

Too Good for Drugs

Grade 4 Revised Edition

Correlated with Louisiana Health Education Content Standards

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

STANDARD 1: Students will comprehend concepts and strategies related to health promotion and disease prevention.

1-E-1 recognize basic body parts and describe the structure and function of the human body system

STANDARD 3: Students will demonstrate the ability to practice positive health behaviors and reduce health risks.

3-E-2 demonstrate responsible personal health behaviors

STANDARD 5: Students will demonstrate individual and interpersonal communication skills necessary to enhance health.

5-E-6 establish personal health goals and track progress toward its achievement

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 1: Students will comprehend concepts and strategies related to health promotion and disease prevention.

1-E-1 recognize basic body parts and describe the structure and function of the human body system

1-E-3 compare and contrast personal health behaviors and individual well being

STANDARD 3: Students will demonstrate the ability to practice positive health behaviors and reduce health risks.

3-E-2 demonstrate responsible personal health behaviors

STANDARD 5: Students will demonstrate individual and interpersonal communication skills necessary to enhance health.

5-E-3 apply a decision-making process to address personal health issues and problems

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 1: Students will comprehend concepts and strategies related to health promotion and disease prevention.

1-E-5 explain how physical, social and emotional environments influence personal health

STANDARD 5: Students will demonstrate individual and interpersonal communication skills necessary to enhance health.

5-E-1 demonstrate healthy ways to communicate needs, wants, and feelings through verbal and non-verbal communication

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 5: Students will demonstrate individual and interpersonal communication skills necessary to enhance health.

5-E-1 demonstrate healthy ways to communicate needs, wants, and feelings through verbal and non-verbal communication

5-E-2 demonstrate ways to communicate care, consideration, and respect of self and others

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 1: Students will comprehend concepts and strategies related to health promotion and disease prevention.

1-E-5 explain how physical, social and emotional environments influence personal health

STANDARD 5: Students will demonstrate individual and interpersonal communication skills necessary to enhance health.

5-E-1 demonstrate healthy ways to communicate needs, wants, and feelings through verbal and non-verbal communication

5-E-2 demonstrate ways to communicate care, consideration, and respect of self and others

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 1: Students will comprehend concepts and strategies related to health promotion and disease prevention.

1-E-2 demonstrate personal health habits that promote optimal health

1-E-5 explain how physical, social and emotional environments influence personal health

STANDARD 3: Students will demonstrate the ability to practice positive health behaviors and reduce health risks.

3-E-2 demonstrate responsible personal health behaviors

STANDARD 5: Students will demonstrate individual and interpersonal communication skills necessary to enhance health.

5-E-1 demonstrate healthy ways to communicate needs, wants, and feelings through verbal and non-verbal communication

5-E-2 demonstrate ways to communicate care, consideration, and respect of self and others

5-E-4 demonstrate refusal skills to enhance health

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 1: Students will comprehend concepts and strategies related to health promotion and disease prevention.

1-E-2 demonstrate personal health habits that promote optimal health

1-E-3 compare and contrast personal health behaviors and individual well being

STANDARD 2: Students will demonstrate the ability to access and evaluate the validity of health information and health promoting products and services.

2-E-3 explain how media influences the selection of health information, products, and services

STANDARD 3: Students will demonstrate the ability to practice positive health behaviors and reduce health risks.

3-E-2 demonstrate responsible personal health behaviors

STANDARD 4: Students will analyze the impact of the media, technology, economy, culture, and other factors on health through the use of technological resources.

4-E-2 explain how media influences thoughts, feelings, and health behaviors

STANDARD 5: Students will demonstrate individual and interpersonal communication skills necessary to enhance health.

5-E-4 demonstrate refusal skills to enhance health

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 1: Students will comprehend concepts and strategies related to health promotion and disease prevention.

1-E-2 demonstrate personal health habits that promote optimal health

1-E-3 compare and contrast personal health behaviors and individual well being

STANDARD 3: Students will demonstrate the ability to practice positive health behaviors and reduce health risks.

3-E-2 demonstrate responsible personal health behaviors

STANDARD 5: Students will demonstrate individual and interpersonal communication skills necessary to enhance health.

5-E-4 demonstrate refusal skills to enhance health

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 1: Students will comprehend concepts and strategies related to health promotion and disease prevention.

1-E-2 demonstrate personal health habits that promote optimal health

1-E-3 compare and contrast personal health behaviors and individual well being

STANDARD 3: Students will demonstrate the ability to practice positive health behaviors and reduce health risks.

3-E-2 demonstrate responsible personal health behaviors

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 1: Students will comprehend concepts and strategies related to health promotion and disease prevention.

1-E-2 demonstrate personal health habits that promote optimal health

1-E-3 compare and contrast personal health behaviors and individual well being

STANDARD 3: Students will demonstrate the ability to practice positive health behaviors and reduce health risks.

3-E-2 demonstrate responsible personal health behaviors

3-E-3 illustrate safety/injury prevention techniques related to daily activities

STANDARD 6: Students will demonstrate the ability to advocate personal, family, and community health.

6-E-3 demonstrate the ability to communicate information that promotes positive health choices