

Too Good for Drugs

Grade 1

Correlated with Kentucky Academic Standards for Health Education 2020

Lesson 1.1 *A Great Day* – Setting Reachable Goals

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Identify action steps needed to reach a goal
- Set a personal goal

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

1.6.1. Identify goals for positive physical, mental and emotional health.

1.6.2. Identify steps needed to reach a goal.

1.6.3. Describe how others can help achieve goals.

Standard 7: Students will demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.

1.7.1. Describe personal health habits that promote healthy living.

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

1.8.1. Identify healthy behavior choices for self, family and friends.

Lesson 1.2 *Thinking Cap On* – Making Responsible Decisions

Objectives

Following this lesson, the student will be able to:

- Discuss the benefits of stopping to think before making a decision
- Demonstrate the skill of anticipating consequences of choices
- Discuss personal responsibility for making positive choices

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

1.5.1. Identify a health-related situation that requires decision-making skills.

1.5.2. Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

1.5.3. Identify types of situations when health-related decisions must be made.

Standard 7: Students will demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.

1.7.1. Describe personal health habits that promote healthy living.

1.7.3. Identify positive health behaviors regarding personal wellness, physical activity and safety.

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

1.8.1. Identify healthy behavior choices for self, family and friends.

Lesson 1.3 *Cattitude* – Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Name a variety of feelings
- Comprehend feelings as natural responses that are neither right nor wrong
- Differentiate feelings from actions
- Demonstrate using an I-message and other healthy ways to express emotions

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.1.4. Identify appropriate ways to express and deal with feelings.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

1.4.2. Explain how to effectively communicate needs, wants and feelings in healthy ways.

1.4.4. Identify a trusted adult with whom to share needs, wants and feelings.

Standard 7: Students will demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.

1.7.1. Describe personal health habits that promote healthy living.

1.7.3. Identify positive health behaviors regarding personal wellness, physical activity and safety.

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

1.8.1. Identify healthy behavior choices for self, family and friends.

Lesson 1.4 *Hear Me Out* – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Demonstrate using one's eyes, ears, and brain to listen
- Identify the body language of an active listener
- Demonstrate the ability to ask questions without interrupting
- Practice verbal and non-verbal communication

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

1.4.1. Demonstrate effective active listening skills.

1.4.2. Explain how to effectively communicate needs, wants and feelings in healthy ways.

1.4.4. Identify a trusted adult with whom to share needs, wants and feelings.

1.4.5. Identify positive behaviors to show concern for others.

Standard 7: Students will demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.

1.7.1. Describe personal health habits that promote healthy living.

1.7.3. Identify positive health behaviors regarding personal wellness, physical activity and safety.

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

1.8.1. Identify healthy behavior choices for self, family and friends.

Lesson 1.5 *The Cat's Meow* – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Compare healthy and unhealthy friendship qualities
- Identify examples of pro-social behavior

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

1.4.2. Explain how to effectively communicate needs, wants and feelings in healthy ways.

1.4.4. Identify a trusted adult with whom to share needs, wants and feelings.

1.4.5. Identify positive behaviors to show concern for others.

Standard 7: Students will demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.

1.7.1. Describe personal health habits that promote healthy living.

1.7.3. Identify positive health behaviors regarding personal wellness, physical activity and safety.

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

1.8.1. Identify healthy behavior choices for self, family and friends.

Lesson 1.6 *Copy Cat* – Managing Peer Pressure

Objectives

Following this lesson, the students will be able to:

- Identify and apply three ways to handle peer pressure
- Describe safe and healthy activities to do with friends
- Demonstrate assertive communication to refuse peer pressure

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.1.4. Identify appropriate ways to express and deal with feelings.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

1.4.2. Explain how to effectively communicate needs, wants and feelings in healthy ways.

1.4.3. Describe appropriate ways to respond to an unwanted, threatening or dangerous situations.

1.4.4. Identify a trusted adult with whom to share needs, wants and feelings.

1.4.5. Identify positive behaviors to show concern for others.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

1.5.1. Identify a health-related situation that requires decision-making skills.

1.5.2. Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

1.5.3. Identify types of situations when health-related decisions must be made.

Standard 7: Students will demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.

1.7.1. Describe personal health habits that promote healthy living.

1.7.3. Identify positive health behaviors regarding personal wellness, physical activity and safety.

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

1.8.1. Identify healthy behavior choices for self, family and friends.

Lesson 1.7 *Stuck in a Tree* – Managing Disappointment

Objectives

Following this lesson, the student will be able to:

- Differentiate positive and negative reactions to disappointment
- Demonstrate positive responses to disappointment

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.1.4. Identify appropriate ways to express and deal with feelings.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

1.4.2. Explain how to effectively communicate needs, wants and feelings in healthy ways.

1.4.3. Describe appropriate ways to respond to an unwanted, threatening or dangerous situations.

1.4.4. Identify a trusted adult with whom to share needs, wants and feelings.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

- 1.5.1. Identify a health-related situation that requires decision-making skills.
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Lesson 1.8 *All the Right Moves* – Understanding the Safe Use of Prescription and OTC Medicines

Objectives

Following this lesson, the student will be able to:

- Define medicine
- Differentiate the safe and unsafe use of prescription and over-the-counter medicines

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- 1.1.1. Explain the harmful effects of medicines when used incorrectly.
- 1.1.7. Identify ways to prevent the spread of disease-causing germs.
- 1.1.8. Identify people who can help when someone is injured or suddenly ill.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- 1.2.1. Explain how family influences personal health decisions and behaviors.

Standard 3: Students will access valid information, products, and services to enhance health.

- 1.3.2. Identify trusted adults within your family and the school responsible for keeping you healthy.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 1.4.3. Describe appropriate ways to respond to an unwanted, threatening or dangerous situations.
- 1.4.4. Identify a trusted adult with whom to share needs, wants and feelings.
- 1.4.5. Identify positive behaviors to show concern for others.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

- 1.5.1. Identify a health-related situation that requires decision-making skills.
- 1.5.2. Differentiate between situations when a health-related decision can be made individually or when assistance is needed.
- 1.5.3. Identify types of situations when health-related decisions must be made.

Standard 7: Students will demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.

- 1.7.1. Describe personal health habits that promote healthy living.
- 1.7.2. Identify and demonstrate ways to prevent the spreading of disease and other health risks.
- 1.7.3. Identify positive health behaviors regarding personal wellness, physical activity and safety.

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

- 1.8.1. Identify healthy behavior choices for self, family and friends.

Lesson 1.9 *Curious Carmen* – Identify and Avoiding Harmful Substances

Objectives

Following this lesson, the students will be able to:

- Identify harmful substances in and around the home including nicotine and alcohol
- Describe the harmful effects these substances can have on the brain and body
- Differentiate safe and unsafe ways for children to respond when encountering harmful household substances

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.1.8. Identify people who can help when someone is injured or suddenly ill.

1.1.9. Describe the dangers of experimenting with tobacco.

Standard 3: Students will access valid information, products, and services to enhance health.

1.3.2. Identify trusted adults within your family and the school responsible for keeping you healthy.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

1.4.3. Describe appropriate ways to respond to an unwanted, threatening or dangerous situations.

1.4.5. Identify positive behaviors to show concern for others.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

1.5.1. Identify a health-related situation that requires decision-making skills.

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1.7.1. Describe personal health habits that promote healthy living.

1.7.2. Identify and demonstrate ways to prevent the spreading of disease and other health risks.

1.7.3. Identify positive health behaviors regarding personal wellness, physical activity and safety.

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

1.8.1. Identify healthy behavior choices for self, family and friends.

Lesson 1.10 *Fit as a Riddle* – Making Healthy Choices

Objectives

Following this lesson, the student will be able to:

- Comprehend health and a healthy body
- Identify the benefits of making healthy choices related to food, rest, and exercise
- Differentiate safe, healthy decisions and unsafe, unhealthy decisions

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.1.2. Describe the types of foods and beverages that should be limited.

Standard 3: Students will access valid information, products, and services to enhance health.

1.3.2. Identify trusted adults within your family and the school responsible for keeping you healthy.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

1.4.2. Explain how to effectively communicate needs, wants and feelings in healthy ways.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

1.5.1. Identify a health-related situation that requires decision-making skills.

1.5.3. Identify types of situations when health-related decisions must be made.

Standard 7: Students will demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.

1.7.1. Describe personal health habits that promote healthy living.

1.7.3. Identify positive health behaviors regarding personal wellness, physical activity and safety.

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

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