

Too Good for Drugs

Grade 1

Correlated with Florida CPALMS Health Education Standards

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

Strand: HEALTH LITERACY CONCEPTS

Standard 1: Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.

HE.1.C.1.1 Identify healthy behaviors.

HE.1.C.1.2 Recognize the physical and social dimensions of health.

Standard 2: Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE.1.C.2.2 Explore the ways that a friend would act in a variety of situations.

HE.1.C.2.3 Identify what the school and community do to support personal-health practices and behaviors.

Strand: HEALTH LITERACY RESPONSIBLE BEHAVIOR

Standard 4: Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.

HE.1.B.4.1 Identify healthy ways to express needs, wants, and feelings.

Standard 5: Decision Making - Demonstrate the ability to use decision-making skills to enhance health.

HE.1.B.5.2 Identify healthy options to health-related issues or problems.

Standard 8: Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.

HE.1.P.8.1 Encourage others to make positive health choices.

Strand: RESILIENCY

Standard 2: Personal Responsibility

HE.1.R.2.2 Establish a short-term goal as a class and take action toward achieving the goal.

HE.1.R.2.5 Identify strategies to discover and demonstrate personal strengths.

HE.1.R.2.6 Identify healthy ways to express needs and wants.

Strand: CONSUMER HEALTH

Standard 3: Prevention and Decision Making

HE.1.CH.3.1 List healthy and unhealthy choices for personal health and safety.

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

Strand: HEALTH LITERACY CONCEPTS

Standard 1: Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.

HE.1.C.1.1 Identify healthy behaviors.

HE.1.C.1.2 Recognize the physical and social dimensions of health.

Standard 2: Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE.1.C.2.4 Recognize health consequences for not following rules.

Standard 5: Decision Making - Demonstrate the ability to use decision-making skills to enhance health.

HE.1.B.5.2 Identify healthy options to health-related issues or problems.

HE.1.B.5.3 Explain the consequences of not following rules/practices when making healthy and safe decisions.

Strand: HEALTH LITERACY PROMOTION

Standard 7: Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.

HE.1.P.7.1 Tell about behaviors that avoid or reduce health risks.

Standard 8: Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.

HE.1.P.8.1 Encourage others to make positive health choices.

Strand: RESILIENCY

Standard 2: Personal Responsibility

HE.1.R.2.1 Identify my role and responsibilities in the school, community, and family.

HE.1.R.2.3 Identify the characteristics of a responsible decision maker.

Strand: CONSUMER HEALTH

Standard 3: Prevention and Decision Making

HE.1.CH.3.1 List healthy and unhealthy choices for personal health and safety.

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

Strand: HEALTH LITERACY CONCEPTS

Standard 1: Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.

HE.1.C.1.1 Identify healthy behaviors.

HE.1.C.1.2 Recognize the physical and social dimensions of health.

Standard 2: Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE.1.C.2.2 Explore the ways that a friend would act in a variety of situations.

Strand: HEALTH LITERACY RESPONSIBLE BEHAVIOR

Standard 4: Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.

HE.1.B.4.1 Identify healthy ways to express needs, wants, and feelings.

HE.1.B.4.2 Describe good listening skills to enhance health.

Standard 5: Decision Making - Demonstrate the ability to use decision-making skills to enhance health.

HE.1.B.5.2 Identify healthy options to health-related issues or problems.

Strand: RESILIENCY

Standard 2: Personal Responsibility

HE.1.R.2.6 Identify healthy ways to express needs and wants.

Strand: CONSUMER HEALTH

Standard 3: Prevention and Decision Making

HE.1.CH.3.1 List healthy and unhealthy choices for personal health and safety.

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

Strand: HEALTH LITERACY CONCEPTS

Standard 1: Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.

HE.1.C.1.1 Identify healthy behaviors.

HE.1.C.1.2 Recognize the physical and social dimensions of health.

Standard 2: Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE.1.C.2.2 Explore the ways that a friend would act in a variety of situations.

Strand: HEALTH LITERACY RESPONSIBLE BEHAVIOR

Standard 4: Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.

HE.1.B.4.1 Identify healthy ways to express needs, wants, and feelings.

HE.1.B.4.2 Describe good listening skills to enhance health.

Standard 5: Decision Making - Demonstrate the ability to use decision-making skills to enhance health.

HE.1.B.5.2 Identify healthy options to health-related issues or problems.

Strand: RESILIENCY

Standard 2: Personal Responsibility

HE.1.R.2.6 Identify healthy ways to express needs and wants.

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

Strand: HEALTH LITERACY CONCEPTS

Standard 1: Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.

HE.1.C.1.1 Identify healthy behaviors.

HE.1.C.1.2 Recognize the physical and social dimensions of health.

Standard 2: Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE.1.C.2.2 Explore the ways that a friend would act in a variety of situations.

Strand: HEALTH LITERACY RESPONSIBLE BEHAVIOR

Standard 4: Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.

HE.1.B.4.1 Identify healthy ways to express needs, wants, and feelings.

HE.1.B.4.2 Describe good listening skills to enhance health.

Standard 5: Decision Making - Demonstrate the ability to use decision-making skills to enhance health.

HE.1.B.5.2 Identify healthy options to health-related issues or problems.

Strand: HEALTH LITERACY PROMOTION

Standard 7: Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.

HE.1.P.7.1 Tell about behaviors that avoid or reduce health risks.

Standard 8: Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.

HE.1.P.8.1 Encourage others to make positive health choices.

Strand: RESILIENCY

Standard 1: Character

HE.1.R.1.2 Describe the traits of a good friend.

HE.1.R.1.3 Identify the benefits of sharing and cooperation.

Standard 2: Personal Responsibility

HE.1.R.2.3 Identify the characteristics of a responsible decision maker.

HE.1.R.2.4 Describe how individual actions can affect others.

HE.1.R.2.6 Identify healthy ways to express needs and wants.

Strand: CONSUMER HEALTH

Standard 3: Prevention and Decision Making

HE.1.CH.3.1 List healthy and unhealthy choices for personal health and safety.

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

Strand: HEALTH LITERACY CONCEPTS

Standard 1: Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.

HE.1.C.1.1 Identify healthy behaviors.

HE.1.C.1.2 Recognize the physical and social dimensions of health.

Standard 2: Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE.1.C.2.2 Explore the ways that a friend would act in a variety of situations.

HE.1.C.2.3 Identify what the school and community do to support personal-health practices and behaviors.

HE.1.C.2.4 Recognize health consequences for not following rules.

Strand: HEALTH LITERACY RESPONSIBLE BEHAVIOR

Standard 4: Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.

HE.1.B.4.1 Identify healthy ways to express needs, wants, and feelings.

HE.1.B.4.3 Describe ways to respond when in an unwanted, threatening, or dangerous situation.

Standard 5: Decision Making - Demonstrate the ability to use decision-making skills to enhance health.

HE.1.B.5.1 Describe situations when a health-related decision can be made individually or when assistance is needed.

HE.1.B.5.2 Identify healthy options to health-related issues or problems.

HE.1.B.5.3 Explain the consequences of not following rules/practices when making healthy and safe decisions.

Strand: HEALTH LITERACY PROMOTION

Standard 7: Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.

HE.1.P.7.1 Tell about behaviors that avoid or reduce health risks.

Standard 8: Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.

HE.1.P.8.1 Encourage others to make positive health choices.

Strand: RESILIENCY

Standard 1: Character

HE.1.R.1.5 Identify strategies to overcome a challenge.

Standard 2: Personal Responsibility

HE.1.R.2.3 Identify the characteristics of a responsible decision maker.

HE.1.R.2.4 Describe how individual actions can affect others.

Standard 3: Mentorship and Citizenship

HE.1.R.3.1 Identify characteristics of a leader in the school community.

HE.1.R.3.2 Demonstrate the characteristics of a good citizen in school and the community.

Strand: CONSUMER HEALTH

Standard 3: Prevention and Decision Making

HE.1.CH.3.1 List healthy and unhealthy choices for personal health and safety.

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

Strand: HEALTH LITERACY CONCEPTS

Standard 1: Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.

HE.1.C.1.1 Identify healthy behaviors.

HE.1.C.1.2 Recognize the physical and social dimensions of health.

Strand: HEALTH LITERACY RESPONSIBLE BEHAVIOR

Standard 3: Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.

HE.1.B.3.2 Identify trusted adults and professionals who can help promote health.

Standard 4: Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.

HE.1.B.4.1 Identify healthy ways to express needs, wants, and feelings.

Standard 5: Decision Making - Demonstrate the ability to use decision-making skills to enhance health.

HE.1.B.5.2 Identify healthy options to health-related issues or problems.

Standard 8: Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.

HE.1.P.8.1 Encourage others to make positive health choices.

Strand: RESILIENCY

Standard 1: Character

HE.1.R.1.5 Identify strategies to overcome a challenge.

Standard 2: Personal Responsibility

HE.1.R.2.3 Identify the characteristics of a responsible decision maker.

HE.1.R.2.4 Describe how individual actions can affect others.

HE.1.R.4.3 Understand that conflict may arise when working together.

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

Strand: HEALTH LITERACY CONCEPTS

Standard 1: Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.

HE.1.C.1.4 Identify ways to prevent childhood injuries in the home, school, and community settings.

Standard 2: Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE.1.C.2.4 Recognize health consequences for not following rules.

Strand: HEALTH LITERACY RESPONSIBLE BEHAVIOR

Standard 3: Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.

HE.1.B.3.2 Identify trusted adults and professionals who can help promote health.

Standard 4: Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.

HE.1.B.4.3 Describe ways to respond when in an unwanted, threatening, or dangerous situation.

Standard 5: Decision Making - Demonstrate the ability to use decision-making skills to enhance health.

HE.1.B.5.1 Describe situations when a health-related decision can be made individually or when assistance is needed.

HE.1.B.5.2 Identify healthy options to health-related issues or problems.

HE.1.B.5.3 Explain the consequences of not following rules/practices when making healthy and safe decisions.

Strand: HEALTH LITERACY PROMOTION

Standard 7: Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.

HE.1.P.7.1 Tell about behaviors that avoid or reduce health risks.

Strand: RESILIENCY

Standard 1: Character

HE.1.R.1.5 Identify strategies to overcome a challenge.

Standard 2: Personal Responsibility

HE.1.R.2.3 Identify the characteristics of a responsible decision maker.

Strand: PERSONAL HEALTH CONCEPTS

Standard 1: Core Concepts

HE.1.PHC.1.5 Tell about behaviors that avoid or reduce health risks.

Strand: CONSUMER HEALTH

Standard 3: Prevention and Decision Making

HE.1.CH.3.1 List healthy and unhealthy choices for personal health and safety.

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

Strand: HEALTH LITERACY CONCEPTS

Standard 1: Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.

HE.1.C.1.1 Identify healthy behaviors.

HE.1.C.1.2 Recognize the physical and social dimensions of health.

HE.1.C.1.4 Identify ways to prevent childhood injuries in the home, school, and community settings.

Standard 2: Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE.1.C.2.4 Recognize health consequences for not following rules.

Strand: HEALTH LITERACY RESPONSIBLE BEHAVIOR

Standard 3: Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.

HE.1.B.3.2 Identify trusted adults and professionals who can help promote health.

Standard 5: Decision Making - Demonstrate the ability to use decision-making skills to enhance health.

HE.1.B.5.1 Describe situations when a health-related decision can be made individually or when assistance is needed.

HE.1.B.5.2 Identify healthy options to health-related issues or problems.

HE.1.B.5.3 Explain the consequences of not following rules/practices when making healthy and safe decisions.

Strand: HEALTH LITERACY PROMOTION

Standard 7: Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.

HE.1.P.7.1 Tell about behaviors that avoid or reduce health risks.

Standard 8: Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.

HE.1.P.8.1 Encourage others to make positive health choices.

Strand: RESILIENCY

Standard 1: Character

HE.1.R.1.5 Identify strategies to overcome a challenge.

Standard 2: Personal Responsibility

HE.1.R.2.3 Identify the characteristics of a responsible decision maker.

Strand: PERSONAL HEALTH CONCEPTS

Standard 1: Core Concepts

HE.1.PHC.1.5 Tell about behaviors that avoid or reduce health risks.

Strand: CONSUMER HEALTH

Standard 3: Prevention and Decision Making

HE.1.CH.3.1 List healthy and unhealthy choices for personal health and safety.

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

Strand: HEALTH LITERACY CONCEPTS

Standard 1: Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.

HE.1.C.1.1 Identify healthy behaviors.

HE.1.C.1.2 Recognize the physical and social dimensions of health.

Standard 2: Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE.1.C.2.3 Identify what the school and community do to support personal-health practices and behaviors.

Strand: HEALTH LITERACY RESPONSIBLE BEHAVIOR

Standard 5: Decision Making - Demonstrate the ability to use decision-making skills to enhance health.

HE.1.B.5.2 Identify healthy options to health-related issues or problems.

Strand: HEALTH LITERACY PROMOTION

Standard 7: Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.

HE.1.P.7.1 Tell about behaviors that avoid or reduce health risks.

Standard 8: Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.

HE.1.P.8.1 Encourage others to make positive health choices.

Strand: RESILIENCY

Standard 2: Personal Responsibility

HE.1.R.2.3 Identify the characteristics of a responsible decision maker.

Strand: PERSONAL HEALTH CONCEPTS

Standard 1: Core Concepts

HE.1.PHC.1.5 Tell about behaviors that avoid or reduce health risks.

Strand: CONSUMER HEALTH

Standard 3: Prevention and Decision Making

HE.1.CH.3.1 List healthy and unhealthy choices for personal health and safety.