

Too Good for Drugs Curriculum Correlations

Correlated with Vermont Framework of Standards and Learning Opportunities

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.

Worth and Competence

3.3 Students demonstrate respect for themselves and others.

Healthy Choices

3.4 Students identify the indicators of intellectual, physical, social, and emotional health for their age and/or stage of development.

3.5 Students make informed, healthy choices that positively affect the health, safety, and well-being of themselves and others. This is evident when students:

- b. Describe relationships between personal health behaviors, alcohol, tobacco, and other drug use, and individual well-being; set a personal health goal, and track progress toward its achievement;
- c. Demonstrate the ability to locate resources from home, school, and community that provide valid health information;

Making Decisions

3.7 Students make informed decisions. This is evident when students:

- a. Seek information and base decisions on evidence from reliable sources, including prior experience, trying things out, peers, adults, and print and non-print resources; and

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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d. Recognize personal stress;

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b. Evaluate the consequences of decisions.

Relationships

3.11 Students interact respectfully with others, including those with whom they have differences.

3.13 Students analyze their roles and responsibilities in their family, their school, and their community.

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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- a. Explain how childhood injuries and illnesses can be prevented and treated;
- b. Describe relationships between personal health behaviors, alcohol, tobacco, and other drug use, and individual well-being; set a personal health goal, and track progress toward its achievement;
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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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- c. Demonstrate the ability to locate resources from home, school, and community that provide valid health information;
- d. Recognize personal stress;
- e. Demonstrate refusal skills to enhance health;

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- b. Evaluate the consequences of decisions.

Relationships

3.11 Students interact respectfully with others, including those with whom they have differences.

3.12 Students use systematic and collaborative problem-solving processes, including mediation, to negotiate and resolve conflicts.

3.13 Students analyze their roles and responsibilities in their family, their school, and their community.