

Too Good for Drugs

Grade 4 Revised Edition

Correlated with the Health Education Content Standards for California Public Schools, 2008

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

Alcohol, Tobacco, and Other Drugs

Standard 6: Goal Setting

6.1.A - Make a plan to choose healthy alternatives to tobacco and drug use.

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

Injury Prevention and Safety

Standard 5: Decision Making

5.1.S – Evaluate strategies to avoid potentially dangerous situations.

Alcohol, Tobacco, and Other Drugs

Standard 5: Decision Making

5.1.A - Evaluate strategies to avoid situations where alcohol, tobacco, and other drugs are being used.

Standard 7: Practicing Health-Enhancing Behaviors

7.1.A – Use a variety of effective coping strategies when faced with alcohol, tobacco, and other drug use and abuse by family or friends.

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

Injury Prevention and Safety

Standard 2: Analyzing Influences

2.1.S – Analyze how emotions contribute to both safe and violent 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

Alcohol, Tobacco, and Other Drugs

Standard 4: Interpersonal Communication

4.2.A – Practice effective verbal communication skills to request assistance in situations where alcohol, tobacco, and other drugs are being used.

Standard 7: Practicing Health-Enhancing Behaviors

7.1.A – Use a variety of effective coping strategies when faced with alcohol, tobacco, and other drug use and abuse by family or friends.

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

Alcohol, Tobacco, and Other Drugs

Standard 2: Analyzing Influences

2.1.A – Identify internal and external influences that affect the use of alcohol, tobacco, and other drugs.

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

Injury Prevention and Safety

Standard 4: Interpersonal Communication

4.1.S – Demonstrate the ability to use refusal skills in risky situations.

Alcohol, Tobacco, and Other Drugs

Standard 1: Essential Concepts

1.2.A – Identify ways to cope with situations involving alcohol, tobacco, and other drugs.

Standard 2: Analyzing Influences

2.1.A – Identify internal and external influences that affect the use of alcohol, tobacco, and other drugs.

Standard 4: Interpersonal Communication

4.1.A – Demonstrate refusal skills to resist the pressure to experiment with alcohol, tobacco, and other drugs.

4.2.A – Practice effective verbal communication skills to request assistance in situations where alcohol, tobacco, and other drugs are being used.

Standard 7: Practicing Health-Enhancing Behaviors

7.1.A – Use a variety of effective coping strategies when faced with alcohol, tobacco, and other drug use and abuse by family or friends.

Standard 8: Health Promotion

8.1.A – Encourage others to be free of alcohol, tobacco, and other drugs.

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

Alcohol, Tobacco, and Other Drugs

Standard 1: Essential Concepts

1.1.A – Describe the harmful short- and long-term effects of alcohol, tobacco, and other drugs, including inhalants.

1.2.A – Identify ways to cope with situations involving alcohol, tobacco, and other drugs.

1.5.A – Explain why individual reactions to alcohol and drug use may vary.

Standard 2: Analyzing Influences

2.2.A – Examine advertising strategies used for alcohol, tobacco, and other drugs.

Standard 3: Accessing Valid Information

3.1.A – Identify sources of valid information regarding alcohol, tobacco, and other drugs.

Standard 4: Interpersonal Communication

4.1.A – Demonstrate refusal skills to resist the pressure to experiment with alcohol, tobacco, and other drugs.

Standard 7: Practicing Health-Enhancing Behaviors

7.1.A – Use a variety of effective coping strategies when faced with alcohol, tobacco, and other drug use and abuse by family or friends.

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

Alcohol, Tobacco, and Other Drugs

Standard 1: Essential Concepts

1.1.A – Describe the harmful short- and long-term effects of alcohol, tobacco, and other drugs, including inhalants.

1.2.A – Identify ways to cope with situations involving alcohol, tobacco, and other drugs.

Standard 4: Interpersonal Communication

4.1.A – Demonstrate refusal skills to resist the pressure to experiment with alcohol, tobacco, and other drugs.

4.2.A – Practice effective verbal communication skills to request assistance in situations where alcohol, tobacco, and other drugs are being used.

Standard 7: Practicing Health-Enhancing Behaviors

7.1.A – Use a variety of effective coping strategies when faced with alcohol, tobacco, and other drug use and abuse by family or friends.

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.

Alcohol, Tobacco, and Other Drugs

Standard 1: Essential Concepts

1.4.A – Identify family and school rules about alcohol, tobacco, and drug use.

1.5.A – Explain why individual reactions to alcohol and drug use may vary.

Standard 3: Accessing Valid Information

3.1.A – Identify sources of valid information regarding alcohol, tobacco, and other drugs.

Standard 7: Practicing Health-Enhancing Behaviors

7.1.A – Use a variety of effective coping strategies when faced with alcohol, tobacco, and other drug use and abuse by family or friends.

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

Alcohol, Tobacco, and Other Drugs

Standard 5: Decision Making

5.1.A - Evaluate strategies to avoid situations where alcohol, tobacco, and other drugs are being used.

Standard 6: Goal Setting

6.1.A - Make a plan to choose healthy alternatives to tobacco and drug use.

Standard 7: Practicing Health-Enhancing Behaviors

7.1.A – Use a variety of effective coping strategies when faced with alcohol, tobacco, and other drug use and abuse by family or friends.