

Too Good for Drugs

Grade 1

Correlated with National Health Education Standards

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.

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.2.1. Identify that healthy behaviors affect personal health.

1.2.2. Recognize that there are multiple dimensions of health.

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

6.2.1. Identify a short-term personal health goal and take action toward achieving the goal.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.2.1. Demonstrate healthy practices and behaviors to maintain or improve personal 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, embarrassed.
- Describe how a person might feel in a variety of situations.
- Demonstrate stating feelings clearly and directly: I feel _____.

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.2.1. Identify that healthy behaviors affect personal health.

1.2.2. Recognize that there are multiple dimensions of health.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

4.2.1. Demonstrate healthy ways to express needs, wants and feelings.

Lesson Three: *Listening*

Objectives

The student will be able to:

- Demonstrate the skill of listening.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

4.2.2. Demonstrate Listening skills to enhance health.

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.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

4.2.2. Demonstrate Listening skills to enhance health.

Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.

8.2.2. Encourage peers to make positive health choices.

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.

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.2.1. Identify that healthy behaviors affect personal health.

1.2.2. Recognize that there are multiple dimensions of health.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

5.2.1. Identify situations when a health-related decision is needed.

5.2.2. Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.2.2. Demonstrate behaviors that avoid or reduce health risks.

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.

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.2.1. Identify that healthy behaviors affect personal health.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

5.2.1. Identify situations when a health-related decision is needed.

5.2.2. Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.2.2. Demonstrate behaviors that avoid or reduce health risks.

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.

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.2.1. Identify that healthy behaviors affect personal health.

1.2.2. Recognize that there are multiple dimensions of health.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

5.2.1. Identify situations when a health-related decision is needed.

5.2.2. Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.2.2. Demonstrate behaviors that avoid or reduce health risks.

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.

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.2.1. Identify that healthy behaviors affect personal health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.2.2. Demonstrate behaviors that avoid or reduce health risks.

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.

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.2.1. Identify that healthy behaviors affect personal health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.2.1. Demonstrate healthy practices and behaviors to maintain or improve personal health.

7.2.2. Demonstrate behaviors that avoid or reduce health risks.

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.

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.2.1. Identify that healthy behaviors affect personal health.

1.2.2. Recognize that there are multiple dimensions of health.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

4.2.1. Demonstrate healthy ways to express needs, wants and feelings.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.2.1. Demonstrate healthy practices and behaviors to maintain or improve personal health.

7.2.2. Demonstrate behaviors that avoid or reduce health risks.