

Lesson Overview and Areas of Focus



Unit 1: Social Skill Development

8.1 The Architect:

Setting Reachable Goals

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

8.2 iDecide:

Making Responsible Decisions

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

8.3 Calibrating Sensors:

Identifying and Managing Emotions

Students apply healthy strategies to recognize and manage their emotions. Students analyze how emotions and self-awareness influence decision making. Students also 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
- Stress and stressors
- Managing Emotions of Others

8.4 Press Send:

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

8.5 Friend Request:

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
- Healthy Relationship Qualities

Unit 2: Drug information and Skill Application

8.6 Server Not Responding:

Effects of Alcohol Use

Students examine the effects of alcohol use on the teenage brain and body as well as the social consequences of underage drinking. Students analyze the role that expectations play in decisions.

- Short and Long Term Effects of Alcohol Use
- False Expectations of Alcohol Use
- Media Literacy and its Impact on Behavior
- Misperceptions of Alcohol Use

8.7 The Social Hacker:

Effects of Nicotine Use

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

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

8.8 The Blunt Truth:

Effects of THC & Marijuana Use

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

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

8.9 Not What the Doctor Ordered:

Street, Rx, and OTC Drugs

Students learn the addictive and harmful effects of prescription and OTC misuse. And the abuse of street drugs including opioids and stimulants.

- Harmful Effects of Misuse of Prescription and OTC Drugs
- Psycho-Social Effects of Abuse
- Effects of Opioid and Stimulant abuse
- Healthy Alternatives to Substance Use

8.10 The Operating System:

Understanding Risk

Students examine the developmental aspects of risk-taking and differentiate healthy and unhealthy risks by predicting outcomes. Students recall and apply social skills concepts. Students review drug information and the effects of drug use on the teenage brain and body.

- Risk Analysis
- Predicting Outcomes of Risk
- Course Review
- Skill Application