

Lesson Overview and Areas of Focus



Unit 1: Social Skill Development

<p>2.1 Chasing Squirrels: Setting Reachable Goals</p> <p>Students learn the steps to setting and reaching personal goals. Students also learn to identify personal strengths as areas of which they can set their own personal goal.</p> <ul style="list-style-type: none"> • Define a Goal • Personal strengths • Setting and Reaching Goals 	<p>2.2 The Important Link: Making Responsible Decisions</p> <p>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.</p> <ul style="list-style-type: none"> • Benefits of Stopping to Think • Understanding and Predicting Consequences • Demonstrate How to Make Good Decisions 	<p>2.3 How I Feel: Identifying and Managing Emotions</p> <p>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.</p> <ul style="list-style-type: none"> • Identify Various Emotions • Differentiate Feelings and Behavior • I-Messages and Other Healthy Ways to Express Emotions 	<p>2.4 How Do You Do?: Effective Communication</p> <p>Students learn to use polite, assertive communication. Students also learn and demonstrate active listening skills to show caring and respect to others.</p> <ul style="list-style-type: none"> • Social Skill of Making Introductions • Polite, Assertive Communication Using I-Messages • Active Listening Skills 	<p>2.5 Friends Fur-ever: Bonding and Relationships</p> <p>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.</p> <ul style="list-style-type: none"> • Healthy Friendship Qualities • Benefits of Pro-social Behavior • Approaches to making and keeping friends
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Unit 2: ATOD Information and Skill Application

<p>2.6 Wagging the Dog: Managing Peer Pressure</p> <p>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.</p> <ul style="list-style-type: none"> • Define Positive and Negative Peer Pressure • Effect of Peer Pressure on Decision Making • Peer Refusal Strategies 	<p>2.7 Still in the Game: Managing Mistakes</p> <p>Students identify negative reactions to personal mistakes. Students also learn to use healthy strategies to respond to, manage, and overcome mistakes and disappointment.</p> <ul style="list-style-type: none"> • Differentiate Positive and Negative Self-Talk • Healthy Ways to Manage and Overcome Mistakes 	<p>2.8 A Prescription for Health: Understanding the Safe Use of Prescription and OTC Medicines</p> <p>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.</p> <ul style="list-style-type: none"> • Physical Symptoms of Not Feeling Well • Safe and Unsafe Use of Medicines 	<p>2.9 Chasing Your Tail: Identifying and Avoiding Harmful Substances</p> <p>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 and ways to avoid strong chemical odors like opening a window, leaving the room, and telling an adult.</p> <ul style="list-style-type: none"> • Identify Harmful Substances • Safe Ways to Respond to Harmful Substances 	<p>2.10 Healthy Choices, Healthy Body: Making Healthy Choices</p> <p>Students learn the benefits of making healthy choices related to food, rest, and exercise. Students also demonstrate their knowledge of healthy food choices, getting exercise, and getting enough rest to build a strong, healthy body.</p> <ul style="list-style-type: none"> • Define Health • Benefits of Making Healthy Choices
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