Health Smart Virginia - Sample Lesson Plan  
Grade 10 – ATOD Use Prevention

Unit 7

SOLs:
- 10.2.g Explain reasons why teenagers use or avoid drugs or alcohol and how positive role models can influence that decision.
- 10.2.n Calculate the importance of support and encouragement from positive role models.

Title: Role Goals

Objectives/ Goals:

- The student will be able to accurately define what a role model is, what makes a good role model, and why we look up to the people that we do.
- The student will identify the value/characteristic of their role model that is most important to them.
- The student will set a goal and create a plan to improve that value/characteristic within themselves
- The student will write a letter to that person detailing why they chose the characteristic/value that they did, and how they plan to improve that value/characteristic within themselves

Materials:

- Role Goals Presentation
- Role Goals Packet
- Procedure:
| Step 1 | ● Handout the role goals packet and have the role goals presentation up on the projector  
   ○ Have the students write down their own definition of what a role model is | Essential Questions: |
|-------|-------------------------------------------------------------------------------------------------------------------|
| Step 2 | ● Have the students get into groups of 3 or 4 with their neighbors  
   ● Give each group a sheet of paper for the snowball activity  
   ○ One group member writes as the group comes up 5 characteristics of a good role model  
   ○ Then, when the teacher says to, the students ball up their list and throw it into the middle  
   ○ One group member goes and picks up a new sheet and they write down 2 more new characteristics  
   ○ Repeat for 4 rounds | |
| Step 3 | ● Have the students create one giant list of characteristics on the board of all the things they wrote down  
   ● Discuss some of the characteristics as a class | |
| Step 4 | ● Have the students write down what types of people are role models  
   ● Discuss the students answers as a class  
   ● Show the video of charles barkley in the presentation  
   ● Discuss with the class that not all role models are positive  
   Video of Charles Barkley professing that he is not a role model.  
   https://www.youtube.com/watch?v=4gqk4WPnrpM | |
| Step 5 | ● Go through the powerpoint explaining my own role model and the characteristics I picked  
   ● Go over what a SMART goal is  
   ○ Work through the examples in the PP slides as a class discussion  
   ● Explain to the students that they are going to set SMART goals to improve these | |

Health Smart Virginia Sample Lessons 2017-18
characteristics within themselves and create a plan of action to achieve it
  ○ Include obstacles that may come up and get in the way of the plan

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<tr>
<th>Step 6</th>
<th>● Go through the powerpoint and explain each goal, the time table for the goal, plan, and obstacles for the plan</th>
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| Step 7 | ● Show the video The Dash in the powerpoint.
  ○ Explain and discuss with the students what the poem means and how they feel about it.
  ● Explain to the students that they are to write a letter to their role model explaining why they chose them, their goals, and plan of action |
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<tbody>
<tr>
<td></td>
<td>The Poem “The Dash” read aloud.</td>
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<td><a href="https://www.youtube.com/watch?v=HVLqkExH5ww">https://www.youtube.com/watch?v=HVLqkExH5ww</a></td>
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<th>Step 8</th>
<th>● Let the students complete their packet and answer any questions they might have</th>
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**References:**

NAME:______________________________________________
HOW DO WE DECIDE WHO OUR ROLE MODELS ARE?

Define “role model” in your own words:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Based on your definition, what types of people make good role models? (teachers, celebrities, parents, athletes, etc.):
________________________________________________________________________
________________________________________________________________________

If you had to pick ONE role model who would it be: ________________

If you had to pick FOUR characteristics/values you admire most about your role model listed above, what would they be?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

In the space below, describe why you selected these characteristics/values:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
GO FOR GOALS

Now you will map out a plan to improve or instill these characteristics/values within yourself over the next several years.

Think of which characteristics/values would come first, second, third, and fourth chronologically.

In the next year I plan to:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
(list the 1st characteristic/value)

Plan of Action - Explain in detail below how you will achieve this goal

1.

2.

3.

Obstacles to Achieving this Goal

1.

2.

3.
Think of which characteristics/values would come first, second, third, and fourth chronologically.

In the next 5 years I plan to:

________________________________________
________________________________________
________________________________________
________________________________________:(list the 2nd characteristic/value)

Plan of Action - Explain in detail below how you will achieve this goal

1.

2.

3.

Obstacles to Achieving this Goal

1.

2.

3.
Think of which characteristics/values would come first, second, third, and fourth chronologically.

In the *next 10 years* I plan to:

____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
(list the 3rd characteristic/value)

Plan of Action - Explain in detail below how you will achieve this goal

1.

2.

3.

Obstacles to Achieving this Goal

1.

2.

3.
Think of which characteristics/values would come first, second, third, and fourth chronologically.

In the next 25 years I plan to:

____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
(list the 4th characteristic/value)

Plan of Action - Explain in detail below how you will achieve this goal

1.

2.

3.

Obstacles to Achieving this Goal

1.

2.

3.
In the outline below, write a letter to your role model that describes why you chose them, your goals, and your plan of action to achieve these goals.