

Too Good for Drugs

Grade 3 Revised Edition

Correlated with Arkansas Physical Education and Health Curriculum Framework, Revised 2011

3.1 Program Designer – Goal Setting

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Identify steps to setting and reaching goals
- Name a personal goal
- Describe personal progress toward a goal

None apply at this time

3.2 Consider the Consequences – Decision Making

Objectives

Following this lesson, the student will be able to:

- Identify the steps of the decision-making model
- Generate alternative solutions and evaluate their consequences for a range of academic and social situations
- Determine when decisions should be made alone or with the help of a trusted adult
- Discuss decisions and consequences

Standard 9. Healthy Life Skills and Relationships: Students shall demonstrate the ability to use appropriate skills to enhance relationships and promote wellness.

HW.9.3.1 Examine general rules and predict consequences of choices at school, home, and community

3.3 Human Interface - Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Name a variety of emotions
- Demonstrate an awareness of one's own physical signals associated with specific emotions
- Describe a range of emotions and the situations that cause them
- Recognizing the emotions of others by observing facial expressions and body language
- Demonstrate using an I-message and other healthy ways to express emotions

Standard 9. Healthy Life Skills and Relationships: Students shall demonstrate the ability to use appropriate skills to enhance relationships and promote wellness.

HW.9.3.3 Develop skills that promote positive relationships

HW.9.3.4 Identify verbal and nonverbal methods of communication

Standard 11. Personal Health and Safety Students shall recognize and practice health-enhancing behaviors to reduce health risks.

HW.11.3.1 Identify unhealthy behaviors that express certain emotions and develop skills to cope effectively

3.4 Listening Program Active - Effective Communication

Objectives

Following this lesson, the student will be able to:

- Differentiate effective and ineffective listening skills
- Demonstrate active listening: look, lean in, ask
- Discuss active listening as a way to show caring and respect
- Use listening skills to identify the feelings and perspectives of others
- Demonstrate effective speaking skills

Standard 9. Healthy Life Skills and Relationships: Students shall demonstrate the ability to use appropriate skills to enhance relationships and promote wellness.

HW.9.3.3 Develop skills that promote positive relationships

HW.9.3.4 Identify verbal and nonverbal methods of communication

11. Personal Health and Safety Students shall recognize and practice health-enhancing behaviors to reduce health risks.

HW.11.3.1 Identify unhealthy behaviors that express certain emotions and develop skills to cope effectively

3.5 Human Interface – Bonding & Relationships

Objectives

Following this lesson, the student will be able to:

- Compare healthy and unhealthy friendship qualities
- Identify examples of pro-social behaviors
- Describe approaches for making and keeping friends
- Demonstrate ways to begin, continue, and end a conversation

Standard 9. Healthy Life Skills and Relationships: Students shall demonstrate the ability to use appropriate skills to enhance relationships and promote wellness.

HW.9.3.1 Examine general rules and predict consequences of choices at school, home, and community

HW.9.3.3 Develop skills that promote positive relationships

Standard 11. Personal Health and Safety Students shall recognize and practice health-enhancing behaviors to reduce health risks.

HW.11.3.1 Identify unhealthy behaviors that express certain emotions and develop skills to cope effectively

3.6 Step Right Up! – Peer Pressure

Objectives

Following this lesson, the student will be able to:

- Define peer pressure
- Differentiate positive and negative peer pressure
- Describe the effects of peer pressure on decision-making
- Identify and apply four effective peer-pressure refusal strategies

Standard 9. Healthy Life Skills and Relationships: Students shall demonstrate the ability to use appropriate skills to enhance relationships and promote wellness.

HW.9.3.1 Examine general rules and predict consequences of choices at school, home, and community

HW.9.3.3 Develop skills that promote positive relationships

HW.9.3.4 Identify verbal and nonverbal methods of communication

Standard 11. Personal Health and Safety Students shall recognize and practice health-enhancing behaviors to reduce health risks.

HW.11.3.1 Identify unhealthy behaviors that express certain emotions and develop skills to cope effectively

3.7 Meology - Understanding the Safe Use of Prescription & OTC Medicines

Objectives

Following this lesson, the student will be able to:

- Differentiate safe and unsafe use of prescription and over-the-counter medicines
- Explain the benefits of medicine when used correctly

Standard 10. Alcohol, Tobacco, and Other Drugs: Students shall comprehend substance use, abuse, and the ability to use decision-making skills to enhance health.

HW.10.3.1 Identify prescription and over-the-counter medicine

HW.10.3.2 Discuss safe procedures for using prescription and over-the-counter medicine

3.8 Healthier Choices – Effects of Alcohol Use

Objectives

Following this lesson, the student will be able to:

- Discuss the risks associated with underage alcohol use
- Identify the benefits of making healthy choices related to food, rest, and exercise.
- Demonstrate the effective use of peer-pressure refusal strategies in a variety of situations

Standard 9. Healthy Life Skills and Relationships: Students shall demonstrate the ability to use appropriate skills to enhance relationships and promote wellness.

HW.9.3.1 Examine general rules and predict consequences of choices at school, home, and community

HW.9.3.2 Practice various ways in which to resolve conflict using positive behavior

HW.9.3.3 Develop skills that promote positive relationships

HW.9.3.4 Identify verbal and nonverbal methods of communication

Standard 10. Alcohol, Tobacco, and Other Drugs: Students shall comprehend substance use, abuse, and the ability to use decision-making skills to enhance health.

HW.10.3.5 Identify physical consequences of the overuse of alcoholic beverages (e.g., blurred vision, lack of coordination, slow reaction time, addiction)

HW.10.3.6 Recognize addiction as both a physical and psychological consequence of alcohol abuse

HW.10.3.8 Practice ways to avoid tobacco, drug, and alcohol use (e.g., say “NO”, ignore, walk away, a better idea)

3.9 Making My Day – Stress Management

Objectives

Following this lesson, the student will be able to:

- Define stress
- Describe symptoms of stress
- Identify at least three sources of stress
- Identify at least five healthy ways to reduce stress

Standard 11. Personal Health and Safety Students shall recognize and practice health-enhancing behaviors to reduce health risks.

HW.11.3.1 Identify unhealthy behaviors that express certain emotions and develop skills to cope effectively

HW.11.3.2 Identify personal stressors and positive ways to manage stress

3.10 *It Still Stinks!* - Effects of Nicotine and Course Review

Objectives

Following this lesson, the student will be able to:

- Discuss the risks associated with the use of tobacco products
- Discuss substances that damage the body: nicotine, alcohol, and other drugs
- Identify the benefits of being tobacco free
- Recall and practice the skills taught in lessons 1-10

Standard 9. Healthy Life Skills and Relationships: Students shall demonstrate the ability to use appropriate skills to enhance relationships and promote wellness.

HW.9.3.1 Examine general rules and predict consequences of choices at school, home, and community

HW.9.3.3 Develop skills that promote positive relationships

HW.9.3.4 Identify verbal and nonverbal methods of communication

Standard 10. Alcohol, Tobacco, and Other Drugs: Students shall comprehend substance use, abuse, and the ability to use decision-making skills to enhance health.

HW.10.3.1 Identify prescription and over-the-counter medicine

HW.10.3.2 Discuss safe procedures for using prescription and over-the-counter medicine

HW.10.3.3 Recognize that harmful chemicals are found in tobacco products

HW.10.3.4 Identify consequences of the use of tobacco (e.g., financial, medical, legal)

HW.10.3.5 Identify physical consequences of the overuse of alcoholic beverages (e.g., blurred vision, lack of coordination, slow reaction time, addiction)

HW.10.3.6 Recognize addiction as both a physical and psychological consequence of alcohol abuse

HW.10.3.8 Practice ways to avoid tobacco, drug, and alcohol use (e.g., say "NO", ignore, walk away, a better idea)

Standard 11. Personal Health and Safety Students shall recognize and practice health-enhancing behaviors to reduce health risks.

HW.11.3.1 Identify unhealthy behaviors that express certain emotions and develop skills to cope effectively

HW.11.3.2 Identify personal stressors and positive ways to manage stress