

Lesson Overviews

Too Good for Drugs Grade 7

The *Too Good for Drugs* lessons in Grade 7 are presented in two units. The first unit includes Lessons 1 through 5 and establishes and develops five social and emotional competency skills. The second unit includes lessons 6 through 10 and introduces information about alcohol, tobacco, marijuana and prescription drugs and the effects of their use on the body.

1 Set to Win: Goal Setting

In this lesson, 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.

2 The Decision Is Yours: Decision Making

In this lesson, students learn to plan their actions, evaluate their choices, and to problem solve using the steps for responsible decision-making. Students also examine how goals, peers, media, and family influence decisions.

3 Understanding Me: Identifying and Managing Emotions

In this lesson, 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 of self and others.

4 Say It With Style: Effective Communication

In this lesson, 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.

5 The Right Connection: Bonding and Relationships

In this lesson, 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.

6 Addiction Notice: Addiction

In this lesson, students learn about addiction and its physiological and psychological effects on the teenage body and brain. Students also identify healthy alternatives to common life pressures to continue to remain drug free.

7 A Toxic Waste: Tobacco

In this lesson, students learn the short-term, long term, and social consequences of tobacco use. Students evaluate the impact of product placement in media on perceptions and attitudes toward tobacco use.

8 All K. Hol: Alcohol

In this lesson, 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 the role that expectations play in decision-making.

9 The Real Deal: Marijuana

In this lesson, students examine the misperceptions of marijuana and its use. Students also learn the effects of marijuana on the teenage brain and body as well as its impact on reaching goals

10 A Drug Is a Drug: Street, Prescription, and OTC Drugs

In this lesson, students learn the short-term effects of the abuse of street, prescription, and over the counter drugs. Students review drug information and the effects of drug use on the teenage brain and body. Students also identify the benefits of remaining healthy and drug free.