

# Lesson Overview and Areas of Focus



## Unit 1: Social Skill Development

### 6.1 My Road Ahead: 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

### 6.2 Who's in the Driver's Seat? 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
- Evaluating Consequences of Decisions

### 6.3 Diagnostic Tune-Up: Identifying and Managing Emotions

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 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

### 6.4 Express Yourself: 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

### 6.5 Peer Review: 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

## Unit 2: Drug information and Skill Application

### 6.6 A Closer Look: Effects of Alcohol Use

Students learn the short-term and long term effects of alcohol use on the teenage brain and body as well as the social consequences of underage drinking. Students also analyze how media messages influence expectations about alcohol.

- Expectations of Alcohol Use
- Media Portrayals of Alcohol
- Effects of Alcohol on Brain Development and Behavior
- Impact of Alcohol use on Reaching Goals

### 6.7 A Dead End: Effects of Nicotine Use

Students learn the short-term and long-term consequences of nicotine use. Students evaluate the impact of media messages on perceptions and attitudes toward 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

### 6.8 Keep off the Grass!: 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 as well as its impact on reaching goals.

- Effects of THC Use on the Body and Behavior
- Consequences of Marijuana Use
- Peer Pressure Refusal Strategies Related to Marijuana Use

### 6.9 Calculate the Risk: Safe Use of Rx and OTC Drugs

Students examine the developmental aspects of risk-taking and differentiate the healthy and unhealthy risks by predicting outcomes. Students also learn the short-term effects of inhalant and street-drug use.

- Developmental Aspects of Risk
- Differentiate healthy and unhealthy risk taking
- Risk Taking and Decision Making
- Safe use of Rx and OTC Drugs
- Safe Storage of Rx and OTC Drugs

### 6.10 Prevention 500: Street Drugs & Course Review

Students recall and apply social skills developed in the course and review drug information and the effects of drug use on the teenage brain and body. Students also identify the benefits of remaining drug free.

- Effects of Street Drugs on the brain and body
- Social Consequences of Misuse
- Course Review
- Commitment to Living Drug-free