

Too Good for Drugs Grade 1 2020 Edition

Correlated with Alaska Skills for a Healthy Life

Lesson 1 A Great Day – Setting Reachable Goals

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Identify action steps needed to reach a goal
- Set a personal goal

A. A student should be able to acquire a core knowledge related to well-being.

A student who meets the content standard should:

- 1) understand that a person's well-being is the integration of health knowledge, attitudes, and behaviors;

C. A student should understand how well-being is affected by relationships with others.

A student who meets the content standard should:

- 5) understand how attitude and behavior affect the well-being of self and others; and

Lesson 2 Thinking Cap On – Making Responsible Decisions

Objectives

Following this lesson, the student will be able to:

- Discuss the benefits of stopping to think before making a decision
- Demonstrate the skill of anticipating consequences of choices
- Discuss personal responsibility for making positive choices

A. A student should be able to acquire a core knowledge related to well-being.

A student who meets the content standard should:

- 1) understand that a person's well-being is the integration of health knowledge, attitudes, and behaviors;

B. A student should be able to demonstrate responsibility for the student's well-being.

A student who meets the content standard should:

- 1) demonstrate an ability to make responsible decisions by discriminating among risks and by identifying consequences;

D. A student should be able to contribute to the well-being of families and communities.

A student who meets the content standard should:

- 2) take responsible actions to create safe and healthy environments;

Lesson 3 Cattitude – *Identifying and Managing Emotions*

Objectives

Following this lesson, the student will be able to:

- Name a variety of feelings
- Comprehend feelings as natural responses that are neither right nor wrong
- Differentiate feelings from actions
- Demonstrate using an I-message and other healthy ways to express emotions

A. A student should be able to acquire a core knowledge related to well-being.

A student who meets the content standard should:

- 1) understand that a person's well-being is the integration of health knowledge, attitudes, and behaviors;

B. A student should be able to demonstrate responsibility for the student's well-being.

A student who meets the content standard should:

- 2) demonstrate a variety of communication skills that contribute to well-being;

C. A student should understand how well-being is affected by relationships with others.

A student who meets the content standard should:

- 2) communicate effectively within relationships;
- 5) understand how attitude and behavior affect the well-being of self and others; and

D. A student should be able to contribute to the well-being of families and communities.

A student who meets the content standard should:

- 2) take responsible actions to create safe and healthy environments;

Lesson 4 Hear Me Out – *Effective Communication*

Objectives

Following this lesson, the student will be able to:

- Demonstrate using one's eyes, ears, and brain to listen
- Identify the body language of an active listener
- Demonstrate the ability to ask questions without interrupting
- Practice verbal and non-verbal communication

A. A student should be able to acquire a core knowledge related to well-being.

A student who meets the content standard should:

- 1) understand that a person's well-being is the integration of health knowledge, attitudes, and behaviors;

B. A student should be able to demonstrate responsibility for the student's well-being.

A student who meets the content standard should:

- 2) demonstrate a variety of communication skills that contribute to well-being;
- 6) understand how personal relationships, including those with family, friends, and co-workers, impact personal well-being.

C. A student should understand how well-being is affected by relationships with others.

A student who meets the content standard should:

- 2) communicate effectively within relationships;

5) understand how attitude and behavior affect the well-being of self and others; and

D. A student should be able to contribute to the well-being of families and communities.

A student who meets the content standard should:

2) take responsible actions to create safe and healthy environments;

Lesson 5 The Cat's Meow – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Compare healthy and unhealthy friendship qualities
- Identify examples of pro-social behavior

A. A student should be able to acquire a core knowledge related to well-being.

A student who meets the content standard should:

1) understand that a person's well-being is the integration of health knowledge, attitudes, and behaviors;

B. A student should be able to demonstrate responsibility for the student's well-being.

A student who meets the content standard should:

2) demonstrate a variety of communication skills that contribute to well-being;

6) understand how personal relationships, including those with family, friends, and co-workers, impact personal well-being.

C. A student should understand how well-being is affected by relationships with others.

A student who meets the content standard should:

2) communicate effectively within relationships;

3) evaluate how similarities and differences among individuals contribute to relationships;

4) understand how respect for the rights of self and others contributes to relationships;

5) understand how attitude and behavior affect the well-being of self and others; and

D. A student should be able to contribute to the well-being of families and communities.

A student who meets the content standard should:

2) take responsible actions to create safe and healthy environments;

Lesson 6 Copy Cat – Managing Peer Pressure

Objectives

Following this lesson, the students will be able to:

- Identify and apply three ways to handle peer pressure
- Describe safe and healthy activities to do with friends
- Demonstrate assertive communication to refuse peer pressure

A. A student should be able to acquire a core knowledge related to well-being.

A student who meets the content standard should:

1) understand that a person's well-being is the integration of health knowledge, attitudes, and behaviors;

4) recognize patterns of abuse directed at self or others and understand how to break these patterns;

B. A student should be able to demonstrate responsibility for the student’s well-being.

A student who meets the content standard should:

- 1) demonstrate an ability to make responsible decisions by discriminating among risks and by identifying consequences;
- 2) demonstrate a variety of communication skills that contribute to well-being;
- 6) understand how personal relationships, including those with family, friends, and co-workers, impact personal well-being.

C. A student should understand how well-being is affected by relationships with others.

A student who meets the content standard should:

- 1) resolve conflicts responsibly;
- 2) communicate effectively within relationships;
- 4) understand how respect for the rights of self and others contributes to relationships;
- 5) understand how attitude and behavior affect the well-being of self and others; and

D. A student should be able to contribute to the well-being of families and communities.

A student who meets the content standard should:

- 2) take responsible actions to create safe and healthy environments;

Lesson 7 Stuck in a Tree – *Managing Disappointment*

Objectives

Following this lesson, the student will be able to:

- Differentiate positive and negative reactions to disappointment
- Demonstrate positive responses to disappointment

A. A student should be able to acquire a core knowledge related to well-being.

A student who meets the content standard should:

- 1) understand that a person’s well-being is the integration of health knowledge, attitudes, and behaviors;

B. A student should be able to demonstrate responsibility for the student’s well-being.

A student who meets the content standard should:

- 2) demonstrate a variety of communication skills that contribute to well-being;

C. A student should understand how well-being is affected by relationships with others.

A student who meets the content standard should:

- 4) understand how respect for the rights of self and others contributes to relationships;
- 5) understand how attitude and behavior affect the well-being of self and others; and

D. A student should be able to contribute to the well-being of families and communities.

A student who meets the content standard should:

- 2) take responsible actions to create safe and healthy environments;

Lesson 8 All the Right Moves – *Understanding the Safe Use of Prescription and OTC Medicines*

Objectives

Following this lesson, the student will be able to:

- Define medicine
- Differentiate the safe and unsafe use of prescription and over-the-counter medicines

A. A student should be able to acquire a core knowledge related to well-being.

A student who meets the content standard should:

- 1) understand that a person's well-being is the integration of health knowledge, attitudes, and behaviors;
- 2) understand how the human body is affected by behaviors related to eating habits, physical fitness, personal hygiene, harmful substances, safety, and environmental conditions;
- 3) understand and identify the causes, preventions, and treatments for diseases, disorders, injuries, and addictions;

B. A student should be able to demonstrate responsibility for the student's well-being.

A student who meets the content standard should:

- 1) demonstrate an ability to make responsible decisions by discriminating among risks and by identifying consequences;

D. A student should be able to contribute to the well-being of families and communities.

A student who meets the content standard should:

- 2) take responsible actions to create safe and healthy environments;

Lesson 9 Curious Carmen – *Identify and Avoiding Harmful Substances*

Objectives

Following this lesson, the students will be able to:

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

A. A student should be able to acquire a core knowledge related to well-being.

A student who meets the content standard should:

- 1) understand that a person's well-being is the integration of health knowledge, attitudes, and behaviors;
- 2) understand how the human body is affected by behaviors related to eating habits, physical fitness, personal hygiene, harmful substances, safety, and environmental conditions;
- 3) understand and identify the causes, preventions, and treatments for diseases, disorders, injuries, and addictions;

B. A student should be able to demonstrate responsibility for the student's well-being.

A student who meets the content standard should:

- 1) demonstrate an ability to make responsible decisions by discriminating among risks and by identifying consequences;

D. A student should be able to contribute to the well-being of families and communities.

A student who meets the content standard should:

- 2) take responsible actions to create safe and healthy environments;

Lesson 10 Fit as a Riddle – *Making Healthy Choices*

Objectives

Following this lesson, the student will be able to:

- Comprehend health and a healthy body
- Identify the benefits of making healthy choices related to food, rest, and exercise
- Differentiate safe, healthy decisions and unsafe, unhealthy decisions

A. A student should be able to acquire a core knowledge related to well-being.

A student who meets the content standard should:

- 1) understand that a person's well-being is the integration of health knowledge, attitudes, and behaviors;
- 2) understand how the human body is affected by behaviors related to eating habits, physical fitness, personal hygiene, harmful substances, safety, and environmental conditions;
- 3) understand and identify the causes, preventions, and treatments for diseases, disorders, injuries, and addictions;
- 6) use knowledge and skills related to physical fitness, consumer health, independent living, and career choices to contribute to well-being;

B. A student should be able to demonstrate responsibility for the student's well-being.

A student who meets the content standard should:

- 1) demonstrate an ability to make responsible decisions by discriminating among risks and by identifying consequences;

C. A student should understand how well-being is affected by relationships with others.

A student who meets the content standard should:

- 4) understand how respect for the rights of self and others contributes to relationships;
- 5) understand how attitude and behavior affect the well-being of self and others; and

D. A student should be able to contribute to the well-being of families and communities.

A student who meets the content standard should:

- 2) take responsible actions to create safe and healthy environments;