

# Lesson Overview and Areas of Focus



## Unit 1: Social Skill Development

<p><b>4.1 Goal Boosters and Goal Busters:</b></p> <p>Setting Reachable Goals</p> <p>Students learn how to set and reach personal goals. Students also learn to identify resources that can help them reach a personal goal.</p> <ul style="list-style-type: none"> <li>• Long and Short Term Goals</li> <li>• Steps to Name a Reachable Goal</li> <li>• Name a Personal Goal</li> <li>• Identify Resources to Help Reach a Goal</li> </ul>	<p><b>4.2 Major Intersection:</b></p> <p>Responsible Decision Making</p> <p>Students learn to plan their actions, evaluate their choices, and problem solve using the steps for responsible decision making. Students also determine when decisions should be made alone or with the help of a responsible adult.</p> <ul style="list-style-type: none"> <li>• Decision Making Model</li> <li>• Understanding Consequences</li> <li>• When to Ask for Adult Assistance in Making a Decision</li> </ul>	<p><b>4.3 I See Me:</b></p> <p>Identifying and Managing Emotions</p> <p>Students learn to recognize and manage their emotions. Students analyze how emotions affects decision making and the value of talking about feelings with parents and other trusted adults. Students also learn to discern the emotions of others and demonstrate care and respect.</p> <ul style="list-style-type: none"> <li>• Identify Various Emotions</li> <li>• Physical Signals of Emotions</li> <li>• Feelings and Behavior</li> <li>• Healthy ways to Manage Emotions</li> </ul>	<p><b>4.4 More Than Words:</b></p> <p>Effective Communication</p> <p>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.</p> <ul style="list-style-type: none"> <li>• Elements of Communication</li> <li>• Non-Verbal Communication</li> <li>• Role of Speaker and Listener</li> <li>• Effective Speaking Skills</li> <li>• Active Listening Skills</li> </ul>	<p><b>4.5 Community Garden:</b></p> <p>Bonding and Relationships</p> <p>Students compare healthy and unhealthy friendship qualities and learn the benefits of bonding with pro-social others. Students also apply effective communication skills to support and encourage others.</p> <ul style="list-style-type: none"> <li>• Healthy Friendship Qualities</li> <li>• Benefits of Prosocial Behavior</li> <li>• Apply Effective Communication to Support Others</li> </ul>
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## Unit 2: Substance Use Information and Skill Application

<p><b>4.6 Town Hall Meeting:</b></p> <p>Peer Pressure Refusal</p> <p>Students learn and apply peer-pressure refusal strategies. Students also learn to communicate the decision to refuse the pressure with confidence in order to avoid risky behaviors.</p> <ul style="list-style-type: none"> <li>• Effect of Peer Pressure on Decision Making</li> <li>• Peer Refusal Strategies</li> </ul>	<p><b>4.7 Brain Drain:</b></p> <p>Effects of Alcohol Use</p> <p>Students learn the short term and long term effects of alcohol use on the brain and body, as well as the effects of alcohol use on the ability to reach goals. Students apply peer-pressure refusal strategies in a variety of situations involving alcohol.</p> <ul style="list-style-type: none"> <li>• Effects of Alcohol on Brain Development and Behavior</li> <li>• Impact of Alcohol use on Reaching Goals</li> <li>• Peer Pressure Refusal</li> </ul>	<p><b>4.8 No Butts About It:</b></p> <p>Effects of Nicotine Use</p> <p>Students learn the short term and long term effects of nicotine use on the body. Students also demonstrate the effective use of peer-pressure refusal strategies in a variety of situations involving nicotine.</p> <ul style="list-style-type: none"> <li>• Harmful Effects of Nicotine Use</li> <li>• Effects of Secondhand Smoke</li> <li>• Peer Refusal Techniques</li> </ul>	<p><b>4.9 Use As Directed:</b></p> <p>Understanding the Safe Use of Prescription and Over the Counter Drugs</p> <p>Students differentiate safe and unsafe use of prescription and over-the-counter drugs. Students also learn the benefits of medicine when used correctly.</p> <ul style="list-style-type: none"> <li>• Safe and Unsafe Use of Prescription and OTC Drugs</li> <li>• Appropriate Use of Prescriptions</li> <li>• Safe Handling and Storage of Prescription and OTC Drugs</li> </ul>	<p><b>4.10 Big Decisions Ahead:</b></p> <p>Healthy Choices</p> <p>Students examine how healthy choices can impact lifelong wellness. Students recall and apply goal setting, decision making, effective communication, and emotion and relationship management skills. Students review the effects of drug abuse on the body and identify the benefits of remaining healthy and drug free.</p> <ul style="list-style-type: none"> <li>• Choices that Detract from Healthy Lifestyles</li> <li>• Course Review</li> </ul>
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