

Too Good for Drugs

Grade 4 Revised Edition

Correlated with Health Education Standards of Learning for Virginia Public Schools

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

Knowledge and Skills

4.2 The student will develop the skills necessary for coping with difficult relationships. Key concepts/skills include
e) exhibiting self-control

Community Health and Wellness

4.7 The student will understand the importance of communicating with family about personal and community health issues. Key concepts/skills include
b) the importance of seeking assistance from a trusted adult when in unsafe or uncomfortable situations.

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

Knowledge and Skills

4.2 The student will develop the skills necessary for coping with difficult relationships. Key concepts/skills include
c) development of coping skills
e) exhibiting self-control

Community Health and Wellness

4.7 The student will understand the importance of communicating with family about personal and community health issues. Key

concepts/skills include

b) the importance of seeking assistance from a trusted adult when in unsafe or uncomfortable situations.

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

Community Health and Wellness

4.7 The student will understand the importance of communicating with family about personal and community health issues. Key concepts/skills include

a) identification of obstacles to communication and solutions to such obstacles

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

Knowledge and Skills

4.2 The student will develop the skills necessary for coping with difficult relationships. Key concepts/skills include

d) recognition of harmful or abusive relationships

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

Knowledge and Skills

4.2 The student will develop the skills necessary for coping with difficult relationships. Key concepts/skills include

a) development of refusal skills

Community Health and Wellness

4.7 The student will understand the importance of communicating with family about personal and community health issues. Key concepts/skills include

a) identification of obstacles to communication and solutions to such obstacles

Lesson 7: *Brain Drain* – 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

Knowledge and Skills

4.2 The student will develop the skills necessary for coping with difficult relationships. Key concepts/skills include

a) development of refusal skills

4.3 The student will describe and evaluate the effects of alcohol, inhalants, tobacco, and other drug use on self, family, and community. Key concepts/skills include

a) the impact on self, family, and community

b) the short- and long-term consequences of drug use

Lesson 8: *No Butts About It* – 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

Knowledge and Skills

4.2 The student will develop the skills necessary for coping with difficult relationships. Key concepts/skills include

a) development of refusal skills

4.3 The student will describe and evaluate the effects of alcohol, inhalants, tobacco, and other drug use on self, family, and community. Key concepts/skills include

a) the impact on self, family, and community

b) the short- and long-term consequences of drug use

Lesson 9: *Use As Directed* – Understanding the Safe Use of 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

Knowledge and Skills

4.3 The student will describe and evaluate the effects of alcohol, inhalants, tobacco, and other drug use on self, family, and community. Key concepts/skills include

a) the impact on self, family, and community

b) the short- and long-term consequences of drug use

Community Health and Wellness

4.7 The student will understand the importance of communicating with family about personal and community health issues. Key concepts/skills include

b) the importance of seeking assistance from a trusted adult when in unsafe or uncomfortable situations

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

Knowledge and Skills

4.4 The student will demonstrate an understanding of health concepts and behaviors that prevent illness and disease. Key concepts/skills include

e) the role of regular physical activity, good nutrition, and healthy choices

Community Health and Wellness

4.6 The student will evaluate his/her role in identifying solutions to community health problems. Key concepts/skills include

a) personal responsibility for exhibiting healthy practices within the school and community setting