

Too Good for Drugs

Grade 1

Correlated with National Health Education Standards

As of March 2019 Nebraska does not have State Health Education Standards

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: 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 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 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or 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 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: 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.

Lesson 1.3 *Listening* – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Demonstrate the skill of listening

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

4.2.2 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: 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.

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: 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.

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

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 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 health-enhancing behaviors and avoid or 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 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 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 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 health-enhancing behaviors and avoid or 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 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 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 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 health-enhancing behaviors and avoid or 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 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 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 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 health-enhancing behaviors and avoid or 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 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 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 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.

4.2.2 Demonstrate listening skills to enhance health.

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

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