

Too Good for Drugs Curriculum Correlations

Correlated with Wisconsin Model Academic Standards for Health Education

Grade 1

Lesson One: *Go for a Healthy Goal*

Objectives: The student will be able to:

- Define healthy.
- Recite at least 5 healthy foods.
- Recite at least 5 healthy leisure activities.
- Recite at least 5 healthy practices.

A. HEALTH PROMOTION AND DISEASE PREVENTION

A.4.1 Identify positive mental, emotional, social, and physical factors that influence health.

A.4.3. Identify ways to be healthy during childhood.

B. HEALTHY BEHAVIORS

B.4.1 Identify responsible health behaviors.

B.4.2 Identify personal health needs.

C. GOAL SETTING AND DECISION MAKING

C.4.4 Set a personal health goal and track progress toward achievement.

Lesson Two: *My Special Feelings*

Objectives: The student will be able to:

- Name at least 6 of the following emotions: happy, sad, angry, afraid, proud, excited, or embarrassed.
- Describe how a person might feel in a variety of situations.
- Demonstrate stating feelings clearly and directly: I feel_____.

A. HEALTH PROMOTION AND DISEASE PREVENTION

A.4.1 Identify positive mental, emotional, social, and physical factors that influence health.

B. HEALTHY BEHAVIORS

B.4.2 Identify personal health needs.

F. COMMUNICATION

F.4.2 Describe and demonstrate healthy ways to express needs, wants, and feelings.

F.4.3 Describe and demonstrate ways to communicate care, consideration, and respect for themselves and others.

Lesson Three: *Listening*

Objectives: The student will be able to:

- Demonstrate the skill of listening.

A. HEALTH PROMOTION AND DISEASE PREVENTION

A.4.1 Identify positive mental, emotional, social, and physical factors that influence health.

B. HEALTHY BEHAVIORS

B.4.2 Identify personal health needs.

F. COMMUNICATION

F.4.2 Describe and demonstrate healthy ways to express needs, wants, and feelings.

F.4.3 Describe and demonstrate ways to communicate care, consideration, and respect for themselves and others.

F.4.4 Describe and demonstrate attentive-listening skills to build and maintain healthy relationships.

Lesson Four: *Friendship*

Objectives: The student will be able to:

- Discuss how friends are alike but different.
- Describe how differences can enrich a friendship.
- List behaviors of a friend: sharing, taking turns, helping, or listening.

A. HEALTH PROMOTION AND DISEASE PREVENTION

A.4.1 Identify positive mental, emotional, social, and physical factors that influence health.

B. HEALTHY BEHAVIORS

B.4.2 Identify personal health needs

F. COMMUNICATION

F.4.2 Describe and demonstrate healthy ways to express needs, wants, and feelings.

F.4.3 Describe and demonstrate ways to communicate care, consideration, and respect for themselves and others.

F.4.4 Describe and demonstrate attentive-listening skills to build and maintain healthy relationships.

Lesson Five: *Carmen's Choices*

Objectives: The student will be able to:

- Recite the steps of a decision-making model: Stop and Think.
- Demonstrate effective ways to make decisions through role-plays.

A. HEALTH PROMOTION AND DISEASE PREVENTION

A.4.1 Identify positive mental, emotional, social, and physical factors that influence health.

B. HEALTHY BEHAVIORS

B.4.1 Identify responsible health behaviors.

B.4.3 Compare the relative risk of various behaviors.

B.4.6 Demonstrate ways to avoid and reduce threatening situations.

C. GOAL SETTING AND DECISION MAKING

C.4.1 Demonstrate the ability to apply a decision-making process to health issues.

C.4.5 Analyze how behaviors may have both good and bad consequences.

Lesson Six: *Curious Carmen*

Objectives: The student will be able to:

- Describe the harmful effects of using inhalants.
- List the following ways to avoid strong chemical smells: open a window, leave room, tell an adult.

A. HEALTH PROMOTION AND DISEASE PREVENTION

A.4.3 Identify ways to be healthy during childhood.

B. HEALTHY BEHAVIORS

B.4.1 Identify responsible health behaviors.

B.4.3 Compare the relative risk of various behaviors.

B.4.6 Demonstrate ways to avoid and reduce threatening situations.

C. GOAL SETTING AND DECISION MAKING

C.4.1 Demonstrate the ability to apply a decision-making process to health issues.

C.4.5 Analyze how behaviors may have both good and bad consequences.

D. INFORMATION AND SERVICES

D.4.2 Demonstrate the ability to locate resources from home, school, and community that provide valid health information.

Lesson Seven: *Safe and Unsafe*

Objectives: The student will be able to:

- Distinguish between safe and unsafe things for children to do.
- Define the harmful effects of smoking tobacco products.
- Define the harmful effects of drinking alcohol.

A. HEALTH PROMOTION AND DISEASE PREVENTION

A.4.3 Identify ways to be healthy during childhood.

A.4.4 Explain how childhood diseases and injuries can be prevented or treated.

B. HEALTHY BEHAVIORS

B.4.1 Identify responsible health behaviors.

B.4.3 Compare the relative risk of various behaviors.

B.4.6 Demonstrate ways to avoid and reduce threatening situations.

C. GOAL SETTING AND DECISION MAKING

C.4.1 Demonstrate the ability to apply a decision-making process to health issues.

C.4.5 Analyze how behaviors may have both good and bad consequences.

D. INFORMATION AND SERVICES

D.4.2 Demonstrate the ability to locate resources from home, school, and community that provide valid health information.

Lesson Eight: *Telling the Difference*

Objectives: The student will be able to:

- Define drug.
- Define medicine.
- Differentiate between medicine, alcohol, and food.
- List three types of alcoholic beverages: beer, wine, liquor.

A. HEALTH PROMOTION AND DISEASE PREVENTION

A.4.3 Identify ways to be healthy during childhood.

A.4.4 Explain how childhood diseases and injuries can be prevented or treated.

B. HEALTHY BEHAVIORS

B.4.1 Identify responsible health behaviors.

B.4.3 Compare the relative risk of various behaviors.

B.4.6 Demonstrate ways to avoid and reduce threatening situations.

C. GOAL SETTING AND DECISION MAKING

C.4.1 Demonstrate the ability to apply a decision-making process to health issues.

C.4.5 Analyze how behaviors may have both good and bad consequences.

D. INFORMATION AND SERVICES

D.4.1 Identify valid health information, products, and services.

Lesson Nine: *Getting Sick, Getting Well*

Objectives: The student will be able to:

- Describe safe and appropriate ways for children to take medicine.
- Demonstrate the skill of predicting what comes next in a sequence of events.

A. HEALTH PROMOTION AND DISEASE PREVENTION

A.4.3 Identify ways to be healthy during childhood.

A.4.4 Explain how childhood diseases and injuries can be prevented or treated.

B. HEALTHY BEHAVIORS

B.4.1 Identify responsible health behaviors.

B.4.3 Compare the relative risk of various behaviors.

B.4.6 Demonstrate ways to avoid and reduce threatening situations.

C. GOAL SETTING AND DECISION MAKING

C.4.1 Demonstrate the ability to apply a decision-making process to health issues.

C.4.5 Analyze how behaviors may have both good and bad consequences.

D. INFORMATION AND SERVICES

D.4.1 Identify valid health information, products, and services.

Lesson Ten: *Cool Cats Say No*

Objectives: The student will be able to:

- Differentiate between safe, healthy decisions and unsafe, unhealthy decisions.
- Discuss how peers influence decisions.
- Discuss personal responsibility for making positive choices.

A. HEALTH PROMOTION AND DISEASE PREVENTION

A.4.1 Identify positive mental, emotional, social, and physical factors that influence health.

B. HEALTHY BEHAVIORS

B.4.1 Identify responsible health behaviors.

B.4.3 Compare the relative risk of various behaviors.

B.4.6 Demonstrate ways to avoid and reduce threatening situations.

C. GOAL SETTING AND DECISION MAKING

C.4.1 Demonstrate the ability to apply a decision-making process to health issues.

C.4.5 Analyze how behaviors may have both good and bad consequences.