

# Too Good for Drugs Grade 7

## 2018 Edition

*Correlated to Health Education Georgia Standards of Excellence*

### 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 steps for setting and reaching a personal goal
- Identify available resources for support and assistance in working toward a goal

**Description:** Students will use goal-setting skills to identify, apply, and maintain health- enhancing behaviors. Seventh-grade students will apply the critical steps that should be used to achieve both short-term and long-term health goals. Students will demonstrate an understanding that circumstances may dictate a change in future health goals.

**HE7.6:** Students will demonstrate the ability to use goal-setting skills to enhance health.

HE7.6.c Demonstrate the skills necessary to achieve a personal health goal.

HE7.6.d Relate how personal health goals can vary with differing skills and priorities.

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

#### Objectives

Following this lesson, the student will be able to:

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

**Description:** Students will demonstrate the ability to use decision-making skills to enhance health. Students will use decision-making skills to identify, apply, and maintain health- enhancing behaviors. Seventh-grade students will list the steps of the decision-making process, which enables them to collaborate with others to improve the quality of their lives. Students will distinguish between healthy and unhealthy behaviors and discuss their choice with peers.

**HE7.5:** Students will demonstrate the ability to use decision-making skills to enhance health.

HE7.5.a Describe situations that can help or hinder making a healthy decision and identify situations where making those decisions are more likely to occur.

HE7.5.c Differentiate between healthy and unhealthy alternatives to health-related issues or problems.

HE7.5.d Relate the potential short-term impact of each alternative to health-related issues or problems on self and others.

HE7.5.e Select healthy alternatives over unhealthy alternatives when making a decision.

HE7.5.f Examine the outcomes of a health- related decision.

## 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
- Identify and manage the emotions of others

**Description:** Students will comprehend concepts related to health promotion and disease prevention to enhance health. Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. Seventh- grade students will describe patterns of healthy behaviors to prevent or reduce their risk of injury and/or illness throughout their lifespan.

**HE7.1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE7.1.b Describe the interrelationship of emotional, social, and physical health in adolescence.

**Description:** Students will demonstrate the ability to use decision-making skills to enhance health. Students will use decision-making skills to identify, apply, and maintain health- enhancing behaviors. Seventh-grade students will list the steps of the decision-making process, which enables them to collaborate with others to improve the quality of their lives. Students will distinguish between healthy and unhealthy behaviors and discuss their choice with peers.

**HE7.5:** Students will demonstrate the ability to use decision-making skills to enhance health.

HE7.5.a Describe situations that can help or hinder making a healthy decision and identify situations where making those decisions are more likely to occur.

## 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 nonverbal
- Recognize how tone of voice, facial expressions, and body language affect meaning
- Demonstrate assertive speaking and active listening techniques

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**HE7.1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE7.1.b Describe the interrelationship of emotional, social, and physical health in adolescence.

**Description:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. Seventh grade students will use effective communication skills to enhance personal, family, and community health. Seventh grade students will demonstrate verbal and nonverbal communication skills to improve or maintain healthy relationships.

**HE7.4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

HE7.4.a Apply effective verbal and nonverbal communication skills to enhance personal health and well-being.

## 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

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**HE7.1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE7.1.b Describe the interrelationship of emotional, social, and physical health in adolescence.

**Description:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. Seventh grade students will use effective communication skills to enhance personal, family, and community health. Seventh grade students will demonstrate verbal and nonverbal communication skills to improve or maintain healthy relationships.

**HE7.4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

HE7.4.a Apply effective verbal and nonverbal communication skills to enhance personal health and well-being.

HE7.4.b Demonstrate effective conflict management or resolution strategies and model refusal and negotiation skills that avoid or reduce health risks.

## Lesson 6 Addiction Notice – *Understanding Addiction*

### Objectives

Following this lesson, the students 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

**Description:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Seventh-grade students will compare how family, peers, and culture positively and negatively influence personal and family health. Students will examine how the media influences thoughts, feelings, and health behaviors.

**HE7.2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE7.2.a Investigate how the values and behaviors of those close to you influence your health.

HE7.2.d Examine how information from the media influences personal health and well-being.

HE7.2.g Indicate how the perceptions of norms influence healthy and unhealthy behaviors.

HE7.2.i Discuss how choices can influence the likelihood of healthy or unhealthy behaviors.

**Description:** Students will demonstrate the ability to use decision-making skills to enhance health. Students will use decision-making skills to identify, apply, and maintain health- enhancing behaviors. Seventh-grade students will list the steps of the decision-making process, which enables them to collaborate with others to improve

the quality of their lives. Students will distinguish between healthy and unhealthy behaviors and discuss their choice with peers.

- HE7.5:** Students will demonstrate the ability to use decision-making skills to enhance health.
- HE7.5.c Differentiate between healthy and unhealthy alternatives to health-related issues or problems.
- HE7.5.e Select healthy alternatives over unhealthy alternatives when making a decision.

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

### **Objectives**

Following this lesson, the student will be able to:

- Identify the various types of tobacco and nicotine products
- Identify the chemical makeup of tobacco products
- Analyze the social consequences of nicotine use
- Describe the harmful short-term and long-term effects of nicotine use, including secondhand smoke, on the body

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**HE7.2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE7.2.a Investigate how the values and behaviors of those close to you influence your health.

HE7.2.d Examine how information from the media influences personal health and well-being.

HE7.2.g Indicate how the perceptions of norms influence healthy and unhealthy behaviors.

HE7.2.i Discuss how choices can influence the likelihood of healthy or unhealthy behaviors.

**Description:** Students will demonstrate the ability to use decision-making skills to enhance health. Students will use decision-making skills to identify, apply, and maintain health-enhancing behaviors. Seventh-grade students will list the steps of the decision-making process, which enables them to collaborate with others to improve the quality of their lives. Students will distinguish between healthy and unhealthy behaviors and discuss their choice with peers.

- HE7.5:** Students will demonstrate the ability to use decision-making skills to enhance health.
- HE7.5.c Differentiate between healthy and unhealthy alternatives to health-related issues or problems.
- HE7.5.e Select healthy alternatives over unhealthy alternatives when making a decision.

## **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 underage 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 misperception of alcohol as an energizing party drink and its actual effects as a depressant

**Description:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Seventh-grade students will compare how family, peers, and culture positively and

negatively influence personal and family health. Students will examine how the media influences thoughts, feelings, and health behaviors.

**HE7.2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE7.2.a Investigate how the values and behaviors of those close to you influence your health.

HE7.2.d Examine how information from the media influences personal health and well-being.

HE7.2.g Indicate how the perceptions of norms influence healthy and unhealthy behaviors.

HE7.2.i Discuss how choices can influence the likelihood of healthy or unhealthy behaviors.

**Description:** Students will demonstrate the ability to use decision-making skills to enhance health. Students will use decision-making skills to identify, apply, and maintain health-enhancing behaviors. Seventh-grade students will list the steps of the decision-making process, which enables them to collaborate with others to improve the quality of their lives. Students will distinguish between healthy and unhealthy behaviors and discuss their choice with peers.

**HE7.5:** Students will demonstrate the ability to use decision-making skills to enhance health.

HE7.5.c Differentiate between healthy and unhealthy alternatives to health-related issues or problems.

HE7.5.e Select healthy alternatives over unhealthy alternatives when making a decision.

## Lesson 9 The Real Deal – *Effects of THC and Marijuana Use*

### Objectives

Following this lesson, the students 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

**Description:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Seventh-grade students will compare how family, peers, and culture positively and negatively influence personal and family health. Students will examine how the media influences thoughts, feelings, and health behaviors.

**HE7.2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE7.2.a Investigate how the values and behaviors of those close to you influence your health.

HE7.2.d Examine how information from the media influences personal health and well-being.

HE7.2.g Indicate how the perceptions of norms influence healthy and unhealthy behaviors.

HE7.2.i Discuss how choices can influence the likelihood of healthy or unhealthy behaviors.

**Description:** Students will demonstrate the ability to use decision-making skills to enhance health. Students will use decision-making skills to identify, apply, and maintain health-enhancing behaviors. Seventh-grade students will list the steps of the decision-making process, which enables them to collaborate with others to improve the quality of their lives. Students will distinguish between healthy and unhealthy behaviors and discuss their choice with peers.

**HE7.5:** Students will demonstrate the ability to use decision-making skills to enhance health.

HE7.5.c Differentiate between healthy and unhealthy alternatives to health-related issues or problems.

HE7.5.e Select healthy alternatives over unhealthy alternatives when making a decision.

# 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 the facts regarding nicotine, alcohol, marijuana, street drugs, and prescription and over-the-counter medications

**Description:** Students will comprehend concepts related to health promotion and disease prevention to enhance health. Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. Seventh- grade students will describe patterns of healthy behaviors to prevent or reduce their risk of injury and/or illness throughout their lifespan.

**HE7.1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE7.1.b Describe the interrelationship of emotional, social, and physical health in adolescence.

HE7.1.e Explain ways to reduce or prevent health risks among adolescents.

**Description:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Seventh-grade students will compare how family, peers, and culture positively and negatively influence personal and family health. Students will examine how the media influences thoughts, feelings, and health behaviors.

**HE7.2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE7.2.a Investigate how the values and behaviors of those close to you influence your health.

HE7.2.d Examine how information from the media influences personal health and well-being.

HE7.2.g Indicate how the perceptions of norms influence healthy and unhealthy behaviors.

HE7.2.i Discuss how choices can influence the likelihood of healthy or unhealthy behaviors.

**Description:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. Seventh grade students will use effective communication skills to enhance personal, family, and community health. Seventh grade students will demonstrate verbal and nonverbal communication skills to improve or maintain healthy relationships.

**HE7.4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

HE7.4.a Apply effective verbal and nonverbal communication skills to enhance personal health and well-being.

HE7.4.b Demonstrate effective conflict management or resolution strategies and model refusal and negotiation skills that avoid or reduce health risks.

**Description:** Students will demonstrate the ability to use decision-making skills to enhance health. Students will use decision-making skills to identify, apply, and maintain health- enhancing behaviors. Seventh-grade students will list the steps of the decision-making process, which enables them to collaborate with others to improve the quality of their lives. Students will distinguish between healthy and unhealthy behaviors and discuss their choice with peers.

**HE7.5:** Students will demonstrate the ability to use decision-making skills to enhance health.

HE7.5.a Describe situations that can help or hinder making a healthy decision and identify situations where making those decisions are more likely to occur.

HE7.5.c Differentiate between healthy and unhealthy alternatives to health-related issues or problems.

- HE7.5.d Relate the potential short-term impact of each alternative to health-related issues or problems on self and others.
- HE7.5.e Select healthy alternatives over unhealthy alternatives when making a decision.
- HE7.5.f Examine the outcomes of a health-related decision.

**Description:** Students will use goal-setting skills to identify, apply, and maintain health-enhancing behaviors. Seventh-grade students will apply the critical steps that should be used to achieve both short-term and long-term health goals. Students will demonstrate an understanding that circumstances may dictate a change in future health goals.

**HE7.6:** Students will demonstrate the ability to use goal-setting skills to enhance health.

HE7.6.c Demonstrate the skills necessary to achieve a personal health goal.

HE7.6.d Relate how personal health goals can vary with differing skills and priorities.

**Description:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Seventh-grade students will identify how diseases and injuries can be prevented by reducing harmful and at-risk behaviors. Students will demonstrate how to reduce harmful and at-risk behaviors to enhance their health.

**HE7.7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

HE7.7.a Describe the importance of accepting responsibility for personal health behaviors.

HE7.7.c Demonstrate behaviors to avoid or reduce health risks to self and/or others.

**Description:** Students will demonstrate the ability to advocate for personal, family, and community health. Seventh-grade students will develop a wide variety of advocacy skills such as persuasiveness, collaboration, and communication techniques. Advocacy skills will help students promote healthy norms and behaviors.

**HE7.8:** Students will demonstrate the ability to advocate for personal, family, and community health.

HE7.8.b Demonstrate strategies that influence and support others to make positive health choices.