

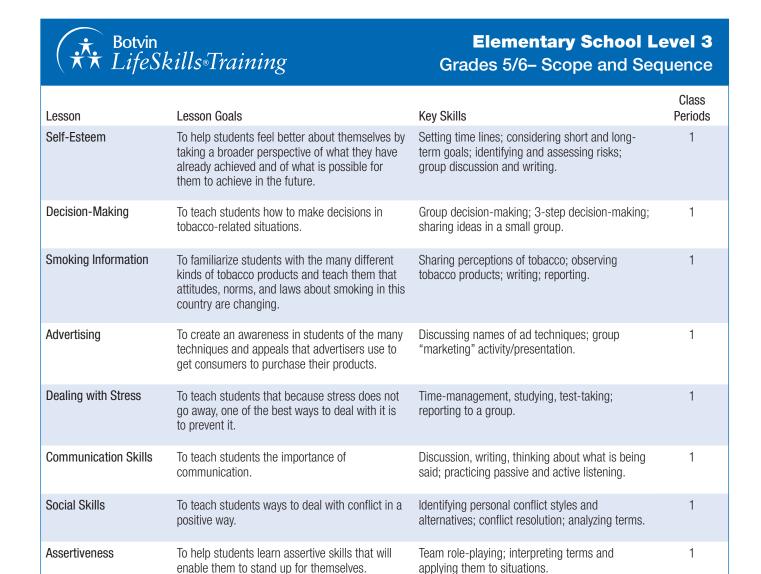
Elementary School Level 1Grades 3/4– Scope and Sequence

Lesson	Lesson Goals	Key Skills	Class Periods
Self-Esteem	To teach students about self-esteem and how it is developed.	Sharing thoughts and feelings; reframing thoughts on personal abilities; demonstrating a personal skill to peers.	1
Decision-Making	To teach students a simple step-by-step process for making decisions.	Group decision-making; sharing ideas in a small group.	1
Smoking Information	To introduce reasons some people smoke.	Practicing pulse taking and exercising; small group discussion; questioning; cause and effect reasoning.	1
Advertising	To develop an awareness of how tobacco advertisers manipulate advertisements to entice people to smoke.	Analyzing ad techniques; creating counteradvertisements.	1
Dealing with Stress	To teach students to recognize stress and to practice techniques to deal with stress.	Practicing stretching and deep breathing; finding what works.	1
Communication Skills	To teach students how feelings are communicated.	Group discussion of feeling words and verbal communication; practicing non-verbal communication; practicing "body language."	1
Social Skills	To help students learn ways of building and maintaining friendships.	Brainstorming/discussion; analysis of terms; sharing perceptions about friendship; drawing, bulletin board.	1
Assertiveness	To teach students refusal skills.	Practicing & analyzing different ways to say "No"; practicing refusal skills in pairs; practicing in small groups or in front of the class.	1
Total Class Periods			8



Elementary School Level 2Grades 4/5– Scope and Sequence

Lesson	Lesson Goals	Key Skills	Class Periods
Self-Esteem	To make students aware that they are unique and should feel good about their uniqueness.	Sharing thoughts and feelings; reframing thoughts on unique attributes; identifying similarities and differences in a team setting.	1
Decision-Making	To teach students how their daily decisions are influenced in direct and indirect ways.	Defining and applying terms; assessing likely behavioral responses to direct and indirect influences.	1
Smoking Information	To teach students about the consequences of nicotine and tobacco products on their body.	Small group discussion; writing; reporting.	1
Advertising	To develop an awareness of how tobacco advertisers manipulate advertisements to entice people to smoke.	Analyzing ad techniques; contrasting ads with reality; interpreting ad jargon.	1
Dealing with Stress	To identify positive and negative ways to cope with stress.	Practicing relaxation techniques; group brainstorming; practicing and finding what works; listening to music while relaxing.	1
Communication Skills	To teach students about the importance of communication.	Defining terms and examples of verbal communication; practicing non-verbal communication; communicating nonverbally through movement.	1
Social Skills	To help students learn ways to get along with their peers.	Sharing examples of positive and negative peer pressure; hearing messages from peers.	1
Assertiveness	To teach students how to develop assertiveness skills.	Practicing and writing I-messages; recognizing feelings and formulating I-message responses.	1
Total Class Periods			8



Total Class Periods