

Lesson Overview and Areas of Focus



Unit 1: Social Skills Development

HS.1 Graduation Day: Setting Reachable Goals <p>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.</p> <ul style="list-style-type: none"> • Goal Setting Steps • Goal Naming Criteria • Setting Reachable Goals • Overcoming Obstacles • Finding Resources to Assist Reaching One's Goals • Trial Run Game 	HS.2 Who's in Charge Here? Making Responsible Decisions <p>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, emotions, media, experience, and family influence decisions and recognize personal responsibility for the outcomes of their decisions.</p> <ul style="list-style-type: none"> • Decision Making Model • Understanding Consequences • Evaluating Consequences of v Decisions 	HS.3 Feelings 101: Identifying and Managing Emotions <p>Students learn to recognize and manage their emotions using healthy strategies. Students analyze how emotions and self-awareness influence decision making. Students also learn to interpret the emotions of others and demonstrate care and respect for self and others.</p> <ul style="list-style-type: none"> • Link Thoughts, Emotions, and Behavior • Interpret the Emotions of Others • Respond Appropriately to Emotions of Others • Emotion Recognition Activity 	HS.4 Say What You Mean. Mean What You Say: Effective Communication <p>Students apply effective communication skills to resolve 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.</p> <ul style="list-style-type: none"> • Elements of Communication • Non-Verbal Communication • Differentiate Assertive, Aggressive, and Passive Communication • Roll Call Activity 	HS.5 The Ties that Bind: Bonding and Relationships <p>Students compare healthy and unhealthy friendship qualities and learn the benefits of bonding with pro-social others. Students develop social-awareness and interpersonal skills to maintain positive interactions with people at work, school, and their communities.</p> <ul style="list-style-type: none"> • Benefits of Positive Peer Groups • Characteristics of Healthy Relationships • Empathy • Social Awareness • Quality Assurance Activity
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Unit 2: Drug Information and Skills Application

HS.6 Time Wasted: Effects of Alcohol Use <p>Students learn social consequences and the short-term and long-term effects of alcohol use on the teenage brain and body. Students examine the effects of alcohol use on the ability to reach goals. Students also analyze how media can influence their expectations of the effects of alcohol use.</p> <ul style="list-style-type: none"> • Effects of Alcohol Use • Expectations and alcohol use • Consequences of Underage Drinking 	HS.7 Vaporware: Effects of Nicotine Use <p>Students learn the short-term, long-term, and social consequences of nicotine use. Students also learn the stages of addiction and the associated behaviors of each stage. Students also identify the benefits of remaining tobacco free.</p> <ul style="list-style-type: none"> • Effects of Tobacco Use • Effects of Nicotine Use • Stages of Addiction • Benefits of Remaining Tobacco Free 	HS.8 Truth or Consequences: Effects of THC Use <p>Students examine the misperceptions of marijuana and its use. Students also learn the effects of marijuana use on the teenage brain and body as well as its impact on goals, activities, and occupations.</p> <ul style="list-style-type: none"> • Analyze Medical Claims about and misperceptions of Marijuana Use • Physical and Emotional Consequences of THC Use • Effects of THC Use on Reaching Goals 	HS.9 The Evidence Speaks for Itself: Prescription, OTC, and Street Drugs <p>Students examine the developmental aspects of risk-taking and differentiate healthy and unhealthy risks by predicting outcomes. Students learn the addictive and harmful effects of street drugs and the misuse of OTC and prescription drugs.</p> <ul style="list-style-type: none"> • Effects of Prescription and OTC Misuse • Misuse of Prescription and OTC Drugs • Effects of Street Drug Use • Forensic Files Activity 	HS.10 Consider the Alternative: Alternatives to Substance Use <p>Students identify the reasons that some teenagers choose to use drugs and examine healthy alternatives to drug use. Students recall and apply goal setting, decision making, effective communication, and emotion and relationship management skills and review the effects of drug use on the teenage brain and body.</p> <ul style="list-style-type: none"> • Alternatives to Drug Use • Resources for help • Level Up! Review Activity • Course Review
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