

Too Good for Drugs and Social Perspectives Program Overview

Summary

The Too Good for Drugs and the Social Perspectives Expansion is a family of evidence-based programs written by prevention specialists to build awareness of healthy life skills and promote unity throughout schools. Students come together to take a stand against unhealthy behaviors and share their commitment to leading a healthy life. Skill development concepts built into the program promote positive attitudes and choices. Too Good uses cooperative learning to give students the opportunity to have fun while participating in this program. Lessons include role-plays, in-class discussions, games, and more!

The entire Too Good for Drugs and Social Perspectives program includes 15 engaging sessions. Before students even discuss various substance use, they learn goal setting and decision-making skills, how to manage emotions and communicate effectively and how to establish healthy relationships. Then they learn the harmful effects of various substance use. Then to wrap up the program, students participate in lessons in which they learn valuable life skills to help them navigate through tough situations. They learn how to respect themselves and others, conflict resolution, anger management and to identify and manage bullying situations, as well as various situations of violence.

Too Good for Drugs and Social Perspectives Program Overview

6th Grade

Lesson 1: My Road Ahead -- Setting Reachable Goals

Rationale: the ability to name and set reachable goals builds self-efficacy and a stronger sense of hope for the future. Early exposure to the basic elements of setting and reaching goals enhances the development and application of these skills through adolescence and into adulthood. Students who can, and do, set reachable goals have a strong 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 goal naming criteria
- Identify and apply steps to setting and reaching a personal goal
- Name someone to support him or her in working toward a goal

Lesson 2: Who’s in the Driver’s Seat? -- Making Responsible Decisions

Rationale: adolescents equipped with decision-making and problem-solving skills are more likely to make confident, healthy decisions, and avoid negative consequences. The ability to stop and consider the positive and negative consequences of decisions reduces the likelihood of activating impulsive, 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 consequence
- Distinguish decisions with minor consequences from those with major consequences
- List the steps of the decision-making model
- Explain the benefits of stopping to think about the possible consequences before making major decisions
- Evaluate possible consequences of major decisions

Lesson 3: Diagnostic Tune-Up -- Identify and Managing Emotions

Rationale: Adolescents who recognize their emotions influence their decisions and 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:

- Recognize the physical signals associated with specific emotions
- Identify intensifying emotions
- Name a variety of emotions
- List positive ways to manage emotions
- Discuss the role of emotion management in preventing intensifying emotions from leading to inappropriate actions

Lesson 4: Express Yourself -- 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 verbal and non-verbal communication
- Recognize how tone of voice, facial expressions, and body language can affect meaning
- distinguish among assertive, aggressive, and passive communication styles

Lesson 5: Peer Review -- Bonding and Relationships

Rationale: Bonding with pro-social others fosters belonging and connectedness, mitigating the impact of risk factors on behavior. Peer selection skill, 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:

- Define peer pressure
- Identify nine effective peer-pressure refusal strategies
- Demonstrate effective peer-pressure refusal techniques in a variety of situations
- Evaluate assertiveness in peer-pressure refusal demonstrations
- Identify the benefits of associating with peers who make positive decisions
- Name ways to influence others positively

Lesson 6: A Closer Look -- Effects of Alcohol Use

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

Objectives:

- Compare the alcohol content of a single serving of beer, wine, and liquor
- Define “psychoactive”
- List the effects of alcohol on the brain and behavior
- Demonstrate effective peer-pressure refusal skills in situations involving alcohol
- Identify ways alcohol use can interfere with the ability to reach a goal
- Identify the various forms of media used to communicate to large populations
- Recognize that advertising messages are designed to sell a product, service, or an idea

Lesson 7: A Dead End -- Effects of Nicotine Use

Rationale: Tobacco and tobacco-related products are harmful to the body in all forms of use. Tobacco products contain the highly addictive chemical, nicotine. Adolescents who understand the negative short-term effects, long-term effects, and social consequences of using tobacco products are more likely to remain tobacco free.

Objectives:

- Identify the stages of addiction
- Describe the long-term and short-term effects of using nicotine and tobacco products
- Compare perceived norms with actual prevalence of smoking
- Identify ways nicotine use can interfere with the ability to reach a goal
- Demonstrate effective peer-pressure refusal techniques in situations involving nicotine products.

Lesson 8: Keep off the Grass! -- Effects of THC and Marijuana Use

Rationale: Adolescents often overestimate the percentage of their peers who use marijuana and underestimate the negative effects of THC on the developing brain and body. Perception of harm is an important factor for mitigating risk. Normative education methods effectively correct misconceptions about behavior.

Objectives:

- List the effects of THC and marijuana use on the body and behavior
- Determine the consequences of marijuana use on everyday activities
- Contrast perceived norms with actual prevalence of marijuana use
- Practice using peer-pressure refusal strategies in a variety of situations involving marijuana

Lesson 9: Calculate the Risk -- Safe Use of Prescription and OTC Medicines

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

Objectives:

- Discuss risk and the developmental aspects of risk-taking
- Differentiate healthy and unhealthy risks and predict the outcomes
- Incorporate risk analysis into the Think Step of Decision-Making Model
- Identify the harmful effects of abusing over-the-counter and prescription medications on the brain and body
- Differentiate the appropriate use and the abuse of prescription and over-the-counter medications

Lesson 10: Prevention 500 -- Street Drugs and Course Review

Rationale: Adolescents often underestimate the risks associated with experimenting, even once, with inhalants or street drugs. Establishing a clear perception of harm about the negative health effects of the use of these drugs builds protection within the adolescent to mitigate the risk of abuse or experimentation. Effective substance use prevention programs teach information and skills, provide opportunities to practice the skills, and recognize students' participation.

Objectives:

- Discuss the harmful effects of inhalant and street drug use
- Recall the skills taught in TGFD lessons 1-10
- Explain the concepts taught in TGFD lessons 1-10
- State reasons not to use drugs.

Lesson 11: Confidence in Progress -- 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 promoting a can-do attitude. Self-respect and self-confidence promote a greater capacity to build empathy, diffuse conflict, and develop stronger relationships.

Character Education:

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

Objectives:

- Define self-confidence
- Identify personal strengths and weaknesses and their effects on sense of self
- Describe the link between thoughts, emotions, and behavior
- Recognize the positive effects of self-respect on attitudes, behaviors, and relationships
- Demonstrate the ability to think positively in difficult situations

Lesson 12: A Peaceful Approach -- Conflict Resolution

Rationale: Conflict is an everyday part of pro-social development and peer bonding. Adolescents who can recognize the precursors to conflict and who 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
- Distinguish cooperation from competition in conflict resolution
- Identify emotions associated with conflict
- Identify healthy and unhealthy approaches to conflict
- Identify the probable effects of competition and cooperation in the resolution of a conflict
- Demonstrate constructive conflict resolution skills

Lesson 13: Keep Your Cool -- 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 resiliency, reducing the likelihood of violence and other problem behaviors.

Character Education:

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

Objectives:

- Differentiate the degree of anger intensity
- Identify physical indicators of anger
- Distinguish healthy and unhealthy ways to manage anger
- Distinguish actions that escalate and de-escalate conflicts
- Apply strategies to de-escalate a conflict

Lesson 14: What to Say -- 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: respect, courage, caring, 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 reasons some people bully
- Demonstrate healthy alternatives for bullying behavior

Lesson 15: That's Entertainment? -- Media Violence

Rationale: Adolescents equipped with media literacy skills, including an ability to apply critical thinking to and an understanding of the difference between the portrayed effects and consequences of violence and the real effects and consequences of violence are less likely to perceive violent behavior as normal and an appropriate problem solving outlet.

Character Education:

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

Objectives:

- Define violence
- Describe the consequences of real-life violence on the victim, aggressor, and witness
- Identify the negative influences of media presentation of violence
- Apply critical thinking and media literacy skills to interpret depictions of violence in the media
- Demonstrate a knowledge and understanding of concepts and skills learned in lessons 1-10

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

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