

Too Good for Drugs Curriculum Correlations

Correlated with North Dakota Health Content Standards

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.

Standard 1: GROWTH AND DEVELOPMENT

4.1.4 Know the importance of intellectual, emotional, social, spiritual*, and physical health during childhood.

Standard 2: HEALTH PROMOTION AND DISEASE PREVENTION

4.2.1 Understand relationships between personal health behaviors and individual well being.

4.2.4 Understand the importance of personal hygiene.

Standard 3: ENVIRONMENTAL AND COMMUNITY HEALTH

4.3.3 Know how positive health behaviors contribute to a healthy environment.

Standard 4: HEALTH-ENHANCING SKILLS

4.4.2 Know how to set goals for a healthy lifestyle.

4.4.4 Understand ways to communicate care, consideration, and respect of self and others.

Standard 5: BEHAVIORS AND RISK

4.5.1 Understand the relationship between food choices and personal health.

4.5.3 Know responsible health behaviors and needs.

Standard 7: HEALTH ADVOCACY

4.7.2 Know methods for assisting others in making positive health choices.

Lesson Two: *My Special Feelings*

Objectives: The student will be able to:

- Name at least six 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 _____.

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Standard 4: HEALTH-ENHANCING SKILLS

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4.4.5 Know communication and problem-solving skills to set personal boundaries, resolve conflicts, and develop positive relationships.

Standard 5: BEHAVIORS AND RISK

4.5.3 Know responsible health behaviors and needs.

4.5.5 Know ways to avoid and reduce threatening situations.

Standard 7: HEALTH ADVOCACY

4.7.1 Know various ways to convey accurate health information and ideas to individuals and groups.

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Lesson Three: *Listening*

Objectives: The student will be able to:

- Demonstrate the skill of listening.

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Lesson Four: *Friendship*

Objectives: The student will be able to:

- Discuss how friends are alike but different.
- Discuss how differences can enrich a friendship.
- List behaviors of a friend: sharing, taking turns, helping, listening.

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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.

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Standard 2: HEALTH PROMOTION AND DISEASE PREVENTION

4.2.1 Understand relationships between personal health behaviors and individual well being.

4.2.2 Know how the family influences personal health.

4.2.3 Understand how childhood injuries and illnesses can be prevented or treated.

Standard 3: ENVIRONMENTAL AND COMMUNITY HEALTH

4.3.1 Know how media influence thoughts, feelings, and health behaviors.

4.3.3 Know how positive health behaviors contribute to a healthy environment.

Standard 4: HEALTH-ENHANCING SKILLS

4.4.1 Know steps in assessing risks and making responsible decisions.

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Standard 5: BEHAVIORS AND RISK.

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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.

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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.

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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.

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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.

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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.

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