

Lesson Overview and Areas of Focus



Unit 1: Social Skills Development

<p>3.1 Program Designer: Setting Reachable Goals</p> <p>Students learn how to set and reach personal goals. Students also learn to track personal progress toward their goal.</p> <ul style="list-style-type: none"> • Define a Goals • Steps to Naming a Reachable Goal • Name a Personal Goal • Identify Resources to Help Reach a Goal 	<p>3.2 Consider the Consequences: Making Responsible Decisions</p> <p>Students learn to plan their actions, evaluate their choices, and generate alternative solutions using the steps for responsible decision making. Students also determine whether decisions should be made alone or with the help of a responsible adult.</p> <ul style="list-style-type: none"> • Decision Making Model • Understanding Consequences • When to Ask for Adult Assistance in Making a Decision 	<p>3.3 Getting to Know Me: Identifying and Managing Emotions</p> <p>Students recognize a variety of emotions and the physical signals of specific emotions. Students learn to manage their emotions and express feelings using I-messages. Students also discern the emotions of others and demonstrate care and respect for self and others.</p> <ul style="list-style-type: none"> • Identify Various Emotions • Physical Signals of Emotions • Feelings and Behavior • Healthy ways to Manage Emotions 	<p>3.4 Listening Program Active: Effective Communication</p> <p>Students learn and demonstrate active listening skills to show caring and respect. Students also learn and demonstrate effective speaking skills to enhance and maintain positive relationships.</p> <ul style="list-style-type: none"> • Elements of Communication • Non-Verbal Communication • Role of Speaker and Listener • Effective Speaking Skills • Active Listening Skills 	<p>3.5 Human Interface: 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"> • Healthy Friendship Qualities • Benefits of Prosocial Behavior • Approaches to making and keeping friends • Apply Effective Communication to Support Others
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Unit 2: ATOD Information and Skills Application

<p>3.6 Step Right Up!: Peer Pressure Refusal</p> <p>Students learn to recognize positive and negative peer pressure and learn and apply peer-pressure refusal strategies. Students also recognize the effects of peer pressure on decision making.</p> <ul style="list-style-type: none"> • Define Positive and Negative Peer Pressure • Effect of Peer Pressure on Decision Making • Peer Refusal Strategies 	<p>3.7 Me-ology: Safe Use of Prescription and OTC Medicines</p> <p>Students differentiate safe and unsafe use of medicines including safe storage, following label directions, and asking trusted adults before handling medicines. Students learn the benefits of medicine used correctly and the impact of misuse on the body's systems.</p> <ul style="list-style-type: none"> • Safe and Unsafe Use of prescription and OTC Drugs • Benefits of Using Medicine Correctly 	<p>3.8 Healthier Choices: Effects of Alcohol Use</p> <p>Students learn the risks associated with underage alcohol use. Students identify the benefits of making healthy choices related to food, rest, and exercise to keep their bodies and minds in good health.</p> <ul style="list-style-type: none"> • Effective use of peer-pressure refusal strategies in situations involving alcohol. • Harmful Effects of Underage Alcohol Use • Apply Peer Refusal Strategies to situations involving alcohol 	<p>3.9 Making My Day: Stress Management</p> <p>Students identify how stress can impact mental, emotional, and physical wellness. Students learn healthy ways to reduce stress so they are better able to find balance, solve problems, and make responsible decisions.</p> <ul style="list-style-type: none"> • Define Stress • Symptoms of Stress • Best Practices for managing stress and recognize it building 	<p>3.10 It Still Stinks! Effects of Nicotine Use/ Course Review</p> <p>Students learn the short-term and long-term effects of nicotine and tobacco use. Students also demonstrate peer-pressure refusal in situations involving tobacco products. Students recall social competency skills and review the effects of drug use on the body and the benefits of remaining healthy and drug free.</p> <ul style="list-style-type: none"> • Effects of Nicotine Use • Consequences of Unhealthy Choices
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