

Too Good for Drugs

Grade 2

Correlated with National Health Education Standards

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

- 1.2.1 Identify that healthy behaviors impact personal health.
- 1.2.2 Recognize that there are multiple dimensions of health.

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

- 2.2.1 Identify how the family influences personal health practices and behaviors.
- 2.2.2 Identify what the school can do to support personal health practices and behaviors.

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

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

Standard 4: Students will 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, and feelings.

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

- 6.2.1 Identify a short-term personal health goal and take action toward achieving the goal.
- 6.2.2 Identify who can help when assistance is needed to achieve a personal health goal.

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

- 7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.

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

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

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

1.2.1 Identify that healthy behaviors impact personal health.

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

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

7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.

7.2.2 Demonstrate behaviors that avoid or reduce health risks.

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

8.2.1 Make requests to promote personal health.

8.2.2 Encourage peers to make positive health 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 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.2.1 Identify that healthy behaviors impact personal health.

1.2.2 Recognize that there are multiple dimensions of health.

1.2.3 Describe ways to prevent communicable diseases.

1.2.4 List ways to prevent common childhood injuries.

1.2.5 Describe why it is important to seek health care.

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

2.2.1 Identify how the family influences personal health practices and behaviors.

Standard 4: Students will 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, and feelings.

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

7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.

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

8.2.1 Make requests to promote 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 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.2.1 Identify that healthy behaviors impact personal health.

Standard 4: Students will 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, and feelings.

4.2.2 Demonstrate listening skills to enhance health.

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

7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.

7.2.2 Demonstrate behaviors that avoid or reduce health risks.

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.

1.2.1 Identify that healthy behaviors impact personal health.

Standard 2: Students will 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 practices and behaviors.

Standard 4: Students will 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, and feelings.

4.2.2 Demonstrate listening skills to enhance health.

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

7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.

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

8.2.1 Make requests to promote personal health.

8.2.2 Encourage peers to make positive health 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

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1.2.1 Identify that healthy behaviors impact personal health.

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

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

Standard 4: Students will 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, and feelings.

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

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

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

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

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

7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.

7.2.2 Demonstrate behaviors that avoid or reduce health risks.

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

8.2.1 Make requests to promote personal health.

8.2.2 Encourage peers to make positive health choices.

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

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1.2.1 Identify that healthy behaviors impact personal health.

1.2.2 Recognize that there are multiple dimensions of health.

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

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

Standard 4: Students will 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, and feelings.

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

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8.2.1 Make requests to promote 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

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1.2.3 Describe ways to prevent communicable diseases.

1.2.4 List ways to prevent common childhood injuries.

1.2.5 Describe why it is important to seek health care.

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

2.2.1 Identify how the family influences personal health practices and behaviors.

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

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

3.2.2 Identify ways to locate school and community health helpers.

Standard 4: Students will 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, and feelings.

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

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

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

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

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- 7.2.2 Demonstrate behaviors that avoid or reduce health risks.

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

- 8.2.1 Make requests to promote 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

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- 1.2.2 Recognize that there are multiple dimensions of health.

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

- 2.2.1 Identify how the family influences personal health practices and behaviors.

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

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

Standard 4: Students will 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, and feelings.
- 4.2.3 Demonstrate ways to respond in an unwanted, threatening, or dangerous situation.
- 4.2.4 Demonstrate ways to tell a trusted adult if threatened or harmed.

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

- 5.2.1 Identify situations when a health-related decision is needed.
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- 7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.
- 7.2.2 Demonstrate behaviors that avoid or reduce health risks.

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

- 8.2.1 Make requests to promote 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

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

- 2.2.1 Identify how the family influences personal health practices and behaviors.
- 2.2.2 Identify what the school can do to support personal health practices and behaviors.

Standard 4: Students will 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, and feelings.

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

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

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

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