

Too Good for Drugs

Grade 4 Revised Edition

Correlated with New Hampshire Elementary Health Education Curriculum Guidelines

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

Mental Health

1. Positive Self-Image

1.1 personal assets and strengths

1.4 actions that show sense of power (empowerment)

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

Mental Health

1. Positive Self-Image

1.1 personal assets and strengths

1.4 actions that show sense of power (empowerment)

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

Mental Health

1. Positive Self-Image

1.1 personal assets and strengths

1.4 actions that show sense of power (empowerment)

2. Emotional Health

2.1 how to express needs, wants, and feelings

2.2 positive ways to handle emotions, e.g., fear, anger, happiness, sadness

2.3 ways to manage and reduce anger

2.4 ways to deal with frustration

2.6 how to identify stressors

2.7 ways to reduce stress

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

Mental Health

1. Positive Self-Image

1.1 personal assets and strengths

1.4 actions that show sense of power (empowerment)

2. Emotional Health

2.1 how to express needs, wants, and feelings

3. Interpersonal Relationships and Communication

3.4 how to speak effectively

3.5 effective listening skills

3.6 characteristics of nonverbal communication

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

Mental Health

1. Positive Self-Image

1.1 personal assets and strengths

1.2 characteristics of positive role models

1.3 actions that show sense of belonging (connectiveness)

1.4 actions that show sense of power (empowerment)

3. Interpersonal Relationships and Communication

3.1 strategies to build and maintain healthy friendships

3.2 ways to communicate respect for diversity

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

Mental Health

1. Positive Self-Image

1.1 personal assets and strengths

1.2 characteristics of positive role models

1.3 actions that show sense of belonging (connectiveness)

1.4 actions that show sense of power (empowerment)

2. Emotional Health

2.1 how to express needs, wants, and feelings

2.5 ways to manage conflict

3. Interpersonal Relationships and Communication

3.1 strategies to build and maintain healthy friendships

3.2 ways to communicate respect for diversity

3.4 how to speak effectively

3.6 characteristics of nonverbal communication

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 and Other Drugs

2. Short-Term and Long-Term Effects of AOD Use

2.1 differences between dependence and addiction

2.2 physical, social, and emotional effects

2.4 signs and behaviors of AOD use

2.5 benefits of not using AOD (physical, social, emotional, legal, financial)

3. Positive and Negative Influences on AOD Use

3.1 pressures to use

3.2 internal influences

3.4 peer influences

3.6 legal factors

3.7 influences on different types of AOD use

4. Healthful Choices about AOD Use

4.1 how to accept personal responsibility for choices about alcohol and other non-medicinal drug use

4.2 how to make a personal commitment not to use

5. Communicating Healthful Choices about AOD Use

5.1 techniques to refuse AOD use

5.3 how to encourage others not to 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

Tobacco

1. Tobacco Harms Health

1.1 that nicotine is a drug

1.2 harmful effects of tobacco

1.3 risks of different types of tobacco

1.4 second-hand smoke risks

2. Influences on Tobacco Use

2.1 internal influences

2.3 peer influences

3. Choosing to Be Tobacco Free

3.1 how to make a personal commitment not to use

3.2 ways to resist pressure to use

3.3 ways to encourage others not to use

3.4 that most people do not use tobacco

3.5 the difficulty of stopping tobacco use

4. Benefits of Being Tobacco Free

4.1 long-term and short-term health benefits

4.2 social benefits

4.3 financial benefits

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 and Other Drugs

1. Short-Term and Long-Term Benefits and Risks of Medicinal Drugs

1.1 differences between medicinal and non-medicinal drug use (AOD)

1.2 benefits and correct use of medicine

1.3 risks of incorrect use of medicines

1.4 school rules for taking medicine at school

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

Mental Health

1. Positive Self-Image

1.1 personal assets and strengths

1.2 characteristics of positive role models

1.3 actions that show sense of belonging (connectiveness)

1.4 actions that show sense of power (empowerment)

2. Emotional Health

2.1 how to express needs, wants, and feelings

2.5 ways to manage conflict

3. Interpersonal Relationships and Communication

3.1 strategies to build and maintain healthy friendships

3.2 ways to communicate respect for diversity

3.4 how to speak effectively

3.6 characteristics of nonverbal communication