

Too Good for Drugs Grade 5

2018 Edition

Correlated with Arkansas Health & Safety and Physical Education Standards 2019

Lesson 1 Preparing for Take Off – Setting Reachable Goals

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Identify the steps in the Goal-Setting model
- Identify and apply the Goal-Naming criteria
- Name a short-term personal goal using the Goal-Naming criteria

Personal Health and Safety Standard

Students will promote physical, social, and emotional health for self and others.

- I can develop strategies for lifetime behavior and activity that promote health and wellness.
- I can identify people and resources that promote health and safety.

Knowledge and Understanding

Students will demonstrate physical literacy needed to achieve and maintain a health-enhancing level of physical activity.

- I can differentiate between skill-related and health-related fitness.

Motivation and Confidence Standard

Students will exhibit responsible personal and social behavior that respects self and others.

- I can work cooperatively and praise others for their successes.

Lesson 2 Rocket Science – Making Responsible Decisions

Objectives

Following this lesson, the student will be able to:

- Define consequence
- List the steps of the decision-making model
- Identify a variety of options to any given decision
- Demonstrate the ability to choose healthy options when making a decision

Healthy Skills and Relationships Standard

Students will demonstrate healthy relationships and interaction with others, utilize effective communication skills (verbal, non-verbal, and online), and differentiate between healthy and unhealthy behaviors, and how those behaviors impact relationships with peers and adults.

- I can predict consequences of healthy and unhealthy behaviors, including their impact on self and others.

Personal Health and Safety Standard

Students will promote physical, social, and emotional health for self and others.

- I can develop strategies for lifetime behavior and activity that promote health and wellness.
- I can identify people and resources that promote health and safety.

Lesson 3 Systems Check – *Identifying and Managing Emotions*

Objectives

Following this lesson, the student will be able to:

- Name four basic emotions: happy, sad, angry, and scared and their variations
- Recognize the physical signals associated with particular emotions
- Identify the relationship between feelings and behavior
- Differentiate healthy and unhealthy ways to manage emotions

Healthy Skills and Relationships Standard

Students will demonstrate healthy relationships and interaction with others, utilize effective communication skills (verbal, non-verbal, and online), and differentiate between healthy and unhealthy behaviors, and how those behaviors impact relationships with peers and adults.

- I can demonstrate appropriate verbal and nonverbal communication skills.
- I can effectively communicate my thoughts and opinions to my peers in healthy manners.

Personal Health and Safety Standard

Students will promote physical, social, and emotional health for self and others.

- I can develop strategies for lifetime behavior and activity that promote health and wellness.

Lesson 4 This is Your Captain Speaking – *Effective Communication*

Objectives

Following this lesson, the student will be able to:

- Define communication
- Identify the elements of communication, both verbal and nonverbal
- Differentiate assertive, aggressive, and passive speaking styles
- Identify active listening skills

Healthy Skills and Relationships Standard

Students will demonstrate healthy relationships and interaction with others, utilize effective communication skills (verbal, non-verbal, and online), and differentiate between healthy and unhealthy behaviors, and how those behaviors impact relationships with peers and adults.

- I can demonstrate appropriate verbal and nonverbal communication skills.
- I can compare behaviors that demonstrate respect as well as disrespect of self and others.
- I can effectively communicate my thoughts and opinions to my peers in healthy manners.

Personal Health and Safety Standard

Students will promote physical, social, and emotional health for self and others.

- I can develop strategies for lifetime behavior and activity that promote health and wellness.

Lesson 5 My Flight Crew – *Bonding and Relationships*

Objectives

Following this lesson, the student will be able to:

- Compare healthy and unhealthy friendship qualities
- Understand how to be compassionate and empathetic toward others
- Recognize the benefits of belonging to a positive peer group
- Identify and bond with a positive peer group

Healthy Skills and Relationships Standard

Students will demonstrate healthy relationships and interaction with others, utilize effective communication skills (verbal, non-verbal, and online), and differentiate between healthy and unhealthy behaviors, and how those behaviors impact relationships with peers and adults.

- I can demonstrate appropriate verbal and nonverbal communication skills.
- I can predict consequences of healthy and unhealthy behaviors, including their impact on self and others.
- I can effectively communicate my thoughts and opinions to my peers in healthy manners.

Personal Health and Safety Standard

Students will promote physical, social, and emotional health for self and others.

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Motivation and Confidence Standard

Students will exhibit responsible personal and social behavior that respects self and others.

- I can work cooperatively and praise others for their successes.

Lesson 6 Prescription for Life – Safe Use of Prescription and OTC Medicines

Objectives

Following this lesson, the student will be able to:

- Recognize and anticipate negative reactions to personal mistakes and disappointments
- Differentiate positive and negative self-talk
- Discuss the effect of positive and negative self-talk on feelings and actions
- Explain the benefits of medicine when used correctly
- Identify safe practices to use and store prescription and over-the-counter medicines at home

Alcohol, Tobacco, and Other Drugs

Students will investigate healthy and unhealthy behaviors related to alcohol, tobacco, and other drugs, while understanding the physical, psychological, and legal consequences for self and others.

- I can discuss avoidance strategies for alcohol, tobacco, and other drug use.
- I can discuss physical and psychological damage resulting from long-term use of alcohol, tobacco, and other drugs.

Personal Health and Safety Standard

Students will promote physical, social, and emotional health for self and others.

- I can develop strategies for lifetime behavior and activity that promote health and wellness.
- I can identify people and resources that promote health and safety.

Lesson 7 Decompression – Peer-Pressure Refusal

Objectives

Following this lesson, the student will be able to:

- Define peer pressure and peer influence
- Identify the effect of peer pressure on decision making and goals
- Identify and apply nine peer-pressure refusal strategies
- Identify how to be a positive peer influence

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- I can predict consequences of healthy and unhealthy behaviors, including their impact on self and others.
- I can effectively communicate my thoughts and opinions to my peers in healthy manners.

Personal Health and Safety Standard

Students will promote physical, social, and emotional health for self and others.

- I can develop strategies for lifetime behavior and activity that promote health and wellness.
- I can identify people and resources that promote health and safety.
- I can identify behaviors associated with physical, mental, and verbal abuse and resources that aid in avoiding them.
- I can recognize potentially abusive situations as a threat to personal safety.

Lesson 8 System Malfunction – Effects of Alcohol Use

Objectives

Following this lesson, the student will be able to:

- List the harmful effects of alcohol on the developing brain and behavior
- Identify false expectations about the effects of alcohol
- Apply positive peer influence in situations involving alcohol
- Discuss the effect of alcohol use on the ability to reach one's goals

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- I can demonstrate appropriate verbal and nonverbal communication skills.
- I can predict consequences of healthy and unhealthy behaviors, including their impact on self and others.
- I can effectively communicate my thoughts and opinions to my peers in healthy manners.

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Lesson 9 Smoke Screen – *Effects of Nicotine Use*

Objectives

Following this lesson, the student will be able to:

- Describe the long-term and short-term effects of using tobacco products
- Discuss the benefits of quitting tobacco use and being tobacco free
- Demonstrate effective peer-pressure refusal techniques in situations involving tobacco products

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Lesson 10 Way Off Course – *Effects of Marijuana Use and Courses Review*

Objectives

Following this lesson, the student will be able to:

- List the effects of marijuana use on the brain and body
- Discuss the effects of marijuana use on the ability to reach goals
- Recall and practice skills taught in TGFD lessons 1-9

Human Growth and Development

Students will demonstrate the ability to apply their understanding of human growth and development, including awareness of their own and others', related to body systems.

- I can classify the major functions of the body systems, identify which body parts are in each system, and how to keep my body systems healthy.

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