

Too Good for Drugs and Social Perspectives Program Overview

7th Grade

Lesson 1: Set to Win -- Setting Reachable Goals

Rationale: Well-set goals serve as a compass, keeping adolescents on course toward a well-designed future. Adolescents who set and reach personal goals have a stronger sense of self and make better, more responsible decisions.

Character Education:

This lesson promotes the following character traits: courage, self-discipline, responsibility, perseverance

Objectives:

- Define a goal
- Differentiate short-term and long-term goals
- Identify and apply the steps for setting and reaching a personal goal
- Identify available resources for support and assistance in working toward a goal

Lesson 2: The Decision is Yours -- Making Responsible Decisions

Rationale: Adolescents equipped with decision-making and problem-solving skills are better able to thoughtfully plan their actions and evaluate the choices they face in life. The ability to consider the positive and negative consequences of decisions mitigates impulsivity, keeping actions consistent with short-term personal goals.

Character Education:

This lesson promotes the following character traits: courage, integrity, respect, self-discipline

Objectives:

- Identify and apply four steps in the decision-making model
- Define consequences and differentiate positive and negative consequences
- Recognize the role of personal responsibility when reflecting on decisions and their potential outcomes

Lesson 3: Understanding Me -- Identifying and Managing Emotions

Rationale: Adolescents who recognize how their emotions influence their decisions are better prepared to make thoughtful, rational, choices. Emotional self-awareness creates internal capacity to understand and identify how one responds to internal and external influences/stressors. Emotional competency fosters the recognition and appreciation of the emotions of others promoting a greater capacity to build empathy, diffuse conflict, and build stronger relationships.

Character Education:

This lesson promotes the following character traits: caring, respect, honesty, self-discipline

Objectives:

- Identify stressors that trigger emotions
- Recognize how emotions influence decisions
- Identify emotions and signs of stress
- Identify and manage the emotions of others

Lesson 4: Say It with Style: Effective Communication

Rationale: Effective communication skills enable adolescents to handle conflict peacefully, share feelings and ideas with others, and enhance cooperation. Adolescents who are effective communicators are better able to make decisions consistent with their goals and develop healthy relationships.

Character Education:

This lesson promotes the following character traits: caring, honesty, integrity, respect

Objectives:

- Define effective communication
- Identify the elements of effective communication, both verbal and nonverbal
- Recognize how tone of voice, facial expressions, and body language affect meaning
- Demonstrate assertive speaking and active listening techniques

Lesson 5: The Right Connection -- Bonding and Relationships

Rationale: Peer behavior, both positive and negative, is a strong influence on adolescent decision making. Bonding with pro-social others fosters belonging and connectedness, mitigating the impact of risk factors on behavior. Peer selection skills, including the ability to make and maintain positive friendships, is a critical protective factor. Adolescents surrounded with positive influences make better, less-risky choices, and are more likely to reach their goals.

Character Education:

This lesson promotes the following character traits: courage, responsibility, respect, honesty, self-discipline

Objectives:

- Differentiate peer pressure and peer influence
- Identify the benefits of positive peer influence
- Articulate the benefits of associating with pro-social others
- Differentiate healthy friend qualities and unhealthy friend qualities
- Identify various peer-pressure refusal strategies and the peer-pressure situations to which they apply

Lesson 6: Addiction Notice -- Understanding Addiction

Rationale: Addiction is a serious and likely consequence of trying a drug. It is a common misconception among adolescents that experimental use will not lead to addiction. Adolescents who are aware of the addictive nature of drugs are less likely to experiment with drugs. :

Objectives:

- Define and differentiate addiction and chemical dependency
- Discuss the stages of addiction
- Compare the strategies of addiction and the associated behaviors
- Define tolerance and withdrawal and identify withdrawal symptoms
- Identify several reasons some teenagers consider drug use and list alternative solutions

Lesson 7: A Toxic Waste -- Effects of Nicotine Use

Rationale: All forms of tobacco and tobacco-related products are harmful to the body. Adolescents who understand the negative short-term effects, and social consequences of using tobacco products are more likely to remain tobacco free.

Objectives:

- Identify the various types of tobacco and nicotine products
- Identify the chemical makeup of tobacco products
- Analyze the social consequences of nicotine use
- Describe the harmful short-term and long-term effects of nicotine use, including secondhand smoke, on the body

Lesson 8: AI K. Hol -- Effects of Alcohol Use

Rationale: Underage alcohol consumption has detrimental effects on the development of a healthy body and brain. Adolescent knowledge of the physical consequences of drinking alcohol lessens the propensity to consume alcohol; however, the protective effect of this knowledge can be overridden by social pressures and influences. Capacity to resist the internal and external pressures, influences, and expectations to consume alcohol builds protection within the adolescent to remain alcohol free.

Objectives:

- Describe the harmful short-term effects of underage alcohol use
- Identify possible sources for the false expectations people have about alcohol
- Define media literacy and discuss its potential influence on teen behavior
- Differentiate the common misperception of alcohol as an energizing party drink and its actual effects as a depressant

Lesson 9: The Real Deal -- Effects of THC and Marijuana Use

Rationale: Adolescents overestimate the percentage of their peers who use marijuana and underestimate the negative effects of the drug's use. Perception of harm is an important factor for mitigating risk. Normative education methods effectively correct misconceptions about behavior.

Objectives:

- Differentiate accurate and inaccurate sources of information about drugs
- Differentiate myth and reality regarding marijuana
- Identify the effects of marijuana on the body, particularly on brain function
- Describe the impact of marijuana use on reaching goals
- Describe the impact of marijuana use on everyday activities

Lesson 10: A Drug is a Drug -- Street, Prescription, and OTC Drugs and Course Review

Rationale: Adolescents often underestimate the addictive nature of prescription and over-the-counter drugs and the dangerous effects of their misuse and abuse. Establishing a clear perception of harm about these drugs builds protection within the adolescent to mitigate the risk of abuse. Adolescents who can differentiate fact from myth about the safety and use of any drug are more likely to resist drug use and remain on track to reach their goals.

Objectives:

- Identify the harmful effects of over-the-counter and prescription drug abuse on the human brain and body
- Differentiate the appropriate use of and the abuse of prescription and over-the-counter drugs
- Compare the harmful effects of abusing prescription and over-the-counter drugs to those of street drugs
- Demonstrate a knowledge of the facts regarding nicotine, alcohol, marijuana, street drugs, and prescription and over-the-counter medications

Lesson 11: Celebrating Differences -- Respect for Self and Others

Rationale: The capacity to assess one's own strengths and weaknesses and the effect of one's thoughts on feelings and behavior enhances self-respect, thereby promoting a can-do attitude. Self-respect and self-confidence promote a greater capacity to build empathy, diffuse conflict, and develop stronger relationships. Demonstrating respect for oneself and for others commands the respect of others, effectively reinforcing self esteem and confidence.

Character Education:

This lesson promotes the following character traits: caring, courage, respect, self-discipline, honesty

Objectives:

- Define respect
- Identify personal strengths and their effects on sense of self
- Explain the link between thoughts, emotions, and behavior
- Explain how individual differences among people can be beneficial
- Describe the positive effects of respect on attitudes, behaviors, and relationships
- Demonstrate the ability to think positively when faced with a difficult situation

Lesson 12: Meeting Point -- Conflict Resolution

Rationale: Conflict is an everyday part of pro-social development and peer bonding. Adolescents who can recognize the precursors to conflict and are skilled in employing strategies to resolve conflict can build stronger, healthier relationships. Adolescents who respect differing opinions and the needs of others seek peaceful solutions to conflict.

Character Education:

This lesson promotes the following character traits: respect, cooperation, responsibility

Objectives:

- Define conflict
- Demonstrate the ability to listen respectfully to different points of view
- Recognize conflict as an opportunity to learn about oneself and others
- Demonstrate the effective use of cooperation as an approach to conflict resolution
- Differentiate healthy and unhealthy approaches to resolving a conflict
- Compare the potential consequences of handling conflict in healthy and unhealthy ways

Lesson 13: Anger Outlet -- Anger Management

Rationale: Adolescents who recognize the relationship between their emotions and their response to stressors and interpersonal conflicts are better able to foresee the negative outcomes of unmanaged emotional response and to diffuse intense emotional response. Emotional self-awareness coupled with anger management skills promotes resilience, reducing the likelihood of violence and other problem behaviors.

Character Education:

This lesson promotes the following character traits: self-discipline, respect, responsibility

Objectives:

- Differentiate healthy and unhealthy ways of managing anger
- Identify healthy, effective anger management techniques
- Describe the role of personal responsibility in peaceful response to anger-provoking situations
- Demonstrate how to reframe self-talk to reduce anger and promote calm
- Apply strategies to de-escalate conflicts

Lesson 14: Home Base -- Identifying and Managing Bullying Situations

Rationale: Adolescents able to express their feelings with confidence are less likely to employ aggression to satisfy their needs for security, position, safety, and power. Assertive communication skills and bonding with pro-social others foster belonging and connectedness

Character Education:

This lesson promotes the following character traits: caring, honesty, fairness, respect, responsibility

Objectives:

- Define bullying behavior
- Identify the three types of participants in a bullying situation
- Differentiate snitching and reporting
- Explain why it is important to report a bullying situation
- Demonstrate healthy ways for targets and witnesses to respond to bullying behavior
- Identify several motivations for bullying behavior
- Demonstrate healthy alternatives to bullying behavior

Lesson 15: Site Survey -- Peer Violence

Rationale: Adolescents who are better able to predict the attitudes and behaviors that lead to violence, as well as the warning signs for violence, are better able to make more responsible decisions. An effective course review reinforces skills and concepts, providing further opportunities to practice skills and recall information

Character Education:

This lesson promotes the following character traits: responsibility, respect, self-discipline

Objectives:

- Define violence
- List behaviors that can escalate a conflict into violence
- Identify warning signs for violence
- List the consequences of violence for the aggressor, target, and witness
- Demonstrate a knowledge and understanding of concepts and skills learned in lessons 1-10