

Too Good for Drugs

Grade 3 Revised Edition

Correlated with Idaho Content Standards Health Education, 2010

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

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.

3-5.H.1.1.1. Describe the relationship between healthy behaviors and personal health.

Standard 6: Goal Setting

Goal 1.1 Students will demonstrate the ability to use goal-setting skills to enhance health.

3-5.H.6.1.1 Set a personal health goal and track progress toward its achievement.

3-5.H.6.1.2 Identify resources to assist in achieving a personal health goal.

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

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3-5.H.1.1.1. Describe the relationship between healthy behaviors and personal health.

Standard 5: Decision Making

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

3-5.H.5.1.1 Identify health-related situations that might require a thoughtful decision.

3-5.H.5.1.2 Analyze when assistance is needed when making a health-related decision.

3-5.H.5.1.3 List healthy options to health related issues or problems.

3-5.H.5.1.4 Predict the potential outcomes of each option when making a health-related decision.

3-5.H.5.1.5 Choose a healthy option when making a decision.

3-5.H.5.1.6 Describe the outcomes of a health related decisions.

Standard 7: Practice Healthy Behavior

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

3-5.H.7.1.1 Identify responsible personal health behaviors.

3-5.H.7.1.2 Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.

3-5.H.7.1.3 Demonstrate a variety of behaviors that avoid or reduce health risks.

3.3 - 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

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3-5.H.1.1.2 Identify examples of emotional, intellectual, physical, and social health.

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3-5.H.7.1.1 Identify responsible personal health behaviors.

3-5.H.7.1.2 Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.

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 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.

3-5.H.4.1.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.

3-5.H.4.1.4 Demonstrate how to ask for assistance to enhance personal health.

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

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3-5.H.1.1.2 Identify examples of emotional, intellectual, physical, and social health.

Standard 2: Analyzing Influences

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

3-5.H.2.1.3 Identify how peers can influence healthy and unhealthy behaviors.

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

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3-5.H.1.1.2 Identify examples of emotional, intellectual, physical, and social health.

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Standard 8: Advocacy

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

3-5.H.8.1.2 Encourage others to make positive health choices.

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

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3-5.H.1.1.1. Describe the relationship between healthy behaviors and personal health.

3-5.H.1.1.6. Describe the impact of health behaviors on body systems.

Standard 5: Decision Making

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

- 3-5.H.5.1.1 Identify health-related situations that might require a thoughtful decision.
- 3-5.H.5.1.3 List healthy options to health related issues or problems.
- 3-5.H.5.1.4 Predict the potential outcomes of each option when making a health-related decision.
- 3-5.H.5.1.5 Choose a healthy option when making a decision.
- 3-5.H.5.1.6 Describe the outcomes of a health related decisions.

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- 3-5.H.8.1.2 Encourage others to make positive health choices.

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

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- 3-5.H.1.1.1. Describe the relationship between healthy behaviors and personal health.
- 3-5.H.1.1.6. Describe the impact of health behaviors on body systems.

Standard 4: Interpersonal Communication

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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

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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

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