

Too Good for Drugs

Grade 2

Correlated Kentucky Academic Standards for Health Education 2020

Lesson 2.1 *Chasing Squirrels* – Setting Reachable Goals

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Discuss his or her own personal strengths
- Identify the importance of setting goals
- Describe the steps to setting and reaching goals
- Set a personal goal

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

- 2.6.1. Set goals for positive physical, mental and emotional health.
- 2.6.2. Analyze steps needed to reach a health-related goal.
- 2.6.3. Describe people who can support the achievement of health-related goals.

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

- 2.7.1. Describe personal responsibility in making healthy life decisions.

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

- 2.8.1. Demonstrate how to encourage peers to make healthy behavior choices.
- 2.8.2. Make a request of others to advocate to improve their personal health.

Lesson 2.2 *The Important Link*– Making Responsible Decisions

Objectives

Following this lesson, the student will be able to:

- Discuss the benefits of stopping to think before making a decision
- Define consequence
- Demonstrate predicting possible consequences
- Demonstrate how to make good decisions

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

- 2.2.1. Identify and explain how community opportunities can influence personal health decisions and behaviors.

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

- 2.5.1. Explain the potential outcomes of personal health decisions.
- 2.5.2. Explain the difference between when a health-related decision can be made individually and when assistance is needed.
- 2.5.3. Identify how family, peers and media impact health-related decision making.

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

- 2.7.1. Describe personal responsibility in making healthy life decisions.
- 2.7.2. Describe behaviors that can cause harm to personal wellness.
- 2.7.3. Describe 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.

- 2.8.1. Demonstrate how to encourage peers to make healthy behavior choices.

Lesson 2.3 *How I Feel* – Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Name a variety of feelings
- Demonstrate verbal and non-verbal expressions of feelings
- Differentiate feelings from actions
- Demonstrate using an I-message and other healthy ways to express emotions

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

2.2.1. Identify and explain how community opportunities can influence personal health decisions and behaviors.

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

2.4.1. Demonstrate effective listening and verbal communication skills.

2.4.2. Demonstrate healthy ways to effectively communicate needs, wants and feelings.

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

2.5.1. Explain the potential outcomes of personal health decisions.

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

2.7.1. Describe personal responsibility in making healthy life decisions.

2.7.2. Describe behaviors that can cause harm to personal wellness.

2.7.3. Describe 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.

2.8.2. Make a request of others to advocate to improve their personal health.

Lesson 2.4 *How Do You Do?* – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Demonstrate the social skill of making introductions
- Demonstrate polite, assertive communication using I-messages
- Demonstrate active listening skills

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

2.4.1. Demonstrate effective listening and verbal communication skills.

2.4.2. Demonstrate healthy ways to effectively communicate needs, wants and feelings.

2.4.5. Demonstrate how to communicate care and concern for others.

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

2.5.1. Explain the potential outcomes of personal health decisions.

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

2.7.1. Describe personal responsibility in making healthy life decisions.

2.7.2. Describe behaviors that can cause harm to personal wellness.

2.7.3. Describe 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.

2.8.2. Make a request of others to advocate to improve their personal health.

Lesson 2.5 *Friends Fur-Ever* – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Compare healthy and unhealthy friendship qualities
- Describe how friends help each other
- Describe approaches to making and keeping friends
- Identify examples of pro-social behavior

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

2.1.3. Identify the benefits of healthy peer and family relationships.

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

2.2.1. Identify and explain how community opportunities can influence personal health decisions and behaviors.

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

2.4.1. Demonstrate effective listening and verbal communication skills.

2.4.2. Demonstrate healthy ways to effectively communicate needs, wants and feelings.

2.4.5. Demonstrate how to communicate care and concern for others.

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

2.5.3. Identify how family, peers and media impact health-related decision making.

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

2.7.1. Describe personal responsibility in making healthy life decisions.

2.7.2. Describe behaviors that can cause harm to personal wellness.

2.7.3. Describe 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.

2.8.1. Demonstrate how to encourage peers to make healthy behavior choices.

Lesson 2.6 *Wagging the Dog* – Peer Pressure

Objectives

Following this lesson, the student will be able to:

- Define peer pressure
- Describe the effect of peer pressure on decision making
- Identify and apply four ways to handle peer pressure

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

2.1.3. Identify the benefits of healthy peer and family relationships.

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

2.2.1. Identify and explain how community opportunities can influence personal health decisions and behaviors.

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

2.4.1. Demonstrate effective listening and verbal communication skills.

2.4.2. Demonstrate healthy ways to effectively communicate needs, wants and feelings.

2.4.3. Demonstrate appropriate ways to respond to an unwanted, threatening or dangerous situations.

2.4.4. Identify a trusted adult to ask for help in an unhealthy situation.

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

2.5.1. Explain the potential outcomes of personal health decisions.

2.5.2. Explain the difference between when a health-related decision can be made individually and when assistance is needed.

2.5.3. Identify how family, peers and media impact health-related decision making.

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

2.7.1. Describe personal responsibility in making healthy life decisions.

2.7.2. Describe behaviors that can cause harm to personal wellness.

2.7.3. Describe 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.

2.8.1. Demonstrate how to encourage peers to make healthy behavior choices.

2.8.2. Make a request of others to advocate to improve their personal health.

Lesson 2.7 *Still in the Game* – Managing Mistakes

Objectives

Following this lesson, the students will be able to:

- Differentiate positive and negative self-talk
- Use positive self-talk to manage and overcome mistakes
- Identify how to handle a mistake in a positive way

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

2.4.1. Demonstrate effective listening and verbal communication skills.

2.4.2. Demonstrate healthy ways to effectively communicate needs, wants and feelings.

2.4.3. Demonstrate appropriate ways to respond to an unwanted, threatening or dangerous situations.

2.4.4. Identify a trusted adult to ask for help in an unhealthy situation.

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

2.5.1. Explain the potential outcomes of personal health decisions.

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

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2.7.3. Describe 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.

2.8.2. Make a request of others to advocate to improve their personal health.

Lesson 2.8 *A Prescription for Health* – Understanding the Safe Use of Prescription and Over-the-Counter Medicines

Objectives

Following this lesson, the student will be able to:

- Identify and describe physical symptoms of not feeling well
- Define over-the-counter medicine
- Define prescription 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.

- 2.1.1. Describe how to use medicine correctly
- 2.1.3. Identify the benefits of healthy peer and family relationships.
- 2.1.4. Identify safety hazards in the home and the community.

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

- 2.2.1. Identify and explain how community opportunities can influence personal health decisions and behaviors.

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

- 2.3.1. Demonstrate how to locate school, home or community health care helpers to enhance health.
- 2.3.2. Identify trusted adults within the community that provide personal health services.

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

- 2.4.3. Demonstrate appropriate ways to respond to an unwanted, threatening or dangerous situations.
- 2.4.4. Identify a trusted adult to ask for help in an unhealthy situation.

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

- 2.5.1. Explain the potential outcomes of personal health decisions.
- 2.5.2. Explain the difference between when a health-related decision can be made individually and when assistance is needed.

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- 2.7.1. Describe personal responsibility in making healthy life decisions.
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- 2.7.3. Describe 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.

- 2.8.2. Make a request of others to advocate to improve their personal health.

Lesson 2.9 *Chasing Your Tail* – Identifying and Avoiding Harmful Substances

Objectives

Following this lesson, the students will be able to:

- Identify harmful substances in and around the home including tobacco and alcohol
- Describe the harmful effects these substances can have on the brain and body
- Distinguish 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.

- 2.1.4. Identify safety hazards in the home and the community.

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

- 2.4.3. Demonstrate appropriate ways to respond to an unwanted, threatening or dangerous situations.
- 2.4.4. Identify a trusted adult to ask for help in an unhealthy situation.

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

- 2.5.1. Explain the potential outcomes of personal health decisions.
- 2.5.2. Explain the difference between when a health-related decision can be made individually and when assistance is needed.
- 2.5.3. Identify how family, peers and media impact health-related decision making.

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

2.7.1. Describe personal responsibility in making healthy life decisions.

2.7.2. Describe behaviors that can cause harm to personal wellness.

2.7.3. Describe 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.

2.8.2. Make a request of others to advocate to improve their personal health.

Lesson 2.10 *Healthy Choices, Healthy Body* – Healthy Choices

Objectives

Following this lesson, the student will be able to:

- Define health
- Identify the benefits of making healthy choices related to food, rest, and exercise
- Explain the need for good food, exercise, and rest to build a strong, healthy body

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

2.1.2. Explain what it means to be healthy and how healthy eating and sleeping patterns help the body grow and develop.

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

2.2.1. Identify and explain how community opportunities can influence personal health decisions and behaviors.

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

2.5.1. Explain the potential outcomes of personal health decisions.

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

2.7.1. Describe personal responsibility in making healthy life decisions.

2.7.3. Describe 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.

2.8.1. Demonstrate how to encourage peers to make healthy behavior choices.

2.8.2. Make a request of others to advocate to improve their personal health.