Lesson Overview and Areas of Focus

Unit 1: Social Skill Development

1.1 A Great Day:
Setting Reachable Goals

Students learn how to set and reach personal goals. Students also learn to identify action steps needed to reach a goal.

- **Define a Goal**
- **Identifying Action Steps for Reaching a Goal**
- **Setting a Personal Goal**

1.2 Thinking Caps On:
Making Responsible Decisions

Students learn the benefits of stopping to think before making a decision. Students also learn to predict the positive and negative consequences of choices before making a decision.

- **Benefits of Stopping to Think**
- **Understanding and Predicting Consequences**
- **Understanding Personal Responsibility**

3.3 Catitude:
Identifying and Managing Emotions

Students learn to recognize a variety of emotions and the physical signals associated with specific emotions. Students learn to manage their emotions and express their feelings using an I-message.

- **Naming Feelings**
- **Differentiate Feelings and Behavior**
- **I-Messages and Other Healthy Ways to Express Emotions**

1.4 Hear Me Out:
Effective Communication

Students learn and demonstrate active listening skills to show caring and respect. Students also practice verbal and non-verbal communication skills.

- **Body Language and Active Listening**
- **Asking Questions without Interrupting**
- **Verbal and Non-verbal Communication**

1.5 The Cat's Meow:
Bonding and Relationships

Students compare healthy and unhealthy friendship qualities and learn the benefits of bonding with pro-social others. Students also learn approaches to making and keeping friends.

- **Healthy Friendship Qualities**
- **Benefits of Pro-social Behavior**
- **Approaches to making and keeping friends**

Unit 2: ATOD Information and Skill Application

1.6 Copy Cat:
Managing Peer Pressure

Students learn to recognize positive and negative peer pressure and learn and apply peer-pressure refusal strategies. Students also recognize the effects of peer pressure on decision making.

- **Define Positive and Negative Peer Pressure**
- **Safe and Healthy Activities**
- **Peer Refusal Strategies**

1.7 Stuck in a Tree:
Managing Disappointment

Students differentiate positive and negative reactions to disappointment. Students also learn to use healthy strategies to respond to, manage, and overcome disappointment.

- **Differentiate Positive and Negative reactions to Disappointment**
- **Healthy Ways to Respond to Disappointment**

1.8 All the Right Movers:
Understanding the Safe Use of Prescription and OTC Medicines

Students identify and describe physical symptoms of not feeling well and healthy ways to respond like telling an adult, getting rest, and hydrating. Students also learn to differentiate the safe and unsafe use of prescription and over-the-counter medicines.

- **Defining Medicine**
- **Safe and Unsafe Use of Medicines**

1.9 Curious Carmen:
Identifying and Avoiding Harmful Substances

Students learn to identify harmful substances in and around the home, including tobacco and alcohol. Students learn which substances are not safe to smell, inhale, drink, or taste as well as ways to avoid strong chemical odors such as leave the room and tell an adult.

- **Identify Harmful Substances in the Home**
- **Safe Responses to the Presence of Harmful Substances**

1.10 Fit as a Riddle:
Making Healthy Choices

Students learn to identify the benefits of making healthy choices related to food, rest, and exercise. Students demonstrate knowledge of good food, exercise, and rest to build a strong, healthy body.

- **Comprehend Health and a Healthy Body**
- **Benefits of Making Healthy Choices**
- **Differentiating Healthy and Unhealthy Decisions**