

Too Good for Drugs Curriculum Correlations

Correlated with California Health Education
Content Standards and Benchmarks

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.

Growth and Development

Standard 1: Essential Concepts

The student will demonstrate the ability to:

- 1.1.G.1 Describe how living things grow and mature.
- 1.1.G.2 Identify anatomical names for major internal and external body parts.
- 1.1.G.3 Identify a variety of behaviors that promote healthy growth and development.

Injury Prevention and Safety

Standard 2: Analyzing Influences

The student will demonstrate the ability to:

- 1.2.S.14 Describe internal and external influences that could lead to or prevent injury or violence.

Standard 8: Health Promotion

The student will demonstrate the ability to:

- 1.8.S.25 Encourage others to practice safe behaviors in the classroom and on the playground.

Personal and Community Health

Standard 1: Essential Concepts

The student will demonstrate the ability to:

- 1.1.P.1 Explain the importance of effective dental and personal hygiene practices.
- 1.1.P.7 Discuss how individual behavior affects the environment and community.

Standard 5: Decision Making

The student will demonstrate the ability to:

- 1.5.P.15 Use a decision-making process to evaluate how personal hygiene behaviors promote one's health.

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_____.

Personal and Community Health

Standard 4: Interpersonal Communication

The student will demonstrate the ability to:

- 1.4.P.13 Demonstrate effective communication skills when asking for assistance with health-related problems.
- 1.4.P.14 Demonstrate effective communication skills in an emergency situation.

Lesson Three: *Listening*

Objectives: The student will be able to:

- Demonstrate the skill of listening.

Personal and Community Health

Standard 4: Interpersonal Communication

The student will demonstrate the ability to:

- 1.4.P.13 Demonstrate effective communication skills when asking for assistance with health-related problems.
- 1.4.P.14 Demonstrate effective communication skills in an emergency situation.

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, listening.

Personal and Community Health

Standard 1: Essential Concepts

The student will demonstrate the ability to:

- 1.1.P.7 Discuss how individual behavior affects the environment and community.

Standard 2: Analyzing Influences

The student will demonstrate the ability to:

- 1.2.P.10 Explain how family and friends influence positive health practices.

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.

Growth and Development

Standard 1: Essential Concepts

The student will demonstrate the ability to:

- 1.1.G.3 Identify a variety of behaviors that promote healthy growth and development.

Injury Prevention and Safety

Standard 1: Essential Concepts

The student will demonstrate the ability to:

- 1.1.S.1 Describe characteristics of safe and unsafe places.
1.1.S.4 Identify safety hazards in the home, school, and in the community.
1.1.S.6 Explain the importance of telling an adult if someone is in danger or being bullied.

Standard 2: Analyzing Influences

The student will demonstrate the ability to:

- 1.2.S.14 Describe internal and external influences that could lead to or prevent injury or violence.

Standard 7: Practicing Health-Enhancing Behaviors

The student will demonstrate the ability to:

- 1.7.S.22 Practice ways to stay safe at home, in school, and in the community.

Standard 8: Health Promotion

The student will demonstrate the ability to:

- 1.8.S.25 Encourage others to practice safe behaviors in the classroom and on the playground.

Personal and Community Health

Standard 1: Essential Concepts

The student will demonstrate the ability to:

- 1.1.P.7 Discuss how individual behavior affects the environment and community.

Standard 5: Decision Making

The student will demonstrate the ability to:

- 1.5.P.15 Use a decision-making process to evaluate how personal hygiene behaviors promote one's health.

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 the room, tell an adult.

Injury Prevention and Safety

Standard 1: Essential Concepts

The student will demonstrate the ability to:

- 1.1.S.1 Describe characteristics of safe and unsafe places.
1.1.S.2 Identify labels of products that give information about cautions and dangers.
1.1.S.3 Discuss the meaning of basic safety-related signs, symbols, and warning labels.
1.1.S.4 Identify safety hazards in the home, at school, and in the community.
1.1.S.5 Identify ways to reduce risk of injuries at home, school, and in the community.
1.1.S.6 Explain the importance of telling an adult if someone is in danger or being bullied.

Standard 2: Analyzing Influences

The student will demonstrate the ability to:

- 1.2.S.14 Describe internal and external influences that could lead to or prevent injury or violence.

Standard 5: Decision Making

The student will demonstrate the ability to:

- 1.5.S.18 Analyze steps to take in emergency or potentially dangerous situations.

Standard 7: Practicing Health-Enhancing Behaviors

The student will demonstrate the ability to:

- 1.7.S.22 Practice ways to stay safe at home, school, and in the community.
- 1.7.S.23 Practice emergency, fire, and safety plans at home and school.

Personal and Community Health

Standard 4: Interpersonal Communication

The student will demonstrate the ability to:

- 1.4.P.14 Demonstrate effective communication skills in emergency situations.

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.

Injury Prevention and Safety

Standard 1: Essential Concepts

The student will demonstrate the ability to:

- 1.1.S.2 Identify labels of products that give information about cautions and dangers.
- 1.1.S.4 Identify safety hazards in the home, at school, and in the community.
- 1.1.S.5 Identify ways to reduce risk of injuries at home, school, and in the community.
- 1.1.S.6 Explain the importance of telling an adult if someone is in danger or being bullied.

Standard 2: Essential Concepts

The student will demonstrate the ability to:

- 1.2.S.14 Describe internal and external influences that could lead to or prevent injury or violence.

Standard 5: Decision Making

The student will demonstrate the ability to:

- 1.5.S.20 Assess reasons for reporting weapon possession.

Standard 7: Practicing Health-Enhancing Behaviors

The student will demonstrate the ability to:

- 1.7.S.22 Practice ways to stay safe at home, school, and in the community.
- 1.7.S.23 Practice emergency, fire, and safety plans at home and school.

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.

Injury Prevention and Safety

Standard 1: Essential Concepts

The student will demonstrate the ability to:

- 1.1.S.2 Identify labels of products that give information about cautions and dangers.
- 1.1.S.4 Identify safety hazards in the home, at school, and in the community.
- 1.1.S.5 Identify ways to reduce risk of injuries at home, school, and in the community.
- 1.1.S.6 Explain the importance of telling an adult if someone is in danger or being bullied.

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The student will demonstrate the ability to:

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Personal and Community Health

Standard 4: Interpersonal Communication

The student will demonstrate the ability to:

- 1.4.P.14 Demonstrate effective communication skills in emergency situations.

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.

Injury Prevention and Safety

Standard 1: Essential Concepts

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- 1.1.S.3 Discuss the meaning of basic safety-related signs, symbols, and warning labels.
- 1.1.S.4 Identify safety hazards in the home, at school, and in the community.

Standard 2: Analyzing Influences

The student will demonstrate the ability to:

- 1.2.S.14 Describe internal and external influences that could lead to or prevent injury or violence.

Standard 5: Decision Making

The student will demonstrate the ability to:

- 1.5.S.18 Analyze steps to take in emergency or potentially dangerous situations.

Standard 7: Practicing Health-Enhancing Behaviors

The student will demonstrate the ability to:

- 1.7.S.22 Practice ways to stay safe at home, school, and in the community.

Personal and Community Health

Standard 2: Analyzing Influences

The student will demonstrate the ability to:

- 1.2.P.10 Explain how family and friends influence positive health practices.

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.

Injury Prevention and Safety

Standard 1: Essential Concepts

The student will demonstrate the ability to:

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- 1.1.S.3 Discuss the meaning of basic safety-related signs, symbols, and warning labels.
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