

# Too Good for Drugs - 5th Grade

## **Lesson 1: Preparing for Take off - Goal setting**

*The student will be able to:*

- Define goal setting
- Demonstrate setting reachable goals
- Differentiate between reachable and unreachable goals

## **Lesson 2: Rocket Science - Decision Making**

*The student will be able to:*

- Define consequence
- List the steps of the decision-making model
- Identify a variety of options to any given decision
- Demonstrate the ability to choose healthy options

## **Lesson 3: Systems Check - Identifying and Managing Emotions**

*The student will be able to:*

- Name the four basic emotions: happy, sad, angry, scared and their variations
- Recognize the physical signals associated with particular emotions
- Identify the relationship between feelings and behaviors
- Differentiate healthy and unhealthy ways to manage emotions

## **Lesson 4: This is Your Captain Speaking - Effective Communication**

*The student will be able to:*

- Define Communication
- Identify the elements of communication, both verbal and nonverbal
- Differentiate assertive, aggressive, and passive speaking styles
- Identify active listening skills

## **Lesson 5: My Flight Crew - Bonding and Relationships**

*The student will be able to:*

- Compare healthy and unhealthy friendship qualities
- Recognize the benefits of belonging to a positive peer group

## **Lesson 6: Mission Scrubbed - Managing Mistakes**

*Students will be able to:*

- Identify negative reactions to personal mistakes and disappointments
- Differentiate positive and negative self-talk
- Use positive self-talk to manage and overcome mistakes

## **Lesson 7: Decompression - Peer-Pressure Refusal**

*Students will be able to:*

- Define peer-pressure and peer influence
- Identify the effect of peer pressure on decision making and goals
- Identify and apply nine peer-pressure refusal strategies
- Identify how to be a positive peer influence

## **Lesson 8: System Malfunction - Effects of Alcohol Use**

*Students will be able to:*

- List the harmful effects of alcohol on behavior and the developing brain
- Identify false expectations about the effects of alcohol
- Discuss the effect of alcohol use on the ability to reach one's goals

## **Lesson 9: Smoke Screen - Effects of Tobacco Use**

*Students will be able to:*

- Describe the long-term and short-term effects of using tobacco products
- Discuss the benefits of quitting tobacco use and being tobacco free
- Demonstrate effective peer-pressure refusal techniques in situations involving tobacco products

## **Lesson 10: Way Off Course - Effects of Marijuana Use**

*Students will be able to:*

- List the effects of marijuana use on the brain and body
- Discuss the effects of marijuana use on the ability to reach goals
- Practice the skills taught in lessons 1-9

# 6th Grade Program

## **Lesson 1: My Road Ahead** - Goal Setting

*Students will be able to:*

- Define a goal
- Identify and apply the goal-naming criteria
- Identify and apply the goal-setting steps to a personal goal
- Name someone to support him or her in working toward the goal

## **Lesson 2: Who's in the Driver's Seat?** - Decision Making

*Students will be able to:*

- Distinguish decisions with minor consequences from those with major consequences
- List the steps of the decision-making model
- Evaluate possible consequences of major decisions

## **Lesson 3: Diagnostic Tune-Up** - Identifying and Managing Emotions

*Students will be able to:*

- Recognize the physical signals associated with specific emotions
- Identify intense emotions
- List positive ways to manage emotions
- Discuss the importance of managing emotions to prevent them from intensifying and leading to inappropriate actions

## **Lesson 4: Express Yourself** - Effective Communication

*Students will be able to:*

- Distinguish between effective and ineffective communication
- Recognize how tone of voice, facial expressions, and body language can affect meaning
- Distinguish among assertive, aggressive, and passive communication styles
- Demonstrate the connection between effective communication and the ability to achieve goals and develop healthy relationships

## **Lesson 5: Peer Review** - Bonding and Relationships

*Students will be able to:*

- Define peer-pressure
- Identify nine effective peer-pressure refusal strategies

- Evaluate assertiveness in peer-pressure refusal demonstrations
- Identify the benefits of associating with peers who make positive decisions

### **Lesson 6: A Closer Look** - Alcohol

*Students will be able to:*

- List the effects of alcohol on the brain and behavior
- Demonstrate effective peer-pressure refusal skills in situations involving alcohol
- Identify ways alcohol use can interfere with the ability to reach a goal
- Identify the various forms of media used to communicate to large populations

### **Lesson 7: A Dead End** - Tobacco

*Students will be able to:*

- Repeat the negative short-term and long-term effects of using tobacco products
- Contrast perceived norms with actual prevalence of smoking
- Identify ways tobacco use can interfere with the ability to reach a goal
- Demonstrate effective peer-pressure refusal techniques in situations involving tobacco products

### **Lesson 8: Keep off the Grass** - Marijuana

*Students will be able to:*

- List the effects of marijuana on the body and on behavior
- Determine the consequences of marijuana use on everyday activities
- Practice using peer-pressure refusal strategies in a variety of situations involving marijuana

### **Lesson 9: Calculate the Risk** - Inhalants and Street Drugs

*Students will be able to:*

- Discuss risk and the developmental aspects of risk-taking
- Differentiate healthy and unhealthy risks and predict their outcomes
- Discuss the harmful effects of inhalants, cocaine, methamphetamine, and heroin

## **Lesson 10: Prevention 500 - Course Review**

*Students will be able to:*

- Recall skills taught in lessons 1-9
- Explain concepts taught in lessons 1-9
- State reasons not to use drugs