

Too Good for Drugs

Grade 1

Correlated with North Dakota Health Education Content Standards 2018

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 1: Understand concepts related to human growth and development, health promotion, disease prevention.

1.2.1 Identify how health behaviors affect mental, emotional, physical, and social health.

1.2.2 Recognize that there are multiple dimensions of health.

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

2.2.1 Identify how family influences personal health behaviors.

2.2.2 Identify what the school can do to support personal health behaviors.

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

4.2.1 Demonstrate healthy ways to express needs, wants, feelings, and emotions.

Standard 6: Demonstrate the ability to use goal setting skills to enhance health and avoid or reduce health risks.

6.2.1 Identify a short-term personal health goal and the action toward achieving the goal.

6.2.2 Identify who can help when assistance is needed to achieve a personal health goal.

Standard 7: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.2.1 Demonstrate health behaviors to maintain or improve personal health.

Standard 8: Demonstrate the ability to advocate for personal, family, and community health.

8.2.1 Make a request to promote personal health.

8.2.2 Encourage peers to make positive health choices.

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 1: Understand concepts related to human growth and development, health promotion, disease prevention.

1.2.1 Identify how health behaviors affect mental, emotional, physical, and social health.

1.2.2 Recognize that there are multiple dimensions of health.

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

4.2.1 Demonstrate healthy ways to express needs, wants, feelings, and emotions.

Standard 5: Demonstrate the ability to use decision making skills to enhance health and avoid or reduce health risks.

5.2.1 Identify situations when a health-related decision is needed.

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

Standard 7: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.2.1 Demonstrate health behaviors to maintain or improve personal health.

Standard 8: Demonstrate the ability to advocate for personal, family, and community health.

8.2.1 Make a request to promote personal health.

8.2.2 Encourage peers to make positive health choices.

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: Understand concepts related to human growth and development, health promotion, disease prevention.

1.2.1 Identify how health behaviors affect mental, emotional, physical, and social health.

1.2.2 Recognize that there are multiple dimensions of health.

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

4.2.1 Demonstrate healthy ways to express needs, wants, feelings, and emotions.

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

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1.2.1 Identify how health behaviors affect mental, emotional, physical, and social health.

1.2.2 Recognize that there are multiple dimensions of health.

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

4.2.1 Demonstrate healthy ways to express needs, wants, feelings, and emotions.

4.2.2 Demonstrate listening skills to enhance health.

4.2.3 Demonstrate ways to respond when an unwanted, threatening, or dangerous situation.

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 1: Understand concepts related to human growth and development, health promotion, disease prevention.

1.2.1 Identify how health behaviors affect mental, emotional, physical, and social health.

1.2.2 Recognize that there are multiple dimensions of health.

1.2.7 Identify characteristics of healthy and unhealthy relationships with family, peers, and other adults.

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

2.2.2 Identify what the school can do to support personal health behaviors.

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

4.2.1 Demonstrate healthy ways to express needs, wants, feelings, and emotions.

4.2.2 Demonstrate listening skills to enhance health.

Standard 8: Demonstrate the ability to advocate for personal, family, and community health.

8.2.1 Make a request to promote personal health.

8.2.2 Encourage peers to make positive health choices.

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

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4.2.2 Demonstrate listening skills to enhance health.

4.2.3 Demonstrate ways to respond when an unwanted, threatening, or dangerous situation.

4.2.4 Demonstrate ways to tell a trusted adult if threatened or harmed.

Standard 5: Demonstrate the ability to use decision making skills to enhance health and avoid or reduce health risks.

5.2.1 Identify situations when a health-related decision is needed.

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8.2.1 Make a request to promote personal health.

8.2.2 Encourage peers to make positive health choices.

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

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- 1.2.1 Identify how health behaviors affect mental, emotional, physical, and social health.
- 1.2.2 Recognize that there are multiple dimensions of health.
- 1.2.7 Identify characteristics of healthy and unhealthy relationships with family, peers, and other adults.

Standard 3: Demonstrate the ability to access valid health information, products, and services.

- 3.2.1 Identify trusted adults and professionals who can help promote health.

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

- 4.2.1 Demonstrate healthy ways to express needs, wants, feelings, and emotions.

Standard 7: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- 7.2.1 Demonstrate health behaviors to maintain or improve personal health.
- 7.2.2 Demonstrate health behaviors that avoid or reduce health risks.

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- 8.2.1 Make a request to promote personal health.
- 8.2.2 Encourage peers to make positive health choices.

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: Understand concepts related to human growth and development, health promotion, disease prevention.

- 1.2.1 Identify how health behaviors affect mental, emotional, physical, and social health.
- 1.2.2 Recognize that there are multiple dimensions of health.
- 1.2.3 Describe ways to prevent contagious diseases.
- 1.2.5 Describe why it is important to seek health care.

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

- 2.2.1 Identify how family influences personal health behaviors.

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- 3.2.1 Identify trusted adults and professionals who can help promote health.

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

- 4.2.3 Demonstrate ways to respond when an unwanted, threatening, or dangerous situation.
- 4.2.4 Demonstrate ways to tell a trusted adult if threatened or harmed.

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8.2.2 Encourage peers to make positive health choices.

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

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8.2.1 Make a request to promote personal health.

8.2.2 Encourage peers to make positive health choices.

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

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1.2.2 Recognize that there are multiple dimensions of health.

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