

Grade 5

Scope/Sequence	Standards Addressed	Key Ideas, Terms, and Concepts:
<p><u>Lesson 1:</u></p> <p>Goal setting</p>	1, 2, 3	<ul style="list-style-type: none"> • Define a goal. • Identify steps in the goal-setting model. • Identify and apply the goal-naming criteria. • Name a short-term personal goal using the goal-naming criteria.
<p><u>Lesson 2:</u></p> <p>Decision making</p>	1, 2, 3	<ul style="list-style-type: none"> • Define consequence. • List the steps of the decision-making model. • Identify a variety of options to any given decision. • Demonstrate the ability to choose healthy options when making a decision.
<p><u>Lesson 3:</u></p> <p>Identifying and managing emotions</p>	1, 2, 3	<ul style="list-style-type: none"> • Name four basic emotions: happy, sad, angry and scared and their variations. • Recognize the physical signs associated with particular emotions. • Identify the relationship between feelings and behaviors. • Differentiate healthy and unhealthy ways to manage emotions.

<p><u>Lesson 4:</u></p> <p>Positive self talk</p>	<p>1, 2, 3</p>	<ul style="list-style-type: none"> ● Identify characteristics of a mentally and emotionally healthy person. ● Explain what it means to be mentally or emotionally healthy. ● Differentiate positive and negative self-talk. ● Discuss the effect of positive and negative self-talk on feelings and actions. ● Use positive self-talk to manage and overcome mistakes.
<p><u>Lesson 5:</u></p> <p>Effective communication</p>	<p>1, 2, 3</p>	<ul style="list-style-type: none"> ● Define communication. ● Identify the elements of communication, both verbal and nonverbal. ● Differentiate assertive, aggressive, and passive speaking styles. ● Identify active listening skills.
<p><u>Lesson 6:</u></p> <p>Friendship</p>	<p>1, 2, 3</p>	<ul style="list-style-type: none"> ● Compare healthy and unhealthy friendship qualities. ● Understand how to be compassionate and empathetic towards others. ● Recognize the benefits of belonging to a positive peer group. ● Identify and bond with a positive peer group.
<p><u>Lesson 7:</u></p> <p>Stand up for yourself</p>	<p>1, 2, 3</p>	<ul style="list-style-type: none"> ● Identify strategies to avoid physical fighting. ● Describe practices and behaviors that reduce or prevent violence. ● Determine the difference between simple conflict and serious trouble.

<p><u>Lesson 8:</u></p> <p>Bully prevention</p>	<p>1, 2, 3</p>	<ul style="list-style-type: none"> • Describe what to do if oneself or someone else is being bullied. • Describe practices and behaviors that reduce or prevent bullying violence. • Advocate for actions to reduce or prevent bullying.
<p><u>Lesson 9:</u></p> <p>Getting accurate health information</p>	<p>1, 2, 3</p>	<ul style="list-style-type: none"> • Describe characteristics of accurate personal health and wellness information. • Demonstrate how to locate sources of accurate personal health and wellness information.
<p><u>Lesson 10:</u></p> <p>Safe use of prescription and OTC medicines</p>	<p>1, 2, 3</p>	<ul style="list-style-type: none"> • Differentiate safe and unsafe use of prescription and over-the-counter medicines. • Explain the benefits of medicine when used correctly. • Identify safe practices to use and store prescription and over-the-counter medicines at home.
<p><u>Lesson 11:</u></p> <p>Effects of alcohol use</p>	<p>1, 2, 3</p>	<ul style="list-style-type: none"> • List the harmful effects of alcohol on the developing brain and behavior. • Identify false expectations about the effects of alcohol. • Apply positive peer influence in situations involving alcohol. • Discuss the effect of alcohol use on the ability to reach one's goals.

<p><u>Lesson 12:</u></p> <p>Effects of Nicotine use</p>	<p>1, 2, 3</p>	<ul style="list-style-type: none"> • Describe long-term and short-term effects of using tobacco products. • Discuss the benefits of quitting nicotine use and being nicotine free. • Demonstrate effective peer-pressure refusal techniques in situations involving tobacco products.
<p><u>Lesson 13:</u></p> <p>Effects of marijuana use</p>	<p>1, 2, 3</p>	<ul style="list-style-type: none"> • List the effects of marijuana use on the brain and body. • Discuss the effects of marijuana use on the ability to reach goals. • Demonstrate effective peer-pressure refusal techniques in situations involving marijuana.
<p><u>Lesson 14:</u></p> <p>Peer pressure refusal</p>	<p>1, 2, 3</p>	<ul style="list-style-type: none"> • Define peer pressure and peer influence. • Identify the effect of peer pressure on decision making and goals. • Identify and apply nine peer pressure-refusal strategies. • Identify how to be a positive peer influence.