

# Too Good for Drugs Curriculum Correlations

Correlated with New Hampshire Health Education Curriculum Guidelines

## 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.

#### **NUTRITION**

##### 1. Healthful Eating

Students need to know:

1.1 benefits of healthful eating (short-term and long-term benefits and risks)

1.3 benefits of consuming more water, fruits, vegetables, grains, and calcium-rich foods

##### 4. Balancing Food Intake and Physical Activity

Students need to know:

4.3 relationship between physical activity, eating, and health

#### **PHYSICAL ACTIVITY**

##### 1. Healthful Physical Activity

Students need to know:

1.1 benefits and risks of physical activity, including mental and social benefits

1.7 importance of healthful eating

#### **MENTAL HEALTH**

##### 1. Positive Self-Image

Students need to know:

1.1 personal assets and strengths

1.2 characteristics of positive role models

## 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\_\_\_\_\_.

### MENTAL HEALTH

#### 2. Emotional Health

Students need to know:

2.1 how to express needs, wants, and feelings

2.2 positive ways to handle emotions, e.g., fear, anger, happiness, sadness

2.4 ways to deal with frustration

### MENTAL HEALTH

#### 3. Interpersonal Relationships and Communication

Students need to know:

3.4 how to speak effectively, e.g., I-statements, eye contact, assertiveness

## Lesson Three: *Listening*

**Objectives:** The student will be able to:

- Demonstrate the skill of listening.

### MENTAL HEALTH

#### 3. Interpersonal Relationships and Communication

Students need to know:

3.5 effective listening skills, e.g., reflective listening

## 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.

### FAMILY LIFE AND SEXUALITY

#### 1. Families and Relationships

Students need to know:

1.3 ways to communicate respect for self and others

## **MENTAL HEALTH**

3. Interpersonal Relationships and Communication

Students need to know:

3.1 strategies to build and maintain healthy friendships

3.5 effective listening skills, e.g., reflective listening

## **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.

## **ALCOHOL AND OTHER DRUGS**

4. Healthful Choices about AOD Use

Students need to know:

4.1 how to accept personal responsibility for choices about alcohol and other non-medicinal drug use

## **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.

## **ALCOHOL AND OTHER DRUGS**

4. Healthful Choices about AOD Use

Students need to know:

4.1 how to accept personal responsibility for choices about alcohol and other non-medicinal drug use

## **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.

## **ALCOHOL AND OTHER DRUGS**

#### 4. Healthful Choices about AOD Use

Students need to know:

4.1 how to accept personal responsibility for choices about alcohol and other non-medicinal drug use

### **TOBACCO**

#### 1. Tobacco Harms Health

Students need to know:

1.2 harmful effects of tobacco

## **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.

### **ALCOHOL AND OTHER DRUGS**

#### 1. Short-Term and Long-Term Benefits and Risks of Medicinal Drugs

Students need to know:

1.1 differences between medicinal and non-medicinal drug use (AOD)

1.2 benefits and correct use of medicine

1.3 risks of incorrect use of medicines

## **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.

### **ALCOHOL AND OTHER DRUGS**

#### 1. Short-Term and Long-Term Benefits and Risks of Medicinal Drugs

Students need to know:

1.1 differences between medicinal and non-medicinal drug use (AOD)

1.2 benefits and correct use of medicine

1.3 risks of incorrect use of medicines

# 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.

## **ALCOHOL AND OTHER DRUGS**

### 3. Positive and Negative Influences on AOD Use

Students need to know:

#### 3.4 peer influences

### 4. Healthful Choices about AOD Use

Students need to know:

#### 4.1 how to accept personal responsibility for choices about alcohol and other non-medicinal drug use

### 5. Communicating Healthful Choices about AOD Use

Students need to know:

#### 5.1 techniques to refuse AOD use