social-awareness and Interpersonal Skills

5-8.2.01 Predict others’ feelings and perspectives in a variety of situations.

5-8.2.02 Analyze how one’s behavior may affect others.

Lesson 6.4 *Express Yourself* - 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 can affect meaning
- Distinguish among assertive, aggressive, and passive communication styles

Social-awareness and Interpersonal Skills

5-8.2.01 Predict others' feelings and perspectives in a variety of situations.

5-8.2.02 Analyze how one's behavior may affect others.

Lesson 6.5 *Peer Review* – Bonding & Relationships

Objectives

Following this lesson, the student will be able to:

- Define peer pressure
- Identify nine effective peer-pressure refusal strategies
- Demonstrate effective peer-pressure refusal techniques in a variety of situations
- Evaluate assertiveness in peer-pressure refusal demonstrations
- Identify the benefits of associating with peers who make positive decisions
- Name ways to influence others positively

Social-awareness and Interpersonal Skills

5-8.2.01 Predict others' feelings and perspectives in a variety of situations.

5-8.2.02 Analyze how one's behavior may affect others.

5-8.2.04 Analyze ways to establish positive relationships with others.

Lesson 6.6 *A Closer Look* – Effects of Alcohol Use

Objectives

Following this lesson, the students will be able to:

- Compare the alcohol content of a single serving of beer, wine, and liquor
- Define "psychoactive"
- List the effects of alcohol on the brain and behavior
- Demonstrate effective peer-pressure refusal skills in situations involving alcohol
- Identify ways alcohol use can interfere with the ability to reach a goal
- Identify the various forms of media used to communicate to large populations
- Recognize that advertising messages are designed to sell a product, service, or an idea

Self-awareness and Self-management

5-8.1.02 Apply strategies to manage stress and to motivate successful performance.

Social-awareness and Interpersonal Skills

5-8.2.06 Evaluate strategies for preventing and resolving interpersonal problems.

5-8.2.07 Define unhealthy peer pressure and evaluate strategies for resisting it.

Decision-making Skills and Responsible Behaviors

5-8.3.04 Evaluate strategies for resisting pressures to engage in unsafe or unethical activities.

Lesson 6.7 *A Dead End* – Effects of Nicotine Use

Objectives

Following this lesson, the student will be able to:

- Identify the stages of addiction
- Describe the long-term and short-term effects of using nicotine and tobacco products
- Compare perceived norms with actual prevalence of smoking
- Identify ways nicotine use can interfere with the ability to reach a goal
- Demonstrate effective peer-pressure refusal techniques in situations involving nicotine products

Self-awareness and Self-management

5-8.1.02 Apply strategies to manage stress and to motivate successful performance.

Social-awareness and Interpersonal Skills

5-8.2.06 Evaluate strategies for preventing and resolving interpersonal problems.

5-8.2.07 Define unhealthy peer pressure and evaluate strategies for resisting it.

Decision-making Skills and Responsible Behaviors

5-8.3.04 Evaluate strategies for resisting pressures to engage in unsafe or unethical activities.

Lesson 6.8 *Keep Off the Grass!* – Effects of THC and Marijuana Use

Objectives

Following this lesson, the student will be able to:

- List the effects of THC and marijuana use on the body and on behavior
- Determine the consequences of marijuana use on everyday activities
- Contrast perceived norms with actual prevalence of marijuana use
- Practice using peer-pressure refusal strategies in a variety of situations involving marijuana

Self-awareness and Self-management

5-8.1.02 Apply strategies to manage stress and to motivate successful performance.

Social-awareness and Interpersonal Skills

5-8.2.06 Evaluate strategies for preventing and resolving interpersonal problems.

5-8.2.07 Define unhealthy peer pressure and evaluate strategies for resisting it.

Decision-making Skills and Responsible Behaviors

5-8.3.04 Evaluate strategies for resisting pressures to engage in unsafe or unethical activities.

Lesson 6.9 *Calculate the Risk* – Safe Use of Prescription and OTC Medicines

Objectives

Following this lesson, the students will be able to:

- Discuss risk and the developmental aspects of risk-taking
- Differentiate healthy and unhealthy risks and predict their outcomes
- Incorporate risk analysis into the Think Step of Decision-Making Model
- Identify the harmful effects of abusing over-the-counter and prescription medications on the brain and body
- Differentiate the appropriate use and the abuse of prescription and over-the-counter medications

Self-awareness and Self-management

5-8.1.02 Apply strategies to manage stress and to motivate successful performance.

Social-awareness and Interpersonal Skills

5-8.2.06 Evaluate strategies for preventing and resolving interpersonal problems.

5-8.2.07 Define unhealthy peer pressure and evaluate strategies for resisting it.

Decision-making Skills and Responsible Behaviors

5-8.3.03 Analyze how decision-making skills improve study habits and academic performance.

5-8.3.04 Evaluate strategies for resisting pressures to engage in unsafe or unethical activities.

Lesson 6.10 *Prevention 500* – Street Drugs & Course Review

Objectives

Following this lesson, the student will be able to:

- Discuss the harmful effects of inhalant and street drug use
- Recall the skills taught in TGFD lessons 1-10
- Explain the concepts taught in TGFD lessons 1-10
- State reasons not to use drugs

Self-awareness and Self-management

5-8.1.01 Analyze factors that create stress or motivate successful performance.

5-8.1.02 Apply strategies to manage stress and to motivate successful performance.

5-8.1.03 Analyze how personal qualities influence choices and successes.

5-8.1.04 Set a short-term goal and make a plan for achieving it.

Social-awareness and Interpersonal Skills

5-8.2.01 Predict others' feelings and perspectives in a variety of situations.

5-8.2.02 Analyze how one's behavior may affect others.

5-8.2.04 Analyze ways to establish positive relationships with others.

5-8.2.06 Evaluate strategies for preventing and resolving interpersonal problems.

5-8.2.07 Define unhealthy peer pressure and evaluate strategies for resisting it.

Decision-making Skills and Responsible Behaviors

5-8.3.01 Evaluate how honesty, respect, fairness and compassion enable one to take the needs of others into account when making decisions.

5-8.3.03 Analyze how decision-making skills improve study habits and academic performance.

5-8.3.04 Evaluate strategies for resisting pressures to engage in unsafe or unethical activities.