

Too Good for Drugs Grade 5

2018 Edition

Correlated to Health Education Georgia Standards of Excellence

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

Description: Students will use goal-setting skills to identify, apply, and maintain health- enhancing behaviors. Fifth-grade students will set personal health goals, track the progress of the goals, and identify resources to assist them in achieving the goals.

HE5.6: Students will demonstrate the ability to use goal-setting skills to enhance health.

HE5.6.a Set a personal health goal and track progress toward its achievement.

HE5.6.b Identify and utilize resources to assist in achieving a personal health goal.

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

Description: Students will use decision-making skills to identify, apply, and maintain health- enhancing behaviors. Fifth-grade students will identify health-related situations and analyze the importance of seeking assistance before making a decision.

HE5.5: Students will demonstrate the ability to use decision-making skills to enhance health.

HE5.5.a Identify health-related situations that might require a thoughtful decision.

HE5.5.b List healthy options and possible consequences to a health-related issue or problem.

HE5.5.c Predict the potential outcomes of each option when making a health-related decision.

HE5.5.e Choose a healthy option when making a decision.

HE5.5.f Describe the outcomes of a health- related decision.

Description: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Fifth-grade students will perform healthy behaviors and avoid and/or reduce risky behaviors.

HE5.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

HE5.7.a Practice responsible personal health choices.

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 behaviors
- Differentiate healthy and unhealthy ways to manage emotions

Description: Students will understand basic personal health concepts that help maintain healthy behaviors and prevent disease. Fifth-grade students will recognize that there are multiple components of health, including physical, personal, emotional, and mental. Students will describe healthy behaviors to prevent or reduce their risk of injury, illness, and disease prevention.

HE5.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE5.1.c Describe and apply the basic health concept of mental and emotional well-being.

Description: Students will use effective communication skills to enhance personal, family, and community health. Fifth-grade students will demonstrate the ability to organize and convey information and feelings as the basis for strengthening interpersonal interactions and reducing or avoiding conflict. Students will analyze verbal and nonverbal communication skills, which can help maintain healthy personal relationships.

HE5.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

HE5.4.a Apply effective verbal and nonverbal communication skills to enhance health.

Description: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Fifth-grade students will perform healthy behaviors and avoid and/or reduce risky behaviors.

HE5.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

HE5.7.a Practice responsible personal health choices.

HE5.7.b Demonstrate a variety of healthy choices and behaviors to preserve or enhance personal health.

HE5.7.c Model a variety of behaviors that prevent or decrease health risks to self and/or others.

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

Description: Students will use effective communication skills to enhance personal, family, and community health. Fifth-grade students will demonstrate the ability to organize and convey information and feelings as the basis for strengthening interpersonal interactions and reducing or avoiding conflict. Students will analyze verbal and nonverbal communication skills, which can help maintain healthy personal relationships.

HE5.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

HE5.4.a Apply effective verbal and nonverbal communication skills to enhance health.

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

Description: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Fifth-grade students will examine how the family, peers, culture, and media influence personal and family health. Students will begin to examine their values, beliefs, and perceived norms as they relate to health behaviors.

HE5.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE5.2.a Evaluate the influence of family and peers on personal health behaviors and decisions.

Description: Students will use effective communication skills to enhance personal, family, and community health. Fifth-grade students will demonstrate the ability to organize and convey information and feelings as the basis for strengthening interpersonal interactions and reducing or avoiding conflict. Students will analyze verbal and nonverbal communication skills, which can help maintain healthy personal relationships.

HE5.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

HE5.4.a Apply effective verbal and nonverbal communication skills to enhance health.

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

Objectives

Following this lesson, the students 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
- Use positive self-talk to manage and overcome mistakes
- Differentiate safe and unsafe use of prescription and over-the-counter medicines
- Explain the benefits of medicine when used correctly
- Identify safe practices to use and store prescription and over-the-counter medicines at home

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HE5.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE5.1.c Describe and apply the basic health concept of mental and emotional well-being.

HE5.1.e Distinguish the short and long-term physical effects of use and/or misuse of substances.

Description: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Fifth-grade students will perform healthy behaviors and avoid and/or reduce risky behaviors.

HE5.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

HE5.7.a Practice responsible personal health choices.

- HE5.7.b Demonstrate a variety of healthy choices and behaviors to preserve or enhance personal health.
- HE5.7.c Model a variety of behaviors that prevent or decrease health risks to self and/or others.

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

Description: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Fifth-grade students will examine how the family, peers, culture, and media influence personal and family health. Students will begin to examine their values, beliefs, and perceived norms as they relate to health behaviors.

HE5.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE5.2.a Evaluate the influence of family and peers on personal health behaviors and decisions.

Description: Students will use effective communication skills to enhance personal, family, and community health. Fifth-grade students will demonstrate the ability to organize and convey information and feelings as the basis for strengthening interpersonal interactions and reducing or avoiding conflict. Students will analyze verbal and nonverbal communication skills, which can help maintain healthy personal relationships.

HE5.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

HE5.4.a Apply effective verbal and nonverbal communication skills to enhance health.

HE5.4.b Model effective nonviolent strategies to manage or resolve conflicts.

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

Description: Students will understand basic personal health concepts that help maintain healthy behaviors and prevent disease. Fifth-grade students will recognize that there are multiple components of health, including physical, personal, emotional, and mental. Students will describe healthy behaviors to prevent or reduce their risk of injury, illness, and disease prevention.

HE5.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE5.1.e Distinguish the short and long-term physical effects of use and/or misuse of substances.

Description: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Fifth-grade students will examine how the family, peers, culture, and media influence personal

and family health. Students will begin to examine their values, beliefs, and perceived norms as they relate to health behaviors.

HE5.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE5.2.a Evaluate the influence of family and peers on personal health behaviors and decisions.

Lesson 9 Smoke Screen – *Effects of Nicotine Use*

Objectives

Following this lesson, the students will be able to:

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

Description: Students will understand basic personal health concepts that help maintain healthy behaviors and prevent disease. Fifth-grade students will recognize that there are multiple components of health, including physical, personal, emotional, and mental. Students will describe healthy behaviors to prevent or reduce their risk of injury, illness, and disease prevention.

HE5.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE5.1.e Distinguish the short and long-term physical effects of use and/or misuse of substances.

Description: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Fifth-grade students will examine how the family, peers, culture, and media influence personal and family health. Students will begin to examine their values, beliefs, and perceived norms as they relate to health behaviors.

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HE5.2.a Evaluate the influence of family and peers on personal health behaviors and decisions.

Description: Students will use effective communication skills to enhance personal, family, and community health. Fifth-grade students will demonstrate the ability to organize and convey information and feelings as the basis for strengthening interpersonal interactions and reducing or avoiding conflict. Students will analyze verbal and nonverbal communication skills, which can help maintain healthy personal relationships.

HE5.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

HE5.4.a Apply effective verbal and nonverbal communication skills to enhance health.

HE5.4.b Model effective nonviolent strategies to manage or resolve conflicts.

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

Description: Students will understand basic personal health concepts that help maintain healthy behaviors and prevent disease. Fifth-grade students will recognize that there are multiple components of health, including physical, personal, emotional, and mental. Students will describe healthy behaviors to prevent or reduce their risk of injury, illness, and disease prevention.

HE5.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE5.1.c Describe and apply the basic health concept of mental and emotional well-being.

HE5.1.e Distinguish the short and long-term physical effects of use and/or misuse of substances.

Description: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Fifth-grade students will examine how the family, peers, culture, and media influence personal and family health. Students will begin to examine their values, beliefs, and perceived norms as they relate to health behaviors.

HE5.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE5.2.a Evaluate the influence of family and peers on personal health behaviors and decisions.

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HE5.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

HE5.4.a Apply effective verbal and nonverbal communication skills to enhance health.

HE5.4.b Model effective nonviolent strategies to manage or resolve conflicts.

Description: Students will use decision-making skills to identify, apply, and maintain health-enhancing behaviors. Fifth-grade students will identify health-related situations and analyze the importance of seeking assistance before making a decision.

HE5.5: Students will demonstrate the ability to use decision-making skills to enhance health.

HE5.5.a Identify health-related situations that might require a thoughtful decision.

HE5.5.b List healthy options and possible consequences to a health-related issue or problem.

HE5.5.c Predict the potential outcomes of each option when making a health-related decision.

HE5.5.e Choose a healthy option when making a decision.

HE5.5.f Describe the outcomes of a health-related decision.

Description: Students will use goal-setting skills to identify, apply, and maintain health-enhancing behaviors. Fifth-grade students will set personal health goals, track the progress of the goals, and identify resources to assist them in achieving the goals.

HE5.6: Students will demonstrate the ability to use goal-setting skills to enhance health.

HE5.6.a Set a personal health goal and track progress toward its achievement.

HE5.6.b Identify and utilize resources to assist in achieving a personal health goal.

Description: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Fifth-grade students will perform healthy behaviors and avoid and/or reduce risky behaviors.

HE5.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

HE5.7.a Practice responsible personal health choices.

HE5.7.b Demonstrate a variety of healthy choices and behaviors to preserve or enhance personal health.

HE5.7.c Model a variety of behaviors that prevent or decrease health risks to self and/or others.

Description: Students will demonstrate the ability to advocate for personal, family, and community health. Fifth-grade students will express opinions on health issues and encourage others to adopt health-enhancing behaviors.

HE5.8: Students will demonstrate the ability to advocate for personal, family, and community health.

HE5.8.b Advocate for positive health choices.