

Too Good for Drugs

Grade 2

Correlated with Pennsylvania Department of Education Academic Standards for Health, Safety, and Physical 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

None apply at this time.

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

10.2. Healthful Living

10.2.3.

D. Identify the steps in a decision-making process.

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

10.3. Safety and Injury Prevention

10.3.3.

C. Recognize conflict situations and identify strategies to avoid or resolve.

- I-statements

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

None apply at this time.

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

None apply at this time.

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

10.3. Safety and Injury Prevention

10.3.3.

C. Recognize conflict situations and identify strategies to avoid or resolve.

- walk away
- refusal skills
- adult intervention

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

None apply at this time.

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

10. 1. Concepts of Health

10.1.3.

D. Know age appropriate drug information.

- proper use of medicine

E. Identify types and causes of common health problems of children.

- germs

10.2. Healthful Living

10.2.3.

A. Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.

10.3. Safety and Injury Prevention

10.3.3.

C. Recognize conflict situations and identify strategies to avoid or resolve.

- walk away
- adult intervention

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

10. 1. Concepts of Health

10.1.3.

D. Know age appropriate drug information.

- definition of drugs
- effects of drugs
- healthy/unhealthy risk-taking (e.g. inhalant use, smoking)
- skills to avoid drugs

10.3. Safety and Injury Prevention

10.3.3.

C. Recognize conflict situations and identify strategies to avoid or resolve.

- walk away
- adult intervention

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

10. 1. Concepts of Health

10.1.3.

C. Explain the role of the food guide pyramid in helping people eat a healthy diet.

- variety of food
- nutrients

10.4. Physical Activity

10.4.3.

B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities.