

Too Good for Drugs

Grade 2

Correlated with North Carolina Essential Standards Health Education

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

MENTAL AND EMOTIONAL HEALTH

2.MEH.1 Understand the relationship among healthy expression of emotions, mental health, and healthy behavior.

2.MEH.1.1 Identify appropriate standards for behavior.

2.MEH.1.2 Summarize behaviors that help to avoid risks.

2.MEH.1.4 Explain the influence on self-concept on performance and vice versa.

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

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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

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2.MEH.1.3 Explain the influence of peers, the media, and the family on feelings and emotions.

INTERPERSONAL COMMUNICATION AND RELATIONSHIPS

2.ICR.1 Understand healthy and effective interpersonal communication and relationships.

2.ICR.1.1 Classify behaviors as helpful or hurtful to friendships.

2.ICR.1.2 Interpret the feelings of others and how to respond when angry or sad.

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

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2.ICR.1.5 Exemplify how to communicate with others with kindness and respect.

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

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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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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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- 2.MEH.1.4 Explain the influence on self-concept on performance and vice versa.

INTERPERSONAL COMMUNICATION AND RELATIONSHIPS

2.ICR.1 Understand healthy and effective interpersonal communication and relationships.

- 2.ICR.1.2 Interpret the feelings of others and how to respond when angry or sad.
- 2.MEH.1.5 Summarize the potential negative effects of stress on the body and mind.

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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PERSONAL AND CONSUMER HEALTH

2.PCH.2 Understand wellness, disease prevention, and recognition of symptoms.

- 2.PCH.2.1 Summarize reasons and strategies for preventing contact with body fluids.

ALCOHOL, TOBACCO, AND OTHER DRUGS

2.ATOD.1 Understand how to use household products and medicines safely.

- 2.ATOD.1.1 Classify uses of medicine or drugs as appropriate and inappropriate.
- 2.ATOD.1.2 Summarize the health risks associated with inappropriate medicine and drug use.
- 2.ATOD.1.3 Use goal-setting strategies to prevent the misuse of medicines or household products.

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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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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NUTRITION AND PHYSICAL ACTIVITY

2.NPA.2 Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.

2.NPA.2.2 Explain the importance of a healthy breakfast and lunch.

2.NPA.3 Remember nutrition and fitness concepts to enhance quality of life.

2.NPA.3.1 Contrast a physically active and inactive lifestyle.