

Too Good for Drugs

Grade 4 Revised Edition

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

Lesson 1: *Goal Boosters and Goal Busters* – Goal Setting

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Differentiate short-term and long-term goals
- Identify and recite the goal-naming steps
- Name a personal goal
- Identify resources that can help someone reach a personal goal

None apply at this time

Lesson 2: *Major Intersection* – Decision Making

Objectives

Following this lesson, the student will be able to:

- Identify and follow the steps of the decision-making model
- Identify the benefits and consequences of a particular decision
- Determine when decisions should be made alone or with the help of a trusted adult

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

HW.9.4.1 - Predict consequences of various choices

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

HW.11.4.9 - Discuss strategies to avoid or reduce harmful situations

Lesson 3: *I See Me* – Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Name a variety of emotions
- Recognize the physical signals associated with specific emotions
- Demonstrate an awareness of one's own feelings in a variety of situations
- Identify healthy and unhealthy ways to express emotions
- Identify the value of talking about feelings with parents and other trusted adults
- Demonstrate healthy ways to express and manage emotions
- Recognize the emotions of others by observing facial expressions

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

HW.11.4.1 - Demonstrate the ability to monitor personal feelings and behaviors

Lesson 4: *More than Words* – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Define effective communication
- Identify the roles of the speaker and the listener
- Differentiate effective and ineffective listening skills
- Differentiate effective and ineffective 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.9.4.4 - Apply verbal and nonverbal communication skills in different types of relationships

Lesson 5: *Community Garden* – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Identify examples of pro-social behaviors
- Explain the importance of being sensitive to the feelings of others
- Compare healthy and unhealthy friendship qualities
- Apply effective communication skills to support others

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

HW.9.4.3 - Apply skills that promote positive relationships

HW.9.4.4 - Apply verbal and nonverbal communication skills in different types of relationships

Lesson 6: *Town Hall Meeting* – Peer-Pressure Refusal

Objectives

Following this lesson, the student will be able to:

- Define peer pressure
- Identify the effect of peer pressure on decision making
- Identify and demonstrate six 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.9.4.2 - Apply strategies that demonstrate care, consideration, and respect for others

HW.9.4.4 - Apply verbal and nonverbal communication skills in different types of relationships

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.10.4.8 - Demonstrate ways to avoid tobacco, drug, and alcohol use

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

HW.11.4.9 - Discuss strategies to avoid or reduce harmful situations

Lesson 7: *Brain Drain* – The Effects of Alcohol Use

Objectives

Following this lesson, the student will be able to:

- List the harmful effects of alcohol use on the developing brain and on behavior
- Discuss the effect of alcohol use on the ability to reach one's goals
- Compare perceived norms to actual prevalence of alcohol use
- Demonstrate the effective use of peer-pressure refusal strategies in a variety of situations involving alcohol

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.10.4.5 - Describe the short term effects of alcohol use

HW.10.4.8 - Demonstrate ways to avoid tobacco, drug, and alcohol use

Lesson 8: *No Butts About It* – The Effects of Tobacco Use

Objectives

Following this lesson, the student will be able to:

- Describe the harmful effects of using tobacco
- Explain the short-term and long-term effects of secondhand smoke
- Demonstrate effective peer-pressure refusal techniques in situations involving tobacco products

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.10.4.3 - Identify major harmful chemicals found in tobacco products

HW.10.4.4 - Recognize that tobacco products can be physically and psychologically addictive

HW.10.4.8 - Demonstrate ways to avoid tobacco, drug, and alcohol use

Lesson 9: *Use As Directed* – Prescription and 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
- Identify safe practices to use and store prescription and over-the-counter medicines at home.

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.10.4.1 - List and describe appropriate uses for prescription and over-the-counter medicines

HW.10.4.2 - Explain why following directions is important when using medicines

HW.10.4.7 - Identify illegal drugs

Lesson 10: *Big Decisions Ahead* – Healthy Choices

Objectives

Following this lesson, the student will be able to:

- Identify how healthy choices can impact lifelong wellness
- Identify choices that detract from healthy lifestyles
- Demonstrate healthy choices related to goals, emotions, communication, friendships, and peer pressure

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

HW.9.4.1 - Predict consequences of various choices

HW.9.4.2 -Apply strategies that demonstrate care, consideration, and respect for others

HW.9.4.3 - Apply skills that promote positive relationships

HW.9.4.4 - Apply verbal and nonverbal communication skills in different types of relationships

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

HW.11.4.1 - Demonstrate the ability to monitor personal feelings and behaviors

HW.11.4.9 - Discuss strategies to avoid or reduce harmful situations