

# Too Good for Drugs Curriculum Correlations

Correlated with Virginia Health Education  
Content Standards and Benchmarks

## 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.

1.1 The student will identify the basic components and functions of the systems of the human body.

Key concepts/skills include:

- a) Body structures (e.g., abdomen, chest, head) and organs (e.g., heart, brain, lungs, stomach).

1.2 The student will explain that good health is related to health-promoting decisions.

Key concepts/skills include:

- a) Personal hygiene, including care of one's teeth.
- b) Personal safety behaviors.
- c) The harmful effects of misusing medicines and drugs.
- d) Sleep habits.
- e) Physical activity and healthy entertainment.
- f) Proper nutrition.

1.3 The student will explain the need for specific rules and practices to promote safety and injury-free situations.

Key concepts/skills include:

- a) Bus and automobile safety.
- b) Pedestrian safety.
- c) Playground safety.
- e) Home safety.
- h) Bicycle, in-line skating, skateboard, scooter, and other self-propelled-vehicle safety.
- i) The need for protective gear.

1.4 The student will demonstrate healthy mental and emotional development.

Key concepts/skills include:

- a) Cooperation with others.
- c) Expression of ideas and thoughts to create positive relationships.

- 1.6 The student will demonstrate responsible personal and social behaviors in the school and community.

Key concepts/skills include:

- a) Cooperative behavior.
- b) Respect for others.
- c) Adherence to school rules.
- d) Acceptance of responsibility.
- e) Respect for property of others.

## 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, or embarrassed.
- Describe how a person might feel in a variety of situations.
- Demonstrate stating feelings clearly and directly: I feel\_\_\_\_\_.

- 1.1 The student will identify the basic components and functions of the systems of the human body.

Key concepts/skills include:

- b) The principles of correct posture.

- 1.2 The student will explain that good health is related to health-promoting decisions.

Key concepts/skills include:

- b) Personal safety behaviors.
- e) Physical activity and healthy entertainment.

- 1.3 The student will explain the need for specific rules and practices to promote safety and injury-free situations.

Key concepts/skills include:

- c) Playground safety.
- e) Home safety.

- 1.4 The student will demonstrate healthy mental and emotional development.

Key concepts/skills include:

- a) Cooperation with others.
- b) Adaptation to change.
- c) Expression of ideas and thoughts to create positive relationships.
- d) The differences between positive and negative emotions.

1.6 The student will demonstrate responsible personal and social behaviors in the school and community.

Key concepts/skills include:

- a) Cooperative behavior.
- b) Respect for others.
- c) Adherence to school rules.
- d) Acceptance of responsibility.
- e) Respect for property of others.

## Lesson Three: *Listening*

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

- Demonstrate the skill of listening.

1.1 The student will identify the basic components and functions of the systems of the human body.

Key concepts/skills include:

- a) Body structures (e.g., abdomen, chest, head) and organs (e.g., heart, brain, lungs, stomach).

1.2 The student will explain that good health is related to health-promoting decisions.

Key concepts/skills include:

- b) Personal safety behaviors.
- e) Physical activity and healthy entertainment.

1.3 The student will explain the need for specific rules and practices to promote safety and injury-free situations.

Key concepts/skills include:

- b) Pedestrian safety.
- c) Playground safety.
- e) Home safety.

1.4 The student will demonstrate healthy mental and emotional development.

Key concepts/skills include:

- a) Cooperation with others.
- b) Adaptation to change.
- c) Expression of ideas and thoughts to create positive relationships.
- d) The differences between positive and negative emotions.

1.6 The student will demonstrate responsible personal and social behaviors in the school and community.

Key concepts/skills include:

- a) Cooperative behavior.
- b) Respect for others.
- c) Adherence to school rules.
- d) Acceptance of responsibility.
- e) Respect for property of others.

## 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.

1.2 The student will explain that good health is related to health-promoting decisions.

Key concepts/skills include:

- e) Physical activity and healthy entertainment.

1.3 The student will explain the need for specific rules and practices to promote safety and injury-free situations.

Key concepts/skills include:

- c) Playground safety.
- e) Home safety.

1.4 The student will demonstrate healthy mental and emotional development.

Key concepts/skills include:

- a) Cooperation with others.
- b) Adaptation to change.
- c) Expression of ideas and thoughts to create positive relationships.
- d) The differences between positive and negative emotions.

1.6 The student will demonstrate responsible personal and social behaviors in the school and community.

Key concepts/skills include:

- a) Cooperative behavior.
- b) Respect for others.
- c) Adherence to school rules.
- d) Acceptance of responsibility.
- e) Respect for property of others.

## 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.

1.1 The student will identify the basic components and functions of the systems of the human body.

Key concepts/skills include:

- a) Body structures (e.g., abdomen, chest, head) and organs (e.g., heart, brain, lungs, stomach).
- c) The interconnection of all body systems (e.g., cardiovascular, digestive, immune, muscular, nervous, skeletal, respiratory).

1.2 The student will explain that good health is related to health-promoting decisions.

Key concepts/skills include:

- a) Personal hygiene, including care of one's teeth.
- b) Personal safety behaviors.
- c) The harmful effects of misusing medicines and drugs.
- d) Sleep habits.
- e) Physical activity and healthy entertainment.
- f) Proper nutrition.

1.3 The student will explain the need for specific rules and practices to promote safety and injury-free situations.

Key concepts/skills include:

- c) Playground safety.
- e) Home safety.
- h) Bicycle, in-line skating, skateboard, scooter, and other self-propelled-vehicle safety.

1.4 The student will demonstrate healthy mental and emotional development.

Key concepts/skills include:

- a) Cooperation with others.
- b) Adaptation to change.
- c) Expression of ideas and thoughts to create positive relationships.
- d) The differences between positive and negative emotions.

1.5 The student will identify the health care providers and agencies that influence personal health.

Key concepts/skills include:

- a) The role of community health care professionals.

1.6 The student will demonstrate responsible personal and social behaviors in the school and community.

Key concepts/skills include:

- a) Cooperative behavior.
- b) Respect for others.
- c) Adherence to school rules.
- d) Acceptance of responsibility.
- e) Respect for property of others.

## **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.

1.1 The student will identify the basic components and functions of the systems of the human body.

Key concepts/skills include:

- a) Body structures (e.g., abdomen, chest, head) and organs (e.g., heart, brain, lungs, stomach).
- c) The interconnection of all body systems (e.g., cardiovascular, digestive, immune, muscular, nervous, skeletal, respiratory).

1.2 The student will explain that good health is related to health-promoting decisions.

Key concepts/skills include:

- b) Personal safety behaviors.
- c) The harmful effects of misusing medicines and drugs.

1.3 The student will explain the need for specific rules and practices to promote safety and injury-free situations.

Key concepts/skills include:

- e) Home safety.
- i) The need for protective gear.

1.4 The student will demonstrate healthy mental and emotional development.

Key concepts/skills include:

- b) Adaptation to change.
- c) Expression of ideas and thoughts to create positive relationships.

1.5 The student will identify the health care providers and agencies that influence personal health.

Key concepts/skills include:

- b) The purpose of community health care agencies.

1.6 The student will demonstrate responsible personal and social behaviors in the school and community.

Key concepts/skills include:

- a) Cooperative behavior.
- c) Adherence to school rules.
- d) Acceptance of responsibility.
- e) Respect for property of others.

1.7 The student will explain that his/her personal decisions help contribute to a healthy environment.

Key concepts/skills include:

- a) The proper disposal of trash.

# 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.

1.1 The student will identify the basic components and functions of the systems of the human body.

Key concepts/skills include:

- a) Body structures (e.g., abdomen, chest, head) and organs (e.g., heart, brain, lungs, stomach).

1.2 The student will explain that good health is related to health-promoting decisions.

Key concepts/skills include:

- b) Personal safety behaviors.
- c) The harmful effects of misusing medicines and drugs.
- f) Proper nutrition.

1.3 The student will explain the need for specific rules and practices to promote safety and injury-free situations.

Key concepts/skills include:

- b) Pedestrian safety.
- h) Bicycle, in-line skating, skateboard, scooter, and other self-propelled-vehicle safety.
- i) The need for protective gear.

1.4 The student will demonstrate healthy mental and emotional development.

Key concepts/skills include:

- b) Adaptation to change.
- d) The differences between positive and negative emotions.

1.6 The student will demonstrate responsible personal and social behaviors in the school and community.

Key concepts/skills include:

- a) Cooperative behavior.
- c) Adherence to school rules.
- d) Acceptance of responsibility.
- e) Respect for property of others.

1.7 The student will explain that his/her personal decisions help contribute to a healthy environment.

Key concepts/skills include:

- a) The proper disposal of trash.

## 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.

1.2 The student will explain that good health is related to health-promoting decisions.

Key concepts/skills include:

- b) Personal safety behaviors.
- c) The harmful effects of misusing medicines and drugs.
- f) Proper nutrition.

1.3 The student will explain the need for specific rules and practices to promote safety and injury-free situations.

Key concepts/skills include:

- e) Home safety.

1.4 The student will demonstrate healthy mental and emotional development.

Key concepts/skills include:

- d) The differences between positive and negative emotions.

1.6 The student will demonstrate responsible personal and social behaviors in the school and community.

Key concepts/skills include:

- a) Cooperative behavior.
- c) Adherence to school rules.
- e) Respect for property of others.

1.7 The student will explain that his/her personal decisions help contribute to a healthy environment.

Key concepts/skills include:

- a) The proper disposal of trash.

## 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.



1.2 The student will explain that good health is related to health-promoting decisions.

Key concepts/skills include:

- b) Personal safety behaviors.
- c) The harmful effects of misusing medicines and drugs.
- f) Proper nutrition.

1.3 The student will explain the need for specific rules and practices to promote safety and injury-free situations.

Key concepts/skills include:

- e) Home safety.

1.4 The student will demonstrate healthy mental and emotional development.

Key concepts/skills include:

- d) The differences between positive and negative emotions.

1.6 The student will demonstrate responsible personal and social behaviors in the school and community.

Key concepts/skills include:

- a) Cooperative behavior.
- c) Adherence to school rules.
- e) Respect for property of others.

1.7 The student will explain that his/her personal decisions help contribute to a healthy environment.

Key concepts/skills include:

- a) The proper disposal of trash.

## **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.

1.1 The student will identify the basic components and functions of the systems of the human body.

Key concepts/skills include:

- a) Body structures (e.g., abdomen, chest, head) and organs (e.g., heart, brain, lungs, stomach).

1.2 The student will explain that good health is related to health-promoting decisions.

Key concepts/skills include:

- a) Personal hygiene, including care of one's teeth.
- b) Personal safety behaviors.

- c) The harmful effects of misusing medicines and drugs.
- e) Physical activity and healthy entertainment.
- f) Proper nutrition.

1.3 The student will explain the need for specific rules and practices to promote safety and injury-free situations.

Key concepts/skills include:

- b) Pedestrian safety.
- c) Playground safety.
- e) Home safety.
- h) Bicycle, in-line skating, skateboard, scooter, and other self-propelled-vehicle safety.
- i) The need for protective gear.

1.4 The student will demonstrate healthy mental and emotional development.

Key concepts/skills include:

- a) Cooperation with others.
- b) Adaptation to change.
- c) Expression of ideas and thoughts to create positive relationships.
- d) The differences between positive and negative emotions.

1.6 The student will demonstrate responsible personal and social behaviors in the school and community.

Key concepts/skills include:

- a) Cooperative behavior.
- c) Adherence to school rules.
- d) Acceptance of responsibility.
- e) Respect for property of others.