

Too Good for Drugs Curriculum Correlations

Correlated with South Dakota 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.

HEALTH EDUCATION 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.

HEALTH EDUCATION 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.

HEALTH EDUCATION 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_____.

HEALTH EDUCATION 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.

HEALTH EDUCATION 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.

HEALTH EDUCATION 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.

HEALTH EDUCATION 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.

HEALTH EDUCATION 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.

HEALTH EDUCATION 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.

HEALTH EDUCATION 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.

HEALTH EDUCATION 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.

HEALTH EDUCATION 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.

HEALTH EDUCATION 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.

HEALTH EDUCATION 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.

HEALTH EDUCATION 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.

HEALTH EDUCATION 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.

HEALTH EDUCATION 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.

HEALTH EDUCATION 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.

HEALTH EDUCATION 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.

HEALTH EDUCATION 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.

HEALTH EDUCATION 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.

HEALTH EDUCATION 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.

HEALTH EDUCATION 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.

HEALTH EDUCATION 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.