

Too Good for Drugs Grade 7

2018 Edition

Correlated with the Health Education Content Standards for California Public Schools, 2008

Lesson 1 Set to Win – *Setting Reachable Goals*

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Differentiate short-term and long-term goals
- Identify and apply the criteria for naming a personal goal
- Identify and apply the steps for setting and reaching a personal goal
- Identify available resources for support and assistance in working towards a goal

Alcohol, Tobacco, and Other Drugs

Standard 6: Goal Setting

6.1.A Develop short- and long-term goals to remain drug-free.

Lesson 2 The Decision is Yours – *Making Responsible Decisions*

Objectives

Following this lesson, the student will be able to:

- Identify and apply the four steps in the decision-making model
- Define consequences and differentiate between positive and negative consequences
- Recognize the role of personal responsibility when reflecting on decisions and their potential outcomes

Alcohol, Tobacco, and Other Drugs

Standard 5: Decision Making

5.1.A Use a decision-making process to avoid using alcohol, tobacco, and other drugs in a variety of situations.

Mental, Emotional, and Social Health

Standard 5: Decision Making

5.1.M Apply decision-making processes to a variety of situations that impact mental, emotional, and social health.

Lesson 3 Understanding Me - *Identifying and Managing Emotions*

Objectives

Following this lesson, the student will be able to:

- Identify stressors that trigger emotions
- Recognize how emotions influence decisions
- Identify emotions and signs of stress
- Demonstrate healthy strategies to manage emotions and stress
- Identify and manage the emotions of others

Mental, Emotional, and Social Health

Standard 1: Essential Concepts

1.2.M Identify a variety of nonviolent ways to respond when angry or upset.

Standard 5: Decision Making

5.1.M Apply decision-making processes to a variety of situations that impact mental, emotional, and social health.

Standard 7: Practicing Health-Enhancing Behaviors

7.1.M Demonstrate effective coping mechanisms and strategies for managing stress.

Lesson 4 Say It with Style - *Effective Communication*

Objectives

Following this lesson, the student will be able to:

- Define effective communication
- Identify the elements of effective communication, both verbal and non-verbal
- Recognize how tone of voice, facial expressions, and body language can affect meaning
- Demonstrate assertive speaking and active listening techniques

Injury Prevention and Safety

Standard 4: Interpersonal Communication

4.5.S Describe characteristics of effective communication.

4.6.S Differentiate between passive, aggressive, and assertive communication.

Lesson 5 The Right Connection – *Bonding & Relationships*

Objectives

Following this lesson, the student will be able to:

- Differentiate peer pressure and peer influence
- Identify the benefits of positive peer influence
- Articulate the benefits of associating with pro-social others
- Differentiate healthy friend qualities and unhealthy friend qualities
- Identify various peer pressure refusal strategies and the peer pressure situations to which they apply

Injury Prevention and Safety

Standard 4: Interpersonal Communication

4.5.S Describe characteristics of effective communication.

4.6.S Differentiate between passive, aggressive, and assertive communication.

Alcohol, Tobacco, and Other Drugs

Standard 4: Interpersonal Communication

4.1.A Use effective refusal and negotiation skills to avoid risky situations, especially where alcohol, tobacco, and other drugs are being used.

Lesson 6 Addiction Notice – *Understanding Addiction*

Objectives

Following this lesson, the student will be able to:

- Define and differentiate addiction and chemical dependency
- Discuss the stages of addiction
- Compare the stages of addiction and the associated behaviors
- Define tolerance and withdrawal and identify withdrawal symptoms
- Identify several reasons some teenagers consider drug use and list alternative solutions

Alcohol, Tobacco, and Other Drugs

Standard 1: Essential Concepts

1.3.A Explain the dangers of drug dependence and addiction.

1.6.A Explain the short- and long-term consequences of using alcohol and other drugs to cope with problems.

1.7.A Explain why most youths do not use alcohol, tobacco, or other drugs.

Standard 2: Analyzing Influences

2.1.A Analyze internal influences that affect the use and abuse of alcohol, tobacco, and other drugs.

2.3.A Analyze family and peer pressure as influences on the use of alcohol, tobacco, and other drugs.

Standard 7: Practicing Health-Enhancing Behaviors

7.1.A Use a variety of effective coping strategies when there is alcohol, tobacco, or other drug use in group situations.

7.2.A Practice positive alternatives to the use of alcohol, tobacco, and other drugs.

Lesson 7 A Toxic Waste – *Effects of Nicotine Use*

Objectives

Following this lesson, the student will be able to:

- Identify the various forms of tobacco products
- Identify the chemical makeup of tobacco products
- Analyze the social consequences of smoking
- Describe the harmful short-term and long-term effects of tobacco use, including second-hand smoke, on the body

Alcohol, Tobacco, and Other Drugs

Standard 1: Essential Concepts

1.1.A Describe the harmful short- and long-term effects of alcohol, tobacco, and other drugs, including steroids, performance-enhancing drugs and inhalants.

1.2.A Describe the relationship between using alcohol, tobacco, and other drugs and engaging in other risky behaviors.

1.3.A Explain the dangers of drug dependence and addiction.

1.6.A Explain the short- and long-term consequences of using alcohol and other drugs to cope with problems.

1.7.A Explain why most youths do not use alcohol, tobacco, or other drugs.

1.8.A Explain school policies and community laws related to the use, possession, and sale of alcohol, tobacco, and illegal drugs.

Standard 2: Analyzing Influences

2.1.A Analyze internal influences that affect the use and abuse of alcohol, tobacco, and other drugs.

2.2.A Evaluate the influence of marketing and advertising techniques and how they affect alcohol, tobacco, and other drug use and abuse.

2.3.A Analyze family and peer pressure as influences on the use of alcohol, tobacco, and other drugs.

Standard 3: Accessing Valid Information

3.1.A Analyze the validity of information, products, and services related to the use of alcohol, tobacco, and other drugs.

Standard 4: Interpersonal Communication

4.1.A Use effective refusal and negotiation skills to avoid risky situations, especially where alcohol, tobacco, and other drugs are being used.

Standard 5: Decision Making

5.1.A Use a decision-making process to avoid using alcohol, tobacco, and other drugs in a variety of situations.

Standard 6: Goal Setting

6.1.A Develop short- and long-term goals to remain drug-free.

Standard 7: Practicing Health-Enhancing Behaviors

7.1.A Use a variety of effective coping strategies when there is alcohol, tobacco, or other drug use in group situations.

7.2.A Practice positive alternatives to the use of alcohol, tobacco, and other drugs.

Standard 8: Health Promotion

8.1.A Participate in school and community efforts to promote a drug-free lifestyle.

Lesson 8 Al K. Hol – *Effects of Alcohol Use*

Objectives

Following this lesson, the student will be able to:

- Describe the harmful short-term effects of under-age alcohol use
- Identify possible sources for the false expectations people have about alcohol
- Define media literacy and discuss its potential influence on teen behavior
- Differentiate the common misperceptions of alcohol as an energizing party drink and its actual effects as a depressant

Alcohol, Tobacco, and Other Drugs

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- 1.2.A Describe the relationship between using alcohol, tobacco, and other drugs and engaging in other risky behaviors.
- 1.3.A Explain the dangers of drug dependence and addiction.
- 1.6.A Explain the short- and long-term consequences of using alcohol and other drugs to cope with problems.
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- 7.1.A Use a variety of effective coping strategies when there is alcohol, tobacco, or other drug use in group situations.
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Lesson 9 The Real Deal – *Effects of THC and Marijuana Use*

Objectives

Following this lesson, the student will be able to:

- Differentiate accurate and inaccurate sources of information about drugs
- Differentiate myth and reality regarding marijuana
- Identify the effects of marijuana on the body, particularly on brain function
- Describe the impact of marijuana use on reaching goals
- Describe the impact of marijuana use on everyday activities

Alcohol, Tobacco, and Other Drugs

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- 1.6.A Explain the short- and long-term consequences of using alcohol and other drugs to cope with problems.
- 1.7.A Explain why most youths do not use alcohol, tobacco, or other drugs.
- 1.8.A Explain school policies and community laws related to the use, possession, and sale of alcohol, tobacco, and illegal drugs.

Lesson 10 A Drug is a Drug – *Street, Prescription, and OTC Drugs & Course Review*

Objectives

Following this lesson, the student will be able to:

- Identify the harmful effects of over-the-counter and prescription drug abuse on the human brain and body
- Differentiate the appropriate use and the abuse of prescription and over-the-counter drugs
- Compare the harmful effects of abusing prescription and over-the-counter drugs to those of street drugs
- Demonstrate a knowledge of facts regarding tobacco, alcohol, marijuana, street drugs, and prescription and over-the-counter medications

Alcohol, Tobacco, and Other Drugs

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- 7.1.A Use a variety of effective coping strategies when there is alcohol, tobacco, or other drug use in group situations.
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