

Too Good for Drugs Curriculum Correlations

Correlated with Oregon Health Education 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.

ALCOHOL, TOBACCO AND OTHER DRUG PREVENTION

Recognize the influences that persuade young people to abstain from alcohol and tobacco use.

PREVENTION AND CONTROL OF DISEASE

Demonstrate strategies for proper personal health care.

PROMOTION OF HEALTHY EATING

Identify how healthful eating habits can lead to wellness.

Choose a variety of foods to eat from different food groups.

PROMOTION OF MENTAL, SOCIAL AND EMOTIONAL HEALTH

Demonstrate positive communication skills needed to express personal needs, wants and feelings to family and peers.

Identify personal strengths.

Identify a source of stress and set a goal to help manage that stressor.

VIOLENCE AND SUICIDE PREVENTION

Set a goal to engage in positive, helpful behaviors.

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 _____.

PROMOTION OF MENTAL, SOCIAL AND EMOTIONAL HEALTH

Demonstrate positive communication skills needed to express personal needs, wants and feelings to family and peers.

Identify personal strengths.

Describe appropriate ways to express and deal with personal feelings, wants and needs.

Identify internal and external influences on emotions and feelings.

Identify a source of stress and set a goal to help manage that stressor.

VIOLENCE AND SUICIDE PREVENTION

Demonstrate ways to prevent violence and unsafe situations.

Set a goal to engage in positive, helpful behaviors.

Identify safe people and places to go to if you feel unsafe or threatened.

Demonstrate the steps of problem solving, anger management and impulse control.

Manage interpersonal conflict in non-violent ways.

Lesson Three: *Listening*

Objectives: The student will be able to:

- Demonstrate the skill of listening.

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Manage interpersonal conflict in non-violent ways.

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.

PROMOTION OF MENTAL, SOCIAL AND EMOTIONAL HEALTH

Demonstrate positive communication skills needed to express personal needs, wants and feelings to family and peers.

Identify personal strengths.

Describe appropriate ways to express and deal with personal feelings, wants and needs.

Identify internal and external influences on emotions and feelings.

Identify a source of stress and set a goal to help manage that stressor.

Advocate respect for diversity.

VIOLENCE AND SUICIDE PREVENTION

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Demonstrate the steps of problem solving, anger management and impulse control.

Manage interpersonal conflict in non-violent ways.

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, TOBACCO AND OTHER DRUG PREVENTION

Recognize the influences that persuade young people to abstain from alcohol and tobacco use.

PREVENTION AND CONTROL OF DISEASE

Demonstrate strategies for proper personal health care.

Use the decision making model to make healthy decisions for preventing disease.

PROMOTION OF HEALTHY EATING

Identify how healthful eating habits can lead to wellness.

PROMOTION OF MENTAL, SOCIAL AND EMOTIONAL HEALTH

Identify personal strengths.

Describe appropriate ways to express and deal with personal feelings, wants and needs.

Identify internal and external influences on emotions and feelings.

UNINTENTIONAL INJURY PREVENTION

Use a decision making model to plan ahead to avoid dangerous situations and injuries on the way to and from school.

VIOLENCE AND SUICIDE PREVENTION

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Manage interpersonal conflict in non-violent ways.

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.

PREVENTION AND CONTROL OF DISEASE

Demonstrate strategies for proper personal health care.

Use the decision making model to make healthy decisions for preventing disease..

UNINTENTIONAL INJURY PREVENTION

Identify danger signs and symbols on consumer products.

VIOLENCE AND SUICIDE PREVENTION

Set a goal to engage in positive, helpful behaviors.

Identify safe people and places to go to if you feel unsafe or threatened.

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, TOBACCO AND OTHER DRUG PREVENTION

Advocate in the school community for a tobacco-free environment.

Recognize the influences that persuade young people to abstain from alcohol and tobacco use.

Describe safe use of 'over the counter' and prescription drugs.

Explain who is an appropriate person to dispense medication to children.

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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.

ALCOHOL, TOBACCO AND OTHER DRUG PREVENTION

Recognize the influences that persuade young people to abstain from alcohol and tobacco use.

Demonstrate refusal skills around the use of tobacco and alcohol products.

Describe safe use of 'over the counter' and prescription drugs.

Explain who is an appropriate person to dispense medication to children.

Create a display of school rules regarding alcohol and tobacco use and 'over the counter' and prescription drug use.

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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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