



Youth Prevention Universal Program

Too Good for Drugs Grade 6

Session Outline

#	Session Name	Goals and Objectives for the Day
1	My Road Ahead	In this lesson, students how to set and reach personal goals. Students also learn to recognize and manage potential obstacles that they can get in the way of reaching a goal.
2	Who's in the Driver's Seat	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	Diagnostic Tune-Up	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 theirs and demonstrate care and respect of self and others.
4	Express Yourself	In this lesson, students learn and apply effective communications 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	Peer Review	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	A Closer Look	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 how media messages influence expectations about alcohol.
7	A Dead End	In this lesson, students learn the short-term and long-term and social consequences of tobacco use. Students evaluate the impact of media messages on perceptions and attitudes toward tobacco use.
8	Keep off the Grass!	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.
9	Calculate the Risk	In this lesson, students examine the developmental aspects of a risks-taking and differentiate healthy and unhealthy risks by predicting outcomes. Students also learn the short-term effects of inhalants and street drugs.
10	10 Prevention 500	In this lesson, students recall and apply goal setting, decision making, effective communication, and emotional and relationships management skills. 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.

