

Too Good for Drugs

Grade 2

Correlated with National Health Education Standards and Minnesota Benchmarks

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

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

1. The student will set a personal health goal and track progress toward its achievement.

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

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

1. The student will recognize outcomes of positive health decisions.

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

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

1. The student will identify indicators of mental, emotional, social and physical health during childhood.

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

1. The student will express information and opinions about health information and ideas.

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

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

1. The student will identify indicators of mental, emotional, social and physical health during childhood.

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

2. The student will develop injury prevention and self-management strategies for personal health.

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

1. The student will express information and opinions about health information and ideas.

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

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

1. The student will identify indicators of mental, emotional, social and physical health during childhood.

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

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

1. The student will recognize outcomes of positive health decisions.

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

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

1. The student will identify indicators of mental, emotional, social and physical health during childhood.

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

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

1. The student will describe refusal skills to enhance health.

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

1. The student will recognize outcomes of positive health decisions.

2. The student will differentiate between negative and positive behaviors used in conflict situation.

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

2. The student will develop injury prevention and self-management strategies for personal health.

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

1. The student will express information and opinions about health information and ideas.

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

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

1. The student will identify indicators of mental, emotional, social and physical health during childhood.

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

2. The student will develop injury prevention and self-management strategies for personal health.

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

1. The student will express information and opinions about health information and ideas.

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

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

1. The student will identify indicators of mental, emotional, social and physical health during childhood.

2. The student will explain how childhood injuries and illness can be prevented.

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

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

1. The student will recognize outcomes of positive health decisions.

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

2. The student will develop injury prevention and self-management strategies for personal health.

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

1. The student will express information and opinions about health information and ideas.

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

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

1. The student will identify indicators of mental, emotional, social and physical health during childhood.
2. The student will explain how childhood injuries and illness can be prevented.

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

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

1. The student will recognize outcomes of positive health decisions.

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

2. The student will develop injury prevention and self-management strategies for personal health.

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

1. The student will express information and opinions about health information and ideas.

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

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

1. The student will identify indicators of mental, emotional, social and physical health during childhood.

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

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

1. The student will recognize outcomes of positive health decisions.

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

2. The student will develop injury prevention and self-management strategies for personal health.

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

1. The student will express information and opinions about health information and ideas.