

## Lesson 1 My Road Ahead - *Setting Reachable Goals*

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### Language Arts Extender

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Research your mentor. Your mentor may be a parent, family member, coach, athlete, writer, or singer. Write a short essay on your mentor's goals. Describe in your essay how your mentor worked to accomplish them and why the completion of their goals inspires you to reach your own goals.

### Art Extender

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In Goal-Setting Step 2: Picture Yourself Reaching Your Goal, you use your imagination to visualize yourself working toward and completing your goal. Create a collage of images from magazines, newspapers, the Internet, or other sources. Arrange the images on your collage to illustrate your vision of reaching your goal.

### Language Arts Extender

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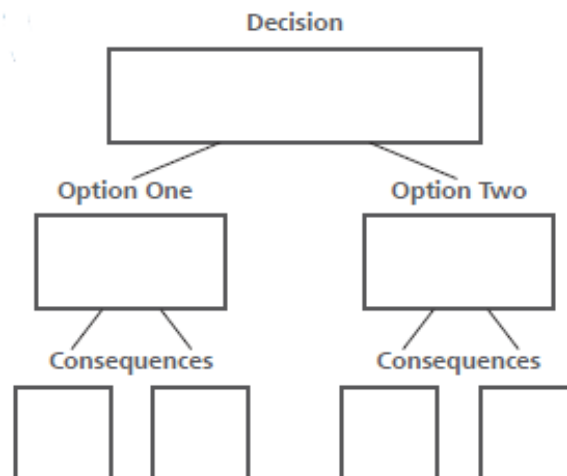
#### Activity 1

Part of decision making involves considering how your decision will not only affect you and your goals, but how it will affect others like your family or friends. Write a paragraph about a decision that you made in which you did not stop and think about how your decision affected others (parents, friends, teacher, coach, family member). What was the outcome? How would you feel if someone you cared about made a decision without stopping and thinking about your feelings?

#### Activity 2

Use a tree graph to help you figure out the best choice for a decision you are trying to make. Maybe your decision is about school, a friend, or an event you would like to participate in.

- Describe the decision that you are facing.
- List two possible options for that decision.
- Write two positive or negative consequences for each option.



### Language Arts Extender

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Think about a time when you were really saddened by an event in your life such as the loss of a pet or family member, moving to a new city, or leaving your friends to go to a new school. Make a list of some words to describe what you felt. Did you think that you would never feel happy again? Using your list of words, write a letter to a fictional person that is going through a similar experience as you did. In your letter, describe how you managed your emotions, and offer them suggestions to help and encourage them to be resilient.

### Science Extender

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Like humans, animals communicate to help their species survive. Honeybees have a unique way of communicating. Research how they communicate and why communication is so important to their survival. What would happen if there was a breakdown in communication between the bees and members of the bee colony? Both bees and humans use body language when they communicate; however, words are unique to humans. Sometimes, even with body language and words, we still have misunderstandings. Think of a time when there was a misunderstanding between you and a friend or family member. Did the misunderstanding involve body language, words, or both? Were you able to fix the misunderstanding? What would you do differently next time?

### Social Studies Extender

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The Ancient Egyptian culture communicated through spoken language and hieroglyphics, a writing system that used pictures, symbols, and signs. The Egyptians used hieroglyphics to communicate information from basic daily tasks to the most complex, detailed instructions like building the ancient pyramids. Does this sound familiar? Ancient Egyptians, like people today, used written and verbal forms of language to communicate needs, accomplish their goals, and pass on information. Although there are thousands of years between ancient Egyptian civilization and people today, what are some similarities in the type of information that was important to communicate?

## Language Arts Extender

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### Activity 1

A peer-pressure situation usually has four parts: The person doing the peer pressuring, the person being peer pressured, what they are being peer pressured to do, and the outcome of the situation. Compare the parts of a peer pressure situation to the parts of fishing by drawing a line to the similar elements.

Peer Pressure	Fishing	
Person Peer Pressuring	Bait	For both situations, the outcome is usually not good for the person being peer pressured or for the fish. Once you take the peer-pressure bait, you lose control of the situation and it could be too late. To avoid being "caught," what strategies could you use to remain safe and healthy?
Outcome	Fisherman	
Person who is being Peer Pressured	Fish	
What they are being Peer Pressured to do.	Outcome	

### Activity 2

A peer-pressure situation usually has four parts: The person doing the peer pressuring, the person being peer pressured, what they are being peer pressured to do, and the outcome of the situation. Compare the parts of a peer pressure situation to the parts of fishing by drawing a line to the similar elements.

#### Peer Group 1

Peers that are motivated, have goals, make good grades, are involved in sports or clubs, have positive attitudes, and support your efforts to try something new or different.

#### Peer Group 2

Peers that are failing school, have no obvious goals, have bad attitudes, and take risks involving drugs and alcohol.

Which peer group would you choose to hang around with? To help you make a choice, answer these questions:

1. Which peer group would support you and your goals?
2. Which peer group could you count on if there was a problem?
3. Which peer group would "have your back" when needed?

### Language Arts Extender

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You have a friend who recently began experimenting with alcohol. She does not think it is a big deal because she believes “everybody is doing it.” The night before the first day of summer camp, you call her to confirm the plan to meet and walk to camp the next morning. Something about your friend does not seem right. She is slurring her words and not making sense. You think she might be drinking alcohol. The next morning, she doesn’t arrive at your house to walk to camp. After attempting to call her, you give up and decide to write her a letter about the negative consequences of drinking alcohol. What facts about alcohol would you include to explain the negative effects of this drug?

### Arts Extender

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Advertisers use desirable images to promote alcohol use. In advertisements and movies, people are portrayed as having a good time, and they look healthy and happy. These advertisements do not show the reality of alcohol and its effects on a person’s body. Imagine you are an advertiser working to create an anti-alcohol magazine advertisement that exposes the truth about alcohol use and its effects on the body. Draw a scene, or put together a collage of images, depicting what alcohol abuse would look like. What traits or characteristics would your model possess? Would drinking alcohol affect their looks, clothes, or weight? Would this image appeal to a consumer?

### Language Arts Extender

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#### Activity 1

Create a list of the ingredients used to make your favorite cake (butter, vanilla, chocolate, etc.). On a blank sheet of paper, draw a T-Chart. On the left side of the T-Chart, record your list of cake ingredients. What do you think about these ingredients? Does it make your mouth water thinking about your cake? Next, make a list of the ingredients that you would need to make an imaginary “tobacco cake.” On the right side of the T-Chart, record the chemical elements found in cigarette smoke. What are your thoughts about these chemicals? Research how smoking cigarettes affects the taste buds on your tongue. Would you be able to taste your favorite cake? Is your mouth still watering?

#### Activity 2

Pretend that you work for an advertisement agency, and you have been hired by a tobacco company to create an advertisement that presents tobacco use as glamorous. After researching the topic, you come to the conclusion that tobacco use leads to many negative short-term and long-term health consequences. On a separate sheet of paper, write a letter to the tobacco company explaining why you cannot complete this ad for them. In your letter, include five to ten facts about the harmful effects of tobacco use.

### Language Arts Extender

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You have noticed a change in your best friend. She no longer wants to spend time hanging out or studying. Your friend used to always raise her hand to answer questions in class, but now she seems disinterested and lazy. She's also frequently skipping soccer practice. You know that she's hanging out with some new friends that smoke marijuana. Write a letter to your friend expressing your concern about her behavior. Include facts about the harmful effects of marijuana. You may need to research these facts and include the reputable internet sources in your letter to your friend.

### Science Extender

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DUI, Driving Under the Influence, is the term used to describe someone who drives a vehicle under the influence of alcohol and other drugs. Did you know that this includes under the influence of marijuana too? Make a list of skills you know someone would need to be a good, safe driver. Research how marijuana could impair someone and negatively influence the ability to be a responsible driver. Think about whether or not you would feel safe as a passenger in a car if the driver was under the influence of marijuana.



### Social Studies Extender

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Consumers are regularly exposed to television advertisements for medications to treat hair loss, sleep disorders, depression, and other conditions. An ongoing debate about this advertising questions if it is appropriate and if it should be legal.

Supporters of prescription medication advertising argue the public health benefits to providing information about available treatments suggesting the ads encourage people to seek medical advice and remove the stigma associated with medical conditions. Opponents argue that medication advertisements can misinform consumers, promote medications before the long-term effects of the medications are known, imply that medications are the only way to address these conditions, and encourage the overuse of prescription medications.

Can you recall a television advertisement for prescription medications? What information was presented? How do you think the design elements in the ad including music, color, imagery, people, and energy affect the viewer's understanding of the medication's safety and the need or urgency to use it? Were the side effects of the medication emphasized equally with the promoted benefits?

Research the history of prescription medication advertising and how federal policy governing it has changed over time. Write a short essay comparing the benefits and risks of frequent exposure to prescription medication advertising and its effect on consumer behavior.

### Arts Extender

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You have been asked by your school's resource officer to create a poster for Prescription Drug Awareness month. While doing your research, you are inspired by examples of anti-war posters. People created these posters to express their feelings about the negative effects of war. Create your own poster that expresses the dangers of abusing prescription and OTC drugs.

### Language Arts Extender

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When you think of making popcorn or baking cookies, you probably anticipate how good these snacks will smell. Take 30 seconds to write down your favorite aromas. Then imagine not being able to smell these things. Abusing inhalants could destroy the sense of smell in about the same amount of time it took you to think of your favorite smells. Research what inhalants are and how they are abused. Apart from the sense of smell, what other ways do inhalants harm the body?

### Social Studies Extender

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The word “culture” describes a particular group of people and their common traditions and customs. These similar customs and traditions include geographic location, food, music, religion, sports, language, and the arts. Think of a culture that you admire or find interesting. Think of how the members of this culture worked together to create it and how the traditions are maintained. Do you think that they are proud of their traditions and customs? A different, less-admired culture is the culture of people who use drugs. Like other cultures, members of this group have similarities.

Create a T-chart with two headings. Label the left heading with the name of the culture that you admire (example: Spanish culture); label the right column “drug culture.” In the left column, record details or facts about your chosen culture. For example, Spanish culture could include bull fighting, flamenco dancing, and eating tapas. On the right side, record facts about how drugs can affect someone’s life including school, sports, relationships with friends and family, or responsibilities. Is this a culture to admire? What kind of positive accomplishments do members add to the drug culture? Why do you want to remain drug free and not be in this culture?