

# Too Good for Drugs

## Grade 1

Correlated with Idaho Content Standards Health Education, 2010

### **Lesson 1.1 *Go for a Healthy Goal* – Goal Setting**

#### **Objectives**

Following this lesson, the student will be able to:

- Define healthy
- Recite at least 5 healthy foods
- Recite at least 5 healthy leisure activities
- Recite at least 5 healthy practices

#### **Standard 1: Comprehend Core Concepts**

**Goal 1.1: Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development and Family Life; and Environmental Health.**

**Objective(s): By the end of Second Grade, the student will be able to:**

K-2.H.1.1.1. Identify that healthy behaviors affect personal health.

#### **Standard 7: Practice Healthy Behavior**

**Goal 1.1: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

**Objective(s): By the end of Second Grade, the student will be able to:**

K-2.H.7.1.1. Demonstrate healthy practices and behaviors to maintain or improve personal health.

K-2.H.7.1.2. Demonstrate behaviors that avoid or reduce health risks.

#### **Standard 8: Advocacy**

**Goal 1.1: Students will demonstrate the ability to advocate for personal, family, and community health.**

**Objective(s): By the end of Second Grade, the student will be able to:**

k-2.H.8.1.1. Make requests to promote personal health.

K-2.H.8.1.2. Encourage peers and family to make positive health choices.

### **Lesson 1.2 *My Special Feelings* – Identifying and Managing Emotions**

#### **Objectives**

Following this lesson, the student will be able to:

- Name at least six of the following emotions: happy, sad, angry, afraid, proud, excited, embarrassed
- Describe how a person might feel in a variety of situations
- Demonstrate stating feelings clearly and directly: I feel \_\_\_\_\_

#### **Standard 4: Interpersonal Communication**

**Goal 1.1: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

**Objective(s): By the end of Second Grade, the student will be able to:**

K-2.H.4.1.1. Demonstrate healthy ways to express needs, wants, and feelings.

## **Lesson 1.3 *Listening* – Effective Communication**

### **Objectives**

Following this lesson, the student will be able to:

- Demonstrate the skill of listening

### **Standard 4: Interpersonal Communication**

**Goal 1.1: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

**Objective(s): By the end of Second Grade, the student will be able to:**

K-2.H.4.1.2 Demonstrate listening skills to enhance health.

## **Lesson 1.4 *Friendship* – Bonding and Relationships**

### **Objectives**

Following this lesson, the student will be able to:

- Discuss how friends are alike but different
- Describe how differences can enrich a friendship
- List behaviors of a friend: sharing, taking turns, helping, listening

### **Standard 4: Interpersonal Communication**

**Goal 1.1: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

**Objective(s): By the end of Second Grade, the student will be able to:**

K-2.H.4.1.1. Demonstrate healthy ways to express needs, wants, and feelings.

K-2.H.4.1.2 Demonstrate listening skills to enhance health.

## **Lesson 1.5 *Carmen's Choice* – Decision Making**

### **Objectives**

Following this lesson, the student will be able to:

- Recite the steps of a decision-making model: Stop and Think
- Demonstrate effective ways to make decisions through role-plays

### **Standard 5: Decision Making**

**Goal 1.1: Students will demonstrate the ability to use decision-making skills to enhance health.**

**Objective(s): By the end of Second Grade, the student will be able to:**

K-2.H.5.1.1 Identify situations when a health-related decision is needed.

## **Lesson 1.6 *Curious Carmen* – Decision Making**

### **Objectives**

Following this lesson, the students will be able to:

- Describe the harmful effects of using inhalants
- List the following ways to avoid strong chemical smells: open a window, leave the room, tell an adult

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**Objective(s): By the end of Second Grade, the student will be able to:**

K-2.H.1.1.1. Identify that healthy behaviors affect personal health.

K-2.H.1.1.6. Identify body systems.

### **Standard 7: Practice Healthy Behavior**

**Goal 1.1: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

**Objective(s): By the end of Second Grade, the student will be able to:**

K-2.H.7.1.1. Demonstrate healthy practices and behaviors to maintain or improve personal health.

K-2.H.7.1.2. Demonstrate behaviors that avoid or reduce health risks.

## **Lesson 1.7 *Safe and Unsafe* – Healthy Choices**

### **Objectives**

Following this lesson, the student will be able to:

- Distinguish between safe and unsafe things for children to do
- Define the harmful effects of smoking tobacco products
- Define the harmful effects of drinking alcohol

### **Standard 1: Comprehend Core Concepts**

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**Objective(s): By the end of Second Grade, the student will be able to:**

K-2.H.1.1.1. Identify that healthy behaviors affect personal health.

K-2.H.1.1.6. Identify body systems.

### **Standard 7: Practice Healthy Behavior**

**Goal 1.1: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

**Objective(s): By the end of Second Grade, the student will be able to:**

K-2.H.7.1.1. Demonstrate healthy practices and behaviors to maintain or improve personal health.

K-2.H.7.1.2. Demonstrate behaviors that avoid or reduce health risks.

## **Lesson 1.8 *Telling the Difference* – Healthy Choices**

### **Objectives**

Following this lesson, the student will be able to:

- Define drug
- Define medicine
- Differentiate between medicine, alcohol, and food
- List three types of alcoholic beverages: beer, wine, liquor

### **Standard 1: Comprehend Core Concepts**

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**Objective(s): By the end of Second Grade, the student will be able to:**

K-2.H.1.1.1. Identify that healthy behaviors affect personal health.

K-2.H.1.1.6. Identify body systems.

### **Standard 7: Practice Healthy Behavior**

**Goal 1.1: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

**Objective(s): By the end of Second Grade, the student will be able to:**

K-2.H.7.1.1. Demonstrate healthy practices and behaviors to maintain or improve personal health.

K-2.H.7.1.2. Demonstrate behaviors that avoid or reduce health risks.

## **Lesson 1.9 *Getting Sick, Getting Well* – Understanding the Safe Use of Prescription and Over-the-Counter Medicines**

### **Objectives**

Following this lesson, the students will be able to:

- Describe safe and appropriate ways for children to take medicine
- Demonstrate the skill of predicting what comes next in a sequence of events

### **Standard 1: Comprehend Core Concepts**

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**Objective(s): By the end of Second Grade, the student will be able to:**

K-2.H.1.1.1. Identify that healthy behaviors affect personal health.

K-2.H.1.1.6. Identify body systems.

### **Standard 7: Practice Healthy Behavior**

**Goal 1.1: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

**Objective(s): By the end of Second Grade, the student will be able to:**

K-2.H.7.1.1. Demonstrate healthy practices and behaviors to maintain or improve personal health.

K-2.H.7.1.2. Demonstrate behaviors that avoid or reduce health risks.

## **Lesson 1.10 *Cool Cats Say No* – Decision Making**

### **Objectives**

Following this lesson, the student will be able to:

- Differentiate between safe, healthy decisions and unsafe, unhealthy decisions
- Discuss how peers influence decisions
- Discuss personal responsibility for making positive choices

### **Standard 2: Analyzing Influences**

**Goal 1.1: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.**

**Objective(s): By the end of Second Grade, the student will be able to:**

K-2.H.2.1.1 Identify how the family influences personal health practices and behaviors.

K-2.H.2.1.2 Identify what the school can do to support personal health practices and behaviors.

### **Standard 3: Accessing Information**

**Goal 1.1: Students will demonstrate the ability to access valid information and products and services to enhance health.**

**Objective(s): By the end of Second Grade, the student will be able to:**

K-2.H.3.1.1. Identify trusted adults and professionals who can help promote health.

K-2.H.3.1.2. Identify ways to locate school and community health helpers.

### **Standard 4: Interpersonal Communication**

**Goal 1.1: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

**Objective(s): By the end of Second Grade, the student will be able to:**

K-2.H.4.1.1. Demonstrate healthy ways to express needs, wants, and feelings.

K-2.H.4.1.2 Demonstrate listening skills to enhance health.

### **Standard 5: Decision Making**

**Goal 1.1: Students will demonstrate the ability to use decision-making skills to enhance health.**

**Objective(s): By the end of Second Grade, the student will be able to:**

K-2.H.5.1.1 Identify situations when a health-related decision is needed.

K-2.H.5.1.2 Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

**Standard 6: Goal Setting****Goal 1.1: Students will demonstrate the ability to use goal-setting skills to enhance health.****Objective(s): By the end of Second Grade, the student will be able to:**

K-2.H.6.1.1. Identify a short-term personal health goal and take action towards achieving the goal.

K-2.H.6.1.2. Identify who can help when assistance is needed to achieve a personal health goal.

**Standard 7: Practice Healthy Behavior****Goal 1.1: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.****Objective(s): By the end of Second Grade, the student will be able to:**

K-2.H.7.1.1. Demonstrate healthy practices and behaviors to maintain or improve personal health.

K-2.H.7.1.2. Demonstrate behaviors that avoid or reduce health risks.

**Standard 8: Advocacy****Goal 1.1: Students will demonstrate the ability to advocate for personal, family, and community health.****Objective(s): By the end of Second Grade, the student will be able to:**

k-2.H.8.1.1. Make requests to promote personal health.

K-2.H.8.1.2. Encourage peers and family to make positive health choices.