

Too Good for Drugs

Grade 2

Correlated to Expected Behavior in Safe and Supportive Schools

Lesson 2.1 *Chasing Squirrels* – Setting Reachable Goals

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Discuss his or her own personal strengths
- Identify the importance of setting goals
- Describe the steps to setting and reaching goals
- Set a personal goal

Self-awareness and Self-management

2-4.1.03 Describe personal skills and interests that one wants to develop.

2-4.1.04 Describe the steps in setting and working toward goal achievement.

2-4.1.05 Describe and demonstrate ways that healthy habits contribute to goal achievement.

Lesson 2.2 *The Important Link*– Making Responsible Decisions

Objectives

Following this lesson, the student will be able to:

- Discuss the benefits of stopping to think before making a decision
- Define consequence
- Demonstrate predicting possible consequences
- Demonstrate how to make good decisions

Decision-making Skills and Responsible Behaviors

2-4.3.01 Demonstrate the ability to respect the rights of self and others.

2-4.3.02 Demonstrate knowledge of how social norms affect decision making and behavior.

2-4.3.03 Identify and apply the steps of systematic decision making.

2-4.3.04 Generate alternative solutions and evaluate their consequences for a range of academic and social situations.

Lesson 2.3 *How I Feel* – Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Name a variety of feelings
- Demonstrate verbal and non-verbal expressions of feelings
- Differentiate feelings from actions
- Demonstrate using an I-message and other healthy ways to express emotions

Self-awareness and Self-management

2-4.1.01 Describe a range of emotions and the situations that cause them.

2-4.1.02 Describe and demonstrate ways to express emotions in a socially acceptable manner.

Social-awareness and Interpersonal Skills

2-4.2.01 Identify verbal, physical, and situational cues that indicate how others may feel and describe the expressed feelings and perspectives of others.

Lesson 2.4 *How Do You Do?* – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Demonstrate the social skill of making introductions
- Demonstrate polite, assertive communication using I-messages
- Demonstrate active listening skills

Self-awareness and Self-management

2-4.1.02 Describe and demonstrate ways to express emotions in a socially acceptable manner.

Social-awareness and Interpersonal Skills

2-4.2.01 Identify verbal, physical, and situational cues that indicate how others may feel and describe the expressed feelings and perspectives of others.

Lesson 2.5 *Friends Fur-Ever* – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Compare healthy and unhealthy friendship qualities
- Describe how friends help each other
- Describe approaches to making and keeping friends
- Identify examples of pro-social behavior

Social-awareness and Interpersonal Skills

2-4.2.01 Identify verbal, physical, and situational cues that indicate how others may feel and describe the expressed feelings and perspectives of others.

2-4.2.03 Demonstrate how to work effectively with those who are different from oneself.

2-4.2.04 Describe approaches for making and keeping friends.

2-4.2.05 Analyze ways to work effectively in groups.

Decision-making Skills and Responsible Behaviors

2-4.3.01 Demonstrate the ability to respect the rights of self and others.

2-4.3.02 Demonstrate knowledge of how social norms affect decision making and behavior.

Lesson 2.6 *Wagging the Dog* – Peer Pressure

Objectives

Following this lesson, the student will be able to:

- Define peer pressure
- Describe the effect of peer pressure on decision making
- Identify and apply four ways to handle peer pressure

Self-awareness and Self-management

2-4.1.02 Describe and demonstrate ways to express emotions in a socially acceptable manner.

Social-awareness and Interpersonal Skills

2-4.2.01 Identify verbal, physical, and situational cues that indicate how others may feel and describe the expressed feelings and perspectives of others.

2-4.2.04 Describe approaches for making and keeping friends.

2-4.2.06 Describe causes and consequences of conflicts and apply constructive approaches to resolve conflicts.

Decision-making Skills and Responsible Behaviors

2-4.3.02 Demonstrate knowledge of how social norms affect decision making and behavior.

2-4.3.04 Generate alternative solutions and evaluate their consequences for a range of academic and social situations.

Lesson 2.7 *Still in the Game* – Managing Mistakes

Objectives

Following this lesson, the students will be able to:

- Differentiate positive and negative self-talk
- Use positive self-talk to manage and overcome mistakes
- Identify how to handle a mistake in a positive way

Self-awareness and Self-management

2-4.1.01 Describe a range of emotions and the situations that cause them.

2-4.1.02 Describe and demonstrate ways to express emotions in a socially acceptable manner.

Social-awareness and Interpersonal Skills

2-4.2.01 Identify verbal, physical, and situational cues that indicate how others may feel and describe the expressed feelings and perspectives of others.

Lesson 2.8 *A Prescription for Health* – Understanding the Safe Use of Prescription and Over-the-Counter Medicines

Objectives

Following this lesson, the student will be able to:

- Identify and describe physical symptoms of not feeling well
- Define over-the-counter medicine
- Define prescription medicine
- Differentiate the safe and unsafe use of prescription and over-the-counter medicines

Self-awareness and Self-management

2-4.1.05 Describe and demonstrate ways that healthy habits contribute to goal achievement.

Decision-making Skills and Responsible Behaviors

2-4.3.03 Identify and apply the steps of systematic decision making.

Lesson 2.9 *Chasing Your Tail* – Identifying and Avoiding Harmful Substances

Objectives

Following this lesson, the students will be able to:

- Identify harmful substances in and around the home including tobacco and alcohol
- Describe the harmful effects these substances can have on the brain and body
- Distinguish safe and unsafe ways for children to respond when encountering harmful household substances

Self-awareness and Self-management

2-4.1.05 Describe and demonstrate ways that healthy habits contribute to goal achievement.

Decision-making Skills and Responsible Behaviors

2-4.3.03 Identify and apply the steps of systematic decision making.

Lesson 2.10 *Healthy Choices, Healthy Body* – Healthy Choices

Objectives

Following this lesson, the student will be able to:

- Define health
- Identify the benefits of making healthy choices related to food, rest, and exercise
- Explain the need for good food, exercise, and rest to build a strong, healthy body

Self-awareness and Self-management

2-4.1.05 Describe and demonstrate ways that healthy habits contribute to goal achievement.

Decision-making Skills and Responsible Behaviors

2-4.3.03 Identify and apply the steps of systematic decision making.