

Too Good for Drugs and Social Perspectives Program Overview

8th Grade

Lesson 1: The Architect -- 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 decisions.

Character Education:

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

Objectives:

- Define goal
- Identify and apply the steps for setting and reaching a personal goal
- Identify and apply the criteria for naming a reachable goal
- Name a personal goal using the goal-setting model
- Recognize and manage potential obstacles that can get in the way of reaching a goal

Lesson 2: iDecide -- 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 and long-term goals.

Character Education:

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

Objectives:

- Define decision
- Demonstrate the ability to apply the steps in the Decision-Making Model
- Examine how goals, media, peers, and family influence decisions
- Demonstrate the effect decisions have on accomplishing goals
- Recognize that decisions are made every day
- Differentiate between impulsive behavior and thoughtful decisions
- Predict how decisions have consequences for self and others

Lesson 3: Calibrating Sensors

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. 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: honesty, respect, self-discipline

Objectives:

- Relate managing emotions to success in life
- Demonstrate strategies to manage emotions
- Analyze how emotions and self-awareness influence decision-making
- Demonstrate healthy ways to express feelings
- Discern the emotions of others
- Demonstrate ways to communicate care, consideration, and respect for self and others

Lesson 4: Press Send -- Effective Communication

Rationale: Effective communication skills enable adolescents to resolve 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 verbal and non-verbal communication
- Recognize how tone of voice, facial expressions, and body language affect meaning and understanding
- Differentiate assertive, aggressive, and passive communication styles

Lesson 5: Friend Request -- Bonding and Relationships

Rationale: 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: caring, honesty, integrity, respect, responsibility

Objectives:

- Compare healthy and unhealthy relationships
- Recognize the effects of negative peer pressure and peer influence
- Employ strategies to resist negative peer pressure and peer influence
- Recognize the effects of positive peer pressure and peer influence
- Recognize the benefits of belonging to a positive peer group
- Identify and bond with a positive peer group

Lesson 6: Server Not Responding -- Effects of Alcohol Use

Rationale: Underage consumption of alcohol has detrimental effects on the development of a healthy body and healthy brain. Student 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:

- Recognize the role expectations play in decision making
- Discuss the short-term and long-term effects of alcohol use on the teenage brain and body
- Evaluate the effects of alcohol use on reaching goals, decision-making, managing emotions, communication, and relationships
- Predict the consequences of underage alcohol use
- Discuss the benefits of positive health behaviors and their effect on preventing alcohol use

Lesson 7: The Social Hacker -- Effects of Nicotine Use

Rationale: All forms of tobacco and tobacco-related products are harmful to the body. Tobacco products contain the highly addictive chemical, nicotine. Social image is one reason teenagers begin to use tobacco-related products. This lesson demonstrates that nicotine use projects a negative social image rather than a positive image implied in popular culture.

Objectives:

- Identify the various forms of tobacco and tobacco-related products
- Identify the short-term, long-term, and social consequences of nicotine use
- Compare the glamorous image and the harmful reality of nicotine use
- Discuss the impact of product placement in media on perceptions and attitudes about nicotine use
- Discuss the stages of addiction and the associated behaviors

Lesson 8: The Blunt Truth -- 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:

- Examine the misperceptions of marijuana and its use
- Examine the effects of marijuana and THC use on the body, particularly the brain function
- Discuss the impact of marijuana and THC use on reaching goals
- Discuss the psychological addiction aspects of marijuana use

Lesson 9: Not What the Doctor Ordered -- Street, Prescription, and OTC Drugs

Rationale: The teenage brain is predisposed to impulsive behavior and risk-taking as the executive functions managed by the frontal lobe develop. Adolescents often underestimate the addictive nature and the dangerous effects of the misuse and abuse of prescription drugs. Establishing a clear perception of harm about these drugs builds protection within the adolescent to mitigate the risk of abuse

Objectives:

- Discuss the addictive and harmful effects of over-the-counter, prescription, and street drug abuse
- Differentiate the appropriate use and abuse of prescription and over-the-counter drugs
- Discuss the physical, psychological, social, and emotional consequences of abusing drugs
- Identify healthy alternatives to substance use

Lesson 10: The Operating System

Rationale: Adolescents who understand and can manage risk are better able to predict the outcomes of their actions enabling them to make better, more responsible decisions. An effective course review reinforces skills and concepts, providing further opportunities to practice skills and recall information. The recognition of student participation and completion of the program builds self-efficacy.

Objectives:

- Discuss risk and examine the development of aspects of risk-taking
- Differentiate healthy and unhealthy risks and predict their outcomes
- Practice Goal Setting, Decision Making, Effective Communication, Managing Emotions and Relationship Management Skills
- Recall specific drug information and the effects of drug use on the brain and body
- Identify the benefits of remaining healthy and drug free
- Support and influence friends to remain healthy and drug free

Lesson 11: Compatibility -- 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 enhance self-respect 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 differences among people in regard to preferences, opinions, values, and experiences
- Differentiate respectful and disrespectful actions
- Articulate the link between attitude and respectful or disrespectful behavior
- Discuss positive consequences of treating oneself and others with respect

Lesson 12: Optimal Resolution -- 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: cooperation, fairness, respect, responsibility

Objectives:

- Define conflict
- Identify healthy and unhealthy approaches to conflict resolution
- Consider the relationship between participants when choosing a conflict approach
- Demonstrate effective negotiation skills
- Anticipate the effect of heightened emotions on unresolved conflicts

Lesson 13: System Feedback -- Constructive Criticism

Rationale: Constructive Criticism is an essential resource for learning and improvement. Accepting and applying criticism requires effective communication and emotional management. Emotional competency, including anger management skills and a sense of self-efficacy, promotes the confidence to accept constructive criticism and learn from it

Character Education:

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

Objectives:

- Differentiate destructive and constructive criticism
- Identify the role that tone of voice plays in delivering criticism
- Identify the communication skills necessary to give constructive criticism
- Identify healthy management strategies to receive criticism
- Demonstrate expressing and receiving constructive criticism
- Identify words and phrases that can provoke defensive reactions

Lesson 14: What's the Deal? -- Identifying and Managing Bullying Situations

Rationale: Adolescents who are 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 can work to deter bullying situations and foster belonging and connectedness

Character Education:

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

Objectives:

- Define bullying behavior
- Identify the three types of participants in a bullying situation
- Identify several motivations for bullying behavior
- Demonstrate healthy ways for targets and witnesses to respond to bullying behavior
- Demonstrate healthy alternatives for bullying behavior

Lesson 15: Relationship Status -- Teen Dating Violence

Rationale: 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 and future dating relationships, 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: respect, courage, caring, responsibility, honesty

Objectives:

- Define teen dating violence
- Identify characteristics of healthy and unhealthy dating relationships
- Predict the consequences of staying in an unhealthy dating relationship
- Identify the warning signs of teen dating violence
- Demonstrate a knowledge and understanding of the skills taught in lessons 1-15