

Lesson Overview and Areas of Focus



Unit 1: Social Skills Development

5.1 Preparing for Take Off: Setting Reachable Goals	5.2 Rocket Science Making Responsible Decisions	5.3 Systems Check: Identifying and Managing Emotions	5.4 This is Your Captain Speaking: Effective Communication	5.5 My Flight Crew: Bonding and Relationships
<p>Students learn how to set and reach personal goals. Students also name a short term goal using the Goal Naming Criteria</p>	<p>Students learn to plan their actions, evaluate their choices, and problem solve using the steps for responsible decision making. Students also demonstrate the ability to identify positive options when making a decision.</p>	<p>Students learn to recognize and manage their emotions using healthy strategies. Students examine the relationship between feelings and behavior and learn to discern the emotions of others.</p>	<p>Students learn and apply effective communication skills to handle conflict peacefully, share feelings and ideas with others, and enhance cooperation in order to maintain positive relationships.</p>	<p>Students compare healthy and unhealthy friendship qualities and learn the benefits of bonding with pro-social others. Students also apply effective communication skills to support and encourage others.</p>
<ul style="list-style-type: none"> • Goal Setting Model Steps • Goal Naming Criteria • Identify Resources for Support • Name a Short Term Personal Goal 	<ul style="list-style-type: none"> • Decision Making Model • Understanding Consequences • Choosing the Healthy Option • Maintaining a healthy media/ life balance 	<ul style="list-style-type: none"> • Identify Various Emotions • Physical Signals of Emotions • Feelings and Behavior • Healthy ways to Manage Emotions 	<ul style="list-style-type: none"> • Elements of Communication • Non-Verbal Communication • Differentiate Assertive, Aggressive and Passive Communication • Active Listening Skills • Preventing Online Miscommunication 	<ul style="list-style-type: none"> • Healthy Friendship Qualities • Benefits of Positive Peer Groups • Compassion and Empathy in encounters online and in person

Unit 2: ATOD Information and Skills Application

5.6 Decompression: Peer-Pressure Refusal	5.7 System Malfunction: Effects of Alcohol Use	5.8 Smoke Screen: Effects of Nicotine Use	5.9 Prescription for Life: Safe Use of Rx and OTC Meds	5.10 Way off Course: Effects of Marijuana Use Course Review
<p>Students learn and apply peer-pressure refusal strategies. Students also learn to communicate the decision to refuse the pressure with confidence in order to avoid risky behaviors.</p>	<p>Students learn the short and long term effects of alcohol use on the brain and body, as well as the effects of alcohol use on the ability to reach goals. Students apply peer refusal strategies in a variety of situations involving alcohol.</p>	<p>Students learn the short term and long term effects of nicotine use on the body. Students also demonstrate the effective use of peer-pressure refusal strategies in a variety of situations involving tobacco.</p>	<p>Students identify negative reactions to mistakes and learn to use positive self-talk to manage and overcome mistakes. Students examine the risks and effects of Rx and OTC misuse.</p>	<p>Students learn the effects of THC on the brain and body as well as its impact on reaching goals. Students recall and apply skills developed in the course.</p>
<ul style="list-style-type: none"> • Peer Pressure and Influence • Effect of Peer Pressure on Decision Making • Peer Refusal Strategies • Modelling Positive Behavior Online 	<ul style="list-style-type: none"> • Effects of Alcohol on Brain Development and Behavior • Impact of Alcohol use on Reaching Goals • Expectations of Alcohol use 	<ul style="list-style-type: none"> • Short and Long term Effects of Tobacco and Nicotine Use • Benefits of Living Nicotine Free • Peer Refusal Techniques Applied to Situations involving Nicotine Products 	<ul style="list-style-type: none"> • Effects of Positive Self Talk on Attitude and Behavior • Managing and Overcoming Mistakes • Safe Use of Rx and OTC meds • Safe storage and usage practices for Rx and OTC meds 	<ul style="list-style-type: none"> • Effects of Marijuana Use and THC on the Body and Behavior • Consequences of Marijuana Use • Course Review • Commitment to Living Drug-free