



SAMPLE LESSON PLANS

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:**

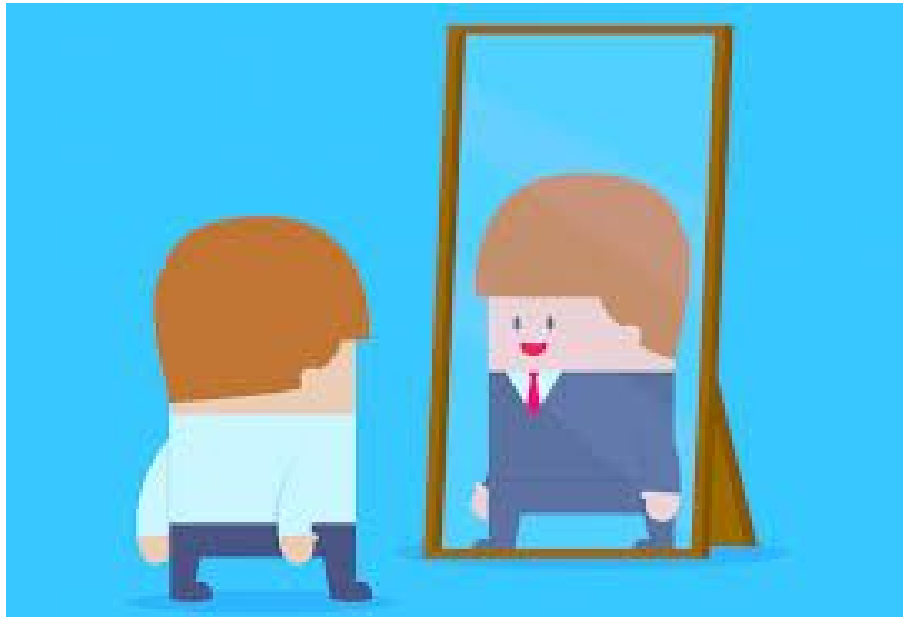
Step 1	<ul style="list-style-type: none"> ● Handout the role goals packet and have the role goals presentation up on the projector <ul style="list-style-type: none"> ○ Have the students write down their own definition of what a role model is 	Essential Questions:
Step 2	<ul style="list-style-type: none"> ● Have the students get into groups of 3 or 4 with their neighbors ● Give each group a sheet of paper for the snowball activity <ul style="list-style-type: none"> ○ 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	<ul style="list-style-type: none"> ● 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	<ul style="list-style-type: none"> ● 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	<ul style="list-style-type: none"> ● Go through the powerpoint explaining my own role model and the characteristics I picked ● Go over what a SMART goal is <ul style="list-style-type: none"> ○ 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 	

	<p>characteristics within themselves and create a plan of action to achieve it</p> <ul style="list-style-type: none"> ○ Include obstacles that may come up and get in the way of the plan 	
Step 6	<ul style="list-style-type: none"> ● Go through the powerpoint and explain each goal, the time table for the goal, plan, and obstacles for the plan 	
Step 7	<ul style="list-style-type: none"> ● Show the video The Dash in the powerpoint. <ul style="list-style-type: none"> ○ 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 	<p>The Poem “The Dash” read aloud.</p> <p>https://www.youtube.com/watch?v=HVLqkExH5ww</p>
Step 8	<ul style="list-style-type: none"> ● Let the students complete their packet and answer any questions they might have 	

References:

- Melanie Lynch, M.Ed. North Allegheny School District

ROLE GOALS



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.

_____ ,

_____ ,

