

Get Real About Tobacco 4-6

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
<p>Lesson One Changing Attitudes</p>	<p>Explore how culture influences personal health behaviors. 2:1:a</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p>	<p>Identify factors that can cause change in population. 3:2:b</p>	<p>Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-ROM, print materials, video materials, and library. 1:4:a</p> <p>Revise and edit written work using fundamental conventions of language. 2:1:c</p>
<p>Lesson Two What Tobacco Does</p>	<p>Describe the basic structure and functions of the human body systems. 1:2:a</p> <p>Explore how culture influences personal health behaviors. 2:1:a</p>	<p>Explain how progress in science can be affected by social issues and challenges. 5:1:a</p>	<p>Present oral information in a clear and organized manner. 4:1:b</p>
<p>Lesson Three Messages about Tobacco</p>	<p>Examine the media's impact on personal health decisions and practices. 2:1:b</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p>		
<p>Lesson Four Countering the Messages</p>	<p>Examine the media's impact on personal health decisions and practices. 2:1:b</p>	<p>Design solutions to human and/or environmental problems. 5:2:b</p>	<p>Write to interpret and use new or unfamiliar information. 2:4:b</p>
<p>Lesson Five Don't Even Try It</p>	<p>Describe ways to communicate care, consideration, and respect for self and others. 4:1:a</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Describe appropriate conflict resolution strategies. 4:3:b</p>	<p>Design solutions to human and/or environmental problems. 5:2:c</p>	

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<p><u>Lesson Six</u> The Refusal Skill for Self-Control</p>	<p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p>	<p>Design solutions to human and/or environmental problems. 5:2:c</p>	<p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Consider purpose of an oral presentation when deciding appropriate language. 4:2:b</p>
<p><u>Lesson Seven</u> The Refusal Skill, Day 1</p>	<p>Explain various communication techniques used when interacting with family, peers, and community. 4:1:b</p> <p>Describe behaviors which create bridges and barriers to effective communication. 4:2:b</p> <p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p>	<p>Design solutions to human and/or environmental problems. 5:2:c</p>	<p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Consider purpose of an oral presentation when deciding appropriate language. 4:2:b</p>
<p><u>Lesson Eight</u> The Refusal Skill, Day 2</p>	<p>Explain various communication techniques used when interacting with family, peers, and community. 4:1:b</p> <p>Describe behaviors which create bridges and barriers to effective communication. 4:2:b</p> <p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p>	<p>Design solutions to human and/or environmental problems. 5:2:c</p>	<p>Consider purpose of an oral presentation when deciding appropriate language. 4:2:b</p>
<p><u>Lesson Nine</u> Strategies to Help Others</p>	<p>Describe ways to communicate care, consideration, and respect for self and others. 4:1:a</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p> <p>Describe behaviors which support others in making healthy choices. 5:3:a</p>	<p>Identify factors that can cause change in a population. 3:2:b</p> <p>Explain roles and responsibilities of scientific research in relation to environmental concerns. 5:2:b</p>	<p>Examine oral/visual information for usefulness. 3:3:a</p>

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<p>Lesson Ten Transfer</p>	<p>Describe ways to communicate care, consideration, and respect for self and others. 4:1:a</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p>		
<p>Follow-Up Lesson One Students As Teachers</p>	<p>Develop effective interpersonal communication skills. 4:1:c</p> <p>Describe behaviors which create bridges and barriers to effective communication. 4:2:b</p> <p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p> <p>Explore the ways to help others obtain good health care. 5:3:c</p>	<p>Identify factors that can cause change in a population. 3:2:b</p> <p>Gather and sort specific information/sources to make informed decisions. 1:4:c</p>	
<p>Follow-Up Lesson Two Attitudes and Behaviors</p>	<p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Explain various communication techniques used when interacting with family, peers, and community. 4:1:b</p> <p>Describe behaviors which create bridges and barriers to effective communication. 4:2:b</p> <p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p> <p>Explore the ways to help others obtain good health care. 5:3:c</p>	<p>Identify factors that can cause change in a population. 3:2:b</p> <p>Explain how progress in science can be affected by social issues and challenges. 5:1:a</p> <p>Explain roles and responsibilities of scientific research in relation to environmental concerns. 5:2:b</p>	<p>Determine the usefulness of specific factual and technical materials. 1:4:b</p>

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<p><u>Follow-Up Lesson Three</u> Getting a Friend's Support in Using The Refusal Skill</p>	<p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p>	<p>Design solution to human and/or environmental problems. 5:2:c</p>	<p>Use appropriate conventions of language in personal communication. 4:2:c</p>