

Health Rocks! 5 Week Syllabus (Intermediate Level) - Virtual Delivery

There are multiple ways to teach the Health Rocks! Curricula and it adapts well to multiple settings. The syllabus listed below is an example of how you may use the powerpoint presentations to implement Health Rocks! Virtually. This may guide your program planning and can be adapted for your audience.

This syllabus covers up to 13 hours of activities. It is not required for you to complete all lessons provided in the Health Rocks! curriculum. With this syllabus, it is recommended that you implement **at least 2 lessons per week for a total of 5 weeks**. Please ensure that students receive **at least 10 hours of training** by the end of this 5 week syllabus.

These lessons are in alignment with North Carolina Essential Standards for Healthful Living. Find NC Essential Standards here:

<https://sites.google.com/dpi.nc.gov/nchealthfulliving/healthful-living-essential-standards?authuser=0>

	Lesson	Time	Objectives	NC Essential Standard for Healthful Living	NHES
1	Wanted: A Good Friend <i>Intermediate 1B</i>	45 min	Participants will: <ul style="list-style-type: none"> ● Discover qualities of a good friend. ● Evaluate the health of current friendships. 	6.MEH.1 / 6.MEH.2 / 6.MEH.3 / 6.ICR.1 / 7.MEH.1 / 7.MEH.2 / 7.MEH.3 / 7.ICR.1 / 8.MEH.1 / 8.MEH.2 / 8.MEH.3 / 8.ICR.1	2,4
2	Where Can I Go for Help? <i>Intermediate 1C</i>	45 min	Participants will: <ul style="list-style-type: none"> ● Identify situations where youth may need help. ● Identify adults to go to for help. 	6.MEH.1 / 6.MEH.2 / 6.MEH.3 / 6.ICR.1 / 7.MEH.1 / 7.MEH.2 / 7.MEH.3 / 7.ICR.1 / 8.MEH.1 / 8.MEH.2 / 8.MEH.3 / 8.ICR.1	2,3,4,5,7,8
3	Is It Worth the Risk? <i>Intermediate 2C</i>	30-45 min	Participants will: <ul style="list-style-type: none"> ● Learn about the health and cosmetic effects of using drugs. ● Describe specific health 	6.MEH.1 / 6.MEH.2 / 6.MEH.3 / 6.PCH.1 / 6.PCH.2 / 6.ICR.1 / 6.ICR.2 / 6.ATOD.1 / 6.ATOD.2 / 6.ATOD.3 / 7.MEH.1 / 7.MEH.2 / 7.MEH.3 / 7.PCH.1 / 7.ICR.1 / 7.NPA.3 / 7.ATOD.1 / 7.ATOD.2 /	1,2,3

			<p>risks associated with using tobacco, alcohol, or other drugs.</p> <ul style="list-style-type: none"> • Experience how smoking affects lung capacity. • Experience how addictions might feel. 	8.MEH.1 / 8.MEH.2 / 8.MEH.3 / 8.PCH.1 / 8.PCH.2 / 8.ICR.1 / 8.NPA.3 / 8.ATOD.1 / 8.ATOD.2 / 8.ATOD.3	
4	<p>Can You Ever Have Too Much? <i>Intermediate 2E</i></p>	30-45 min	<p>Participants will:</p> <ul style="list-style-type: none"> • Learn about the health and effects of using drugs. • Describe specific health risks associated with using tobacco, alcohol, or other drugs. • Gain a deeper understanding of the power of addictions. 	6.MEH.1 / 6.MEH.2 / 6.MEH.3 / 6.ATOD.1 / 6.ATOD.2 / 6.ATOD.3 / 7.MEH.1 / 7.MEH.2 / 7.MEH.3 / 7.ATOD.1 / 7.ATOD.2 / 8.MEH.1 / 8.MEH.2 / 8.MEH.3 / 8.ATOD.1 / 8.ATOD.2 / 8.ATOD.3	1,2,7
5	<p>I can DO It! <i>Intermediate 3A</i></p>	30-45 min	<p>Participants will:</p> <ul style="list-style-type: none"> • Better understand self-efficacy and how it affects choices regarding healthy behaviors. • Understand the effect that self-efficacy has on attitudes and motivation. • Gain and use skills that build and maintain self-efficacy. 	6.MEH.1 / 6.MEH.2 / 6.MEH.3 / 6.PCH.1 / 6.ICR.1 / 6.ICR.2 / 6.NPA.3 / 6.ATOD.1 / 6.ATOD.2 / 6.ATOD.3 / 7.MEH.1 / 7.MEH.2 / 7.MEH.3 / 7.PCH.1 / 7.PCH.4 / 7.ICR.1 / 7.ICR.2 / 7.NPA.3 / 7.NPA.4 / 7.ATOD.1 / 7.ATOD.2 / 8.MEH.1 / 8.MEH.2 / 8.MEH.3 / 8.PCH.1 / 8.ICR.1 / 8.NPA.3 / 8.NPA.4 / 8.ATOD.1 / 8.ATOD.2 / 8.ATOD.3	1,3,5,6,7,8
6	<p>All Stressed Out! <i>Intermediate 3C</i></p>	45 min	<p>Participants will:</p> <ul style="list-style-type: none"> • Identify sources of stress. • Learn ways to manage stress positively. 	6.MEH.1 / 6.MEH.2 / 6.MEH.3 / 6.ICR.1 / 6.ICR.2 / 6.ICR.3 / 6.NPA.2 / 6.NPA.3 / 6.ATOD.1 / 6.ATOD.2 / 6.ATOD.3 / 7.MEH.1 / 7.MEH.2 / 7.MEH.3 / 7.PCH.1 / 7.ICR.1 / 7.ICR.2 / 7.NPA.2 / 7.NPA.3 /	1,2,3,4,6,7,8

				7.NPA.4 / 7.ATOD.1 / 7.ATOD.2 / 8.MEH.1 / 8.MEH.2 / 8.MEH.3 / 8.PCH.1 / 8.ICR.1 / 8.ICR.2 / 8.NPA.2 / 8.NPA.3 / 8.NPA.4 / 8.ATOD.1 / 8.ATOD.2 / 8.ATOD.3	
7	Be a Stress Buster <i>Intermediate 3D</i>	45 min	Participants will: <ul style="list-style-type: none"> • Learn ways to manage stress positively. • Implement options for relieving stress. 	6.MEH.1 / 6.MEH.2 / 6.MEH.3 / 6.ICR.1 / 6.ICR.2 / 6.ICR.3 / 6.NPA.2 / 6.NPA.3 / 6.ATOD.1 / 6.ATOD.2 / 6.ATOD.3 / 7.MEH.1 / 7.MEH.2 / 7.MEH.3 / 7.PCH.1 / 7.ICR.1 / 7.ICR.2 / 7.NPA.2 / 7.NPA.3 / 7.NPA.4 / 7.ATOD.1 / 7.ATOD.2 / 8.MEH.1 / 8.MEH.2 / 8.MEH.3 / 8.PCH.1 / 8.ICR.1 / 8.ICR.2 / 8.NPA.2 / 8.NPA.3 / 8.NPA.4 / 8.ATOD.1 / 8.ATOD.2 / 8.ATOD.3	1,2,3,4 ,6,7,8
8	Being SMART About Goals <i>Intermediate 4D</i>	30-45 min	Participants will: <ul style="list-style-type: none"> • Choose the healthy option when making a decision. • Use decision-making skills. 	6.MEH.1 / 6.MEH.2 / 6.MEH.3 / 6.PCH.1 / 6.PCH.2 / 6.PCH.2 / 6.ICR.1 / 6.ICR.2 / 6.NPA.2 / 6.NPA.3 / 6.ATOD.1 / 6.ATOD.2 / 6.ATOD.3 / 7.MEH.1 / 7.MEH.2 / 7.MEH.3 / 7.PCH.1 / 7.PCH.3 / 7.ICR.1 / 7.ICR.2 / 7.ICR.3 / 7.NPA.2 / 7.NPA.3 / 7.NPA.4 / 7.ATOD.1 / 7.ATOD.2 / 8.MEH.1 / 8.MEH.2 / 8.MEH.3 / 8.PCH.1 / 8.PCH.2 / 8.PCH.3 / 8.ICR.1 / 8.ICR.2 / 8.ICR.3 / 8.NPA.2 / 8.NPA.3 / 8.NPA.4 / 8.ATOD.1 / 8.ATOD.2 / 8.ATOD.3	1,2,3,5 ,7,8
9	What Do I Believe? <i>Intermediate 5C</i>	25-30 min	Participants will: <ul style="list-style-type: none"> • Understand how values and beliefs affect choices. 	6.MEH.3 / 6.ICR.1 / 7.ICR.1 / 8.MEH.2 / 8.ICR.1	2,4,5,6 ,7,8
10	That's How I Feel	30-45	Participants will:	6.MEH.1 / 6.MEH.2 / 6.MEH.3 / 6.ICR.1 /	1,2,4,5

	<i>Intermediate 6A</i>	min	<ul style="list-style-type: none"> • Increase awareness of why people use tobacco, alcohol, and other drugs. • Identify and describe how family and peers influence choices. • Identify how emotions affect decision-making. 	6.ICR.3 / 6.ATOD.1 / 7.MEH.1 / 7.MEH.2 / 7.MEH.3 / 7.ICR.1 / 7.NPA.3 / 7.ATOD.1 / 7.ATOD.2 / 8.MEH.1 / 8.MEH.2 / 8.MEH.3 / 8.PCH.2 / 8.ICR.1 / 8.NPA.3 / 8.ATOD.1	,8
11	Who's In Control? <i>Intermediate 7A</i>	45-60 min	<p>Participants will:</p> <ul style="list-style-type: none"> • Identify and share ways that media influences healthy behaviors. • Identify how media and technology influence thoughts, feelings and healthy choices. 	6.PCH.2 / 6.ATOD.1 / 7.MEH.3 / 7.PCH.3 / 7.ICR.1 / 7.ICR.2 / 8.PCH.2 / 8.ICR.1 / 8.NPA.3 / 8.NPA.4 / 8.ATOD.1	1,2,3,7
12	Don't Be Influenced <i>Intermediate 7B</i>	30-45 min	<p>Participants will:</p> <ul style="list-style-type: none"> • Identify and share ways that media influences healthy behaviors. • Identify how media and technology influence thoughts, feelings and healthy choices. 	6.PCH.2 / 6.ATOD.1 / 7.MEH.3 / 7.PCH.3 / 7.ICR.1 / 7.ICR.2 / 8.PCH.2 / 8.ICR.1 / 8.NPA.3 / 8.NPA.4 / 8.ATOD.1	1,2,3,7
13	It's More Than Just the Advertising <i>Intermediate 7C</i>	45-60 min	<p>Participants will:</p> <ul style="list-style-type: none"> • Identify and share ways that media influences healthy behaviors. • Identify how media and technology influence thoughts, feelings and healthy choices. 	6.PCH.2 / 6.ATOD.1 / 7.MEH.3 / 7.PCH.3 / 7.ICR.1 / 7.ICR.2 / 8.PCH.2 / 8.ICR.1 / 8.NPA.3 / 8.NPA.4 / 8.ATOD.1	1,2,3,7

14	You Be the Advertiser <i>Intermediate 7D</i>	45-60 min	Participants will: <ul style="list-style-type: none"> • Demonstrate and practice skills leading to media literacy. 	6.NPA.1 / 6.ATOD.1 / 7.PCH.3 / 7.ICR.1 / 7.ICR.2 / 7.ATOD.1 / 8.PCH.2 / 8.ICR.3 / 8.NPA.3 / 8.ATOD.1	1,2,3
15	What Do I Do? <i>Intermediate 8B</i>	45-60 min	Participants will: <ul style="list-style-type: none"> • Practice skills necessary to help someone who might be using tobacco, alcohol, or other drugs. 	6.MEH.1 / 6.MEH.2 / 6.MEH.3 / 6.PCH.2 / 6.ICR.1 / 6.ICR.2 / 6.ICR.3 / 6.NPA.3 / 6.ATOD.1 / 6.ATOD.2 / 6.ATOD.3 / 7.MEH.1 / 7.MEH.2 / 7.MEH.3 / 7.PCH.1 / 7.PCH.3 / 7.PCH.4 / 7.ICR.1 / 7.NPA.3 / 7.NPA.4 / 7.ATOD.1 / 7.ATOD.2 / 8.MEH.1 / 8.MEH.2 / 8.MEH.3 / 8.PCH.1 / 8.ICR.1 / 8.NPA.3 / 8.ATOD.1 / 8.ATOD.2 / 8.ATOD.3	1,2,3,4 ,5,8
16	Sharing What I Know <i>Intermediate 9A</i>	45-60 min	Participants will: <ul style="list-style-type: none"> • Promote healthy choices related to tobacco, alcohol, and other drugs. • Encourage others to adopt healthy behaviors related to tobacco, alcohol, and other drugs. • Demonstrate how to influence others with a positive message about tobacco, alcohol, and other drugs. 	6.MEH.1 / 6.MEH.2 / 6.MEH.3 / 6.PCH.2 / 6.ICR.1 / 6.ICR.2 / 6.ICR.3 / 6.NPA.3 / 6.ATOD.1 / 6.ATOD.2 / 6.ATOD.3 / 7.MEH.1 / 7.MEH.2 / 7.MEH.3 / 7.PCH.1 / 7.PCH.3 / 7.PCH.4 / 7.ICR.1 / 7.NPA.3 / 7.NPA.4 / 7.ATOD.1 / 7.ATOD.2 / 8.MEH.1 / 8.MEH.2 / 8.MEH.3 / 8.PCH.1 / 8.ICR.1 / 8.NPA.3 / 8.ATOD.1 / 8.ATOD.2 / 8.ATOD.3	1,2,4,5 ,6,7,8
Evaluation Directions		On the last day of the program, have everyone complete the evaluation with the following link: _____			