

Too Good for Drugs

Grade 4 Revised Edition

Correlated with Montana Standards for Health Enhancement

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

Health Enhancement Content Standard 1: Students have a basic knowledge and understanding of concepts that promote comprehensive health.

By the end of Grade 4 students will:

1. describe relationships between personal health behaviors and individual well-being.
4. identify personal health-enhancing strategies that encompass substance abuse, nutrition, exercise, sexual activity, injury/disease prevention, including HIV/ AIDS prevention, and stress management.

Health Enhancement Content Standard 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.

By the end of Grade 4 students will:

4. set personal health goals and record progress toward achievement.
5. predict results of positive health decisions.

Health Enhancement Content Standard 7: Students demonstrate health-enhancing behaviors.

By the end of Grade 4 students will:

5. demonstrate strategies to improve or maintain personal health.

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

Health Enhancement Content Standard 1: Students have a basic knowledge and understanding of concepts that promote comprehensive health.

By the end of Grade 4 students will:

1. describe relationships between personal health behaviors and individual well-being.

Health Enhancement Content Standard 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.

By the end of Grade 4 students will:

1. identify problem-solving processes specific to health-related issues.
5. predict results of positive health decisions.

Health Enhancement Content Standard 6: Students demonstrate health-enhancing behaviors.

By the end of Grade 4 students will:

1. demonstrate healthy ways to express needs, wants, and feelings.

Health Enhancement Content Standard 7: Students demonstrate health-enhancing behaviors.

By the end of Grade 4 students will:

5. demonstrate strategies to improve or maintain personal health and family health.

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

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4. identify personal health-enhancing strategies that encompass substance abuse, nutrition, exercise, sexual activity, injury/disease prevention, including HIV/ AIDS prevention, and stress management.

Health Enhancement Content Standard 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.

By the end of Grade 4 students will:

1. identify problem-solving processes specific to health-related issues.
5. predict results of positive health decisions.

Health Enhancement Content Standard 6: Students demonstrate health-enhancing behaviors.

By the end of Grade 4 students will:

2. demonstrate healthy ways to communicate care, consideration, and respect for self and others.

3. demonstrate ways to express needs, wants, and feelings.

Health Enhancement Content Standard 7: Students demonstrate health-enhancing behaviors.

By the end of Grade 4 students will:

1. interact with friends and others through participation.

5. demonstrate strategies to improve or maintain personal health.

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

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By the end of Grade 4 students will:

1. describe relationships between personal health behaviors and individual well-being.

Health Enhancement Content Standard 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.

By the end of Grade 4 students will:

1. identify problem-solving processes specific to health-related issues.

Health Enhancement Content Standard 6: Students demonstrate health-enhancing behaviors.

By the end of Grade 4 students will:

2. demonstrate healthy ways to communicate care, consideration, and respect for self and others.

3. demonstrate ways to express needs, wants, and feelings.

5. demonstrate active listening skills.

Health Enhancement Content Standard 7: Students demonstrate health-enhancing behaviors.

By the end of Grade 4 students will:

5. demonstrate strategies to improve or maintain personal health.

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

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1. describe relationships between personal health behaviors and individual well-being.

Health Enhancement Content Standard 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.

By the end of Grade 4 students will:

1. identify problem-solving processes specific to health-related issues.
5. predict results of positive health decisions.

Health Enhancement Content Standard 6: Students demonstrate health-enhancing behaviors.

By the end of Grade 4 students will:

2. demonstrate healthy ways to communicate care, consideration, and respect for self and others.
3. demonstrate ways to express needs, wants, and feelings.

Health Enhancement Content Standard 7: Students demonstrate health-enhancing behaviors.

By the end of Grade 4 students will:

5. demonstrate strategies to improve or maintain personal health.

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

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1. describe relationships between personal health behaviors and individual well-being.

Health Enhancement Content Standard 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.

By the end of Grade 4 students will:

1. identify problem-solving processes specific to health-related issues.
5. predict results of positive health decisions.

Health Enhancement Content Standard 6: Students demonstrate health-enhancing behaviors.

By the end of Grade 4 students will:

2. demonstrate healthy ways to communicate care, consideration, and respect for self and others.
3. demonstrate ways to express needs, wants, and feelings.
4. demonstrate refusal skills.
6. demonstrate nonviolent strategies to resolve conflicts.

Health Enhancement Content Standard 7: Students demonstrate health-enhancing behaviors.

By the end of Grade 4 students will:

1. interact with friends and others through participation.
5. demonstrate strategies to improve or maintain personal 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

Health Enhancement Content Standard 1: Students have a basic knowledge and understanding of concepts that promote comprehensive health.

By the end of Grade 4 students will:

1. describe relationships between personal health behaviors and individual well-being.
2. describe the basic structure and function of the major human body systems, emphasizing growth and development.
4. identify personal health-enhancing strategies that encompass substance abuse, nutrition, exercise, sexual activity, injury/disease prevention, including HIV/ AIDS prevention, and stress management.

Health Enhancement Content Standard 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.

By the end of Grade 4 students will:

1. identify problem-solving processes specific to health-related issues.
3. explain how basic health information and resources are used in setting goals and decision making.

5. predict results of positive health decisions.

Health Enhancement Content Standard 6: Students demonstrate health-enhancing behaviors.

By the end of Grade 4 students will:

3. demonstrate ways to express needs, wants, and feelings.

4. demonstrate refusal skills.

6. demonstrate nonviolent strategies to resolve conflicts.

Health Enhancement Content Standard 7: Students demonstrate health-enhancing behaviors.

By the end of Grade 4 students will:

5. demonstrate strategies to improve or maintain personal 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

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By the end of Grade 4 students will:

1. describe relationships between personal health behaviors and individual well-being.

2. describe the basic structure and function of the major human body systems, emphasizing growth and development.

4. identify personal health-enhancing strategies that encompass substance abuse, nutrition, exercise, sexual activity, injury/disease prevention, including HIV/ AIDS prevention, and stress management.

Health Enhancement Content Standard 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.

By the end of Grade 4 students will:

1. identify problem-solving processes specific to health-related issues.

3. explain how basic health information and resources are used in setting goals and decision making.

5. predict results of positive health decisions.

Health Enhancement Content Standard 6: Students demonstrate health-enhancing behaviors.

By the end of Grade 4 students will:

3. demonstrate ways to express needs, wants, and feelings.

4. demonstrate refusal skills.

6. demonstrate nonviolent strategies to resolve conflicts.

Health Enhancement Content Standard 7: Students demonstrate health-enhancing behaviors.

By the end of Grade 4 students will:

1. interact with friends and others through participation.
5. demonstrate strategies to improve or maintain personal 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

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1. describe relationships between personal health behaviors and individual well-being.
2. describe the basic structure and function of the major human body systems, emphasizing growth and development.
4. identify personal health-enhancing strategies that encompass substance abuse, nutrition, exercise, sexual activity, injury/disease prevention, including HIV/ AIDS prevention, and stress management.

Health Enhancement Content Standard 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.

By the end of Grade 4 students will:

1. identify problem-solving processes specific to health-related issues.
3. explain how basic health information and resources are used in setting goals and decision making.
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By the end of Grade 4 students will:

1. interact with friends and others through participation.
5. demonstrate strategies to improve or maintain personal health.

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

Health Enhancement Content Standard 1: Students have a basic knowledge and understanding of concepts that promote comprehensive health.

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1. describe relationships between personal health behaviors and individual well-being.

Health Enhancement Content Standard 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.

By the end of Grade 4 students will:

1. identify problem-solving processes specific to health-related issues.
3. explain how basic health information and resources are used in setting goals and decision making.
5. predict results of positive health decisions.

Health Enhancement Content Standard 6: Students demonstrate health-enhancing behaviors.

By the end of Grade 4 students will:

3. demonstrate ways to express needs, wants, and feelings.
4. demonstrate refusal skills.
6. demonstrate nonviolent strategies to resolve conflicts.

Health Enhancement Content Standard 7: Students demonstrate health-enhancing behaviors.

By the end of Grade 4 students will:

1. interact with friends and others through participation.
5. demonstrate strategies to improve or maintain personal health.