

Too Good for Drugs

Grade 4 Revised Edition

Correlated with Pennsylvania Academic Standards for Health, Safety, and Physical Education

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

None apply at this time.

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

10.1.6 Concepts of Health

D. Explain factors that influence childhood and adolescent drug use.

10.2.6 Healthful Living

- A. Explain the relationship between personal health practices and individual well-being.
D. Describe and apply the steps of a decision-making process to health and safety issues.

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

10.1.6 Concepts of Health

A. Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.

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

10.2.6 Healthful Living

A. Explain the relationship between personal health practices and individual well-being.

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

10.1.6 Concepts of Health

A. Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.

D. Explain factors that influence childhood and adolescent drug use.

10.2.6 Healthful Living

A. Explain the relationship between personal health practices and individual well-being.

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

10.1.6 Concepts of Health

A. Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.

D. Explain factors that influence childhood and adolescent drug use.

E. Identify health problems that can occur throughout life and describe ways to prevent them.

10.2.6 Healthful Living

A. Explain the relationship between personal health practices and individual well-being.

D. Describe and apply the steps of a decision-making process to health and safety issues.

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

10.1.6 Concepts of Health

D. Explain factors that influence childhood and adolescent drug use.

E. Identify health problems that can occur throughout life and describe ways to prevent them.

10.2.6 Healthful Living

A. Explain the relationship between personal health practices and individual well-being.

B. Explain the relationship between health-related information and consumer choices.

C. Explain the media's effect on health and safety issues.

D. Describe and apply the steps of a decision-making process to health and safety issues.

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

10.1.6 Concepts of Health

D. Explain factors that influence childhood and adolescent drug use.

E. Identify health problems that can occur throughout life and describe ways to prevent them.

10.2.6 Healthful Living

A. Explain the relationship between personal health practices and individual well-being.

B. Explain the relationship between health-related information and consumer choices.

C. Explain the media's effect on health and safety issues.

D. Describe and apply the steps of a decision-making process to health and safety issues.

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.

10.1.6 Concepts of Health

D. Explain factors that influence childhood and adolescent drug use.

E. Identify health problems that can occur throughout life and describe ways to prevent them.

10.2.6 Healthful Living

A. Explain the relationship between personal health practices and individual well-being.

D. Describe and apply the steps of a decision-making process to health and safety issues.

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

10.1.6 Concepts of Health

D. Explain factors that influence childhood and adolescent drug use.

E. Identify health problems that can occur throughout life and describe ways to prevent them.

10.2.6 Healthful Living

A. Explain the relationship between personal health practices and individual well-being.

D. Describe and apply the steps of a decision-making process to health and safety issues.