

Lesson Overview and Areas of Focus



Unit 1: Social Skill Development

7.1 Set to Win: Goal Setting

Students learn how to set and reach personal goals. Students also learn to recognize and manage potential obstacles that can get in the way of reaching a goal.

- **Goal Setting Steps**
- **Goal Setting Criteria**
- **Identify Resources for Support**

7.2 The Decision is Yours Decision Making

Students learn to plan their actions, evaluate their choices, and problem solve using the steps for responsible decision making. Students also examine how goals, peers, media, and family influence decisions.

- **Decision Making Model**
- **Understanding Consequences**
- **Predicting Positive and Negative Consequences**
- **Personal Responsibility**

7.3 Understanding Me: Identifying and Managing Emotions

Students apply healthy strategies to recognize and manage their emotions. Students analyze how emotions and self-awareness influence decision making and learn to discern the emotions of others and demonstrate care and respect for self and others.

- **Identify Intense Emotions**
- **Physical Signals of Emotions**
- **Emotion Management Strategies**
- **Impact of Emotions on Decisions**
- **Stressors that Trigger Emotions**
- **Managing the Emotions of Others**

7.4 Say it With Style: Effective Communication

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. Students also analyze how perceptions and emotions can influence communication.

- **Elements of Communication**
- **Non-Verbal Communication**
- **Differentiate Assertive, Aggressive, and Passive Communication**

7.5 The Right Connection: Bonding and Relationships

Students learn and apply peer refusal strategies and peer selection skills to promote healthy bonding and connectedness. Students identify the benefits of belonging to positive peer groups as well as the effects of associating with negative peer groups.

- **Peer Pressure**
- **Peer Refusal Strategies**
- **Assertiveness and Peer Refusal**
- **Benefits of Positive Peer Groups**
- **Understanding Influence**

Unit 2: Drug information and Skill Application

7.6 Addiction Notice: Understanding Addiction

Students learn about addiction and its physiological and psychological effects on the teenage body and brain. Students also identify healthy alternatives to dealing with common life pressures to remain drug free.

- **Stages of Addiction**
- **Behaviors Associated with Addiction**
- **Tolerance and Withdrawal**
- **Alternatives to Drug Use**

7.7 A Toxic Waste: Effects of Nicotine Use

Students learn the short-term, long-term, and social consequences of Nicotine use. Students evaluate the impact of product placement in media on perceptions and attitudes toward Nicotine use.

- **Social Impact of Tobacco Use**
- **Short and Long term Effects of Nicotine Use**
- **Contrast Perceived Norms and Actual Nicotine Use Among Peers**

7.8 Al K. Hol: Effects of Alcohol Use

Students examine the short and long term effects of alcohol use on the teenage brain and body as well as the social consequences of underage drinking. Students analyze how expectations affect decisions.

- **Effects of Alcohol Use**
- **False Expectations of Alcohol Use**
- **Media Literacy and its Impact on Behavior**
- **Misperceptions of Alcohol Use**

7.9 The Real Deal: Effects of THC & Marijuana Use

Students examine the misperceptions of marijuana and its use. Students also learn the effects of marijuana on the teenage brain and body as well as its impact on reaching goals.

- **Effects of THC Use on the Body and Behavior**
- **Consequences of Marijuana Use**
- **Myth vs. Fact Related to Marijuana Use**
- **Finding Accurate Sources of Information**

7.10 A Drug is a Drug: Street, Rx, & OTC Drugs

Students learn the short term effects of the abuse of street, prescription, and OTC drugs and review the effects of drug use on the teenage brain and body. Students also identify the benefits of remaining healthy and drug free.

- **Appropriate Use of Prescription and OTC Drugs**
- **Harmful Effects of Misuse of Prescription and OTC Drugs**
- **Effects of Street Drug Use**