

Too Good for Drugs Curriculum Correlations

Correlated with Arkansas Health Curriculum Framework

Grade 2

Lesson One: *Dreams Can Come True*

Objectives: The student will be able to:

- Identify importance of setting goals.
- Describe ways to set and achieve goals.
- Set a personal goal.

Standard 8: Healthy Life Skills and Relationships

HW.8.2.1 Describe individual rules and predict consequences of choices

Standard 9: Alcohol, Tobacco, and Other Drugs

HW.9.2.9 Respond to scenarios using a variety of *refusal skills*

Standard 10: Personal Health and Safety

HW.10.2.2 Practice coping skills

HW.10.2.3 Discuss stress and identify stressful situations

Lesson Two: *Stop & Think*

Objectives: The student will be able to:

- Discuss the importance of stopping to think before making a decision.
- Define consequences.
- Demonstrate predicting possible consequences.
- Demonstrate how to make good decisions.

Standard 6: Disease Prevention

HW.6.2.2 Recognize the difference between *communicable* and *non-communicable disease*

HW.6.2.3 List ways to prevent the spread of diseases:

- wash hands
- immunization
- not sharing items

Standard 8: Healthy Life Skills and Relationships

HW.8.2.1 Describe individual rules and predict consequences of choices

Standard 9: Alcohol, Tobacco, and Other Drugs

HW.9.2.1 Understand appropriate uses of medicines

HW.9.2.4 Identify products that contain tobacco

HW.9.2.5 Describe the effects of tobacco use on the body and environment:

- side-stream and second-hand smoke
- diseases

HW.9.2.6 Discuss products that contain alcohol

HW.9.2.8 Distinguish between legal and illegal *drugs*

Standard 10: Personal Health and Safety

HW.10.2.1 Identify feelings and situations that trigger certain emotions

HW.10.2.2 Practice coping skills

HW.10.2.3 Discuss stress and identify stressful situations

HW.10.2.10 Model school safety rules for the following:

- playground
- bus
- classroom
- food consumption

Standard 11: Nutrition

HW.11.2.2 Identify factors that influence food choices

Lesson Three: *Dealing with Frustration*

Objectives: The student will be able to:

- Define frustration; recognize and identify the feeling.
- Describe frustration as normal, healthy response to new & challenging tasks.
- List strategies for dealing with frustration.
- List people who can help with frustrating situations.
- Demonstrate techniques for handling frustration: count to ten, take a break, say how you feel, ask for help, take one step at a time, try another way.

Standard 5: Human Growth and Development

HW.5.2.2 Demonstrate how senses are used by the body

Standard 8: Healthy Life Skills and Relationships

HW.8.2.1 Describe individual rules and predict consequences of choices

HW.8.2.2 Respond appropriately to compliments, criticism, teasing, and bullying

HW.8.2.3 Discuss friendship and practice conflict strategies

HW.8.2.4 Differentiate between positive and negative factors that determine friendship

HW.8.2.5 Demonstrate methods of communication for specific situations

Standard 9: Alcohol, Tobacco, and Other Drugs

HW.9.2.9 Respond to scenarios using a variety of *refusal skills*

Standard 10: Personal Health and Safety

HW.10.2.1 Identify feelings and situations that trigger certain emotions

HW.10.2.2 Practice coping skills

HW.10.2.3 Discuss stress and identify stressful situations

Lesson Four: *Saying How You Feel*

Objectives: The student will be able to:

- Describe the difference between feelings and actions.
- Demonstrate stating feelings clearly and directly with an I-message.
- Differentiate between I-messages and You-messages.

Standard 5: Human Growth and Development

HW.5.2.2 Demonstrate how senses are used by the body

Standard 8: Healthy Life Skills and Relationships

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HW.10.2.2 Practice coping skills

HW.10.2.3 Discuss stress and identify stressful situations

Lesson Five: *Dog-Gone Good!*

Objectives: The student will be able to:

- Discuss how people are alike and how they are different.
- Discuss his or her own personal strengths.
- Demonstrate giving and receiving compliments.

Standard 5: Human Growth and Development

HW.5.2.2 Demonstrate how senses are used by the body

HW.5.2.3 Identify and describe physical characteristics that are shared by self and family

Standard 8: Healthy Life Skills and Relationships

HW.8.2.1 Describe individual rules and predict consequences of choices

HW.8.2.2 Respond appropriately to compliments, criticism, teasing, and bullying

HW.8.2.3 Discuss friendship and practice conflict strategies

HW.8.2.4 Differentiate between positive and negative factors that determine friendship

HW.8.2.5 Demonstrate methods of communication for specific situations

Standard 10: Personal Health and Safety

HW.10.2.1 Identify feelings and situations that trigger certain emotions

HW.10.2.2 Practice coping skills

HW.10.2.3 Discuss stress and identify stressful situations

HW.10.2.15 Identify sources to report abuse, harassment, violence, and injury

Lesson Six: *Be a Friend*

Objectives: The student will be able to:

- Describe how to choose a friend.
- Describe how friends help each other.
- Demonstrate asking for help and offering help.
- Demonstrate saying please and thank you.

Standard 5: Human Growth and Development

HW.5.2.2 Demonstrate how senses are used by the body

Standard 8: Healthy Life Skills and Relationships

HW.8.2.1 Describe individual rules and predict consequences of choices

HW.8.2.2 Respond appropriately to compliments, criticism, teasing, and bullying

HW.8.2.3 Discuss friendship and practice conflict strategies

HW.8.2.4 Differentiate between positive and negative factors that determine friendship

HW.8.2.5 Demonstrate methods of communication for specific situations

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HW.10.2.2 Practice coping skills

HW.10.2.3 Discuss stress and identify stressful situations

Lesson Seven: A Peer Pressure Play (and replays)

Objectives: The student will be able to:

- Define peer pressure.
- Discuss why it is important to refuse peer pressure.
- Recite at least three ways to handle peer pressure.

Standard 5: Human Growth and Development

HW.5.2.2 Demonstrate how senses are used by the body

Standard 8: Healthy Life Skills and Relationships

HW.8.2.1 Describe individual rules and predict consequences of choices

HW.8.2.3 Discuss friendship and practice conflict strategies

HW.8.2.4 Differentiate between positive and negative factors that determine friendship

HW.8.2.5 Demonstrate methods of communication for specific situations

Standard 9: Alcohol, Tobacco, and Other Drugs

HW.9.2.1 Understand appropriate uses of medicines

HW.9.2.4 Identify products that contain tobacco

HW.9.2.6 Discuss products that contain alcohol

HW.9.2.8 Distinguish between legal and illegal *drugs*

HW.9.2.9 Respond to scenarios using a variety of *refusal skills*

Standard 10: Personal Health and Safety

HW.10.2.1 Identify feelings and situations that trigger certain emotions

HW.10.2.2 Practice coping skills

HW.10.2.3 Discuss stress and identify stressful situations

HW.10.2.10 Model school safety rules for the following:

- playground
- bus
- classroom
- dangerous objects and weapons
- food consumption

Lesson Eight: *A Message About Medicine*

Objectives: The student will be able to:

- Define drug.
- Define over-the-counter drugs and prescription drugs.
- Discuss the fact that there are not medicines for all aches and pains, and that sometimes pains hurt for a while and then go away without medicine.
- Discuss the difference between medicine and candy.
- List the rules for safe use of prescription and over-the-counter drugs.
- Describe the dangers of misusing prescription and over-the-counter drugs.

Standard 5: Human Growth and Development

HW.5.2.1 Identify the basic functions of the following systems:

- muscular
- skeletal
- nervous

HW.5.2.2 Demonstrate how senses are used by the body

Standard 6: Disease Prevention

HW.6.2.2 Recognize the difference between *communicable* and *non-communicable disease*

HW.6.2.3 List ways to prevent the spread of diseases:

- wash hands
- immunization
- not sharing items

Standard 7: Community Health and Promotion

HW.7.2.2 Describe *community health* services used by families

Standard 8: Healthy Life Skills and Relationships

HW.8.2.1 Describe individual rules and predict consequences of choices

Standard 9: Alcohol, Tobacco, and Other Drugs

HW.9.2.1 Understand appropriate uses of medicines

HW.9.2.2 Describe rules for taking medicine safely

HW.9.2.3 Understand why it is important for a reliable adult to dispense medicine

HW.9.2.8 Distinguish between legal and illegal *drugs*

Standard 10: Personal Health and Safety

HW.10.2.1 Identify feelings and situations that trigger certain emotions

HW.10.2.11 Discuss procedures for obtaining emergency assistance and information

Lesson Nine: *Because I Care*

Objectives: The student will be able to:

- Recite at least three facts about tobacco.
- Define second-hand smoke.
- Discuss at least two negative effects of second-hand smoke.
- Recite at least three ways to avoid second hand smoke.
- Demonstrate polite ways to speak to smokers about second-hand smoke.

Standard 5: Human Growth and Development

HW.5.2.1 Identify the basic functions of the following systems:

- muscular
- skeletal
- nervous

HW.5.2.2 Demonstrate how senses are used by the body

Standard 6: Disease Prevention

HW.6.2.1 Define disease

HW.6.2.2 Recognize the difference between *communicable* and *non-communicable disease*

Standard 8: Healthy Life Skills and Relationships

HW.8.2.1 Describe individual rules and predict consequences of choices

Standard 9: Alcohol, Tobacco, and Other Drugs

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HW.9.2.5 Describe the effects of tobacco use on the body and environment:

- side-stream and second-hand smoke
- diseases

HW.9.2.8 Distinguish between legal and illegal *drugs*

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Standard 10: Personal Health and Safety

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HW.10.2.2 Practice coping skills

HW.10.2.3 Discuss stress and identify stressful situations

Lesson Ten: *A Game for Good Health*

Objectives: The student will be able to:

- Define health.
- List at least five healthy practices.
- List at least five healthy foods.

Standard 5: Human Growth and Development

HW.5.2.1 Identify the basic functions of the following systems:

- muscular
- skeletal
- nervous

HW.5.2.2 Demonstrate how senses are used by the body

Standard 6: Disease Prevention

HW.6.2.1 Define disease

HW.6.2.2 Recognize the difference between *communicable* and *non-communicable disease*

HW.6.2.3 List ways to prevent the spread of diseases:

- wash hands
- immunization
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Standard 7: Community Health and Promotion

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Standard 9: Alcohol, Tobacco, and Other Drugs

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HW.9.2.4 Identify products that contain tobacco

HW.9.2.5 Describe the effects of tobacco use on the body and environment:

- side-stream and second-hand smoke
- diseases

HW.9.2.6 Discuss products that contain alcohol

HW.9.2.7 Identify physical consequences of the overuse of alcoholic beverages

HW.9.2.8 Distinguish between legal and illegal *drugs*

HW.9.2.9 Respond to scenarios using a variety of *refusal skills*

Standard 10: Personal Health and Safety

HW.10.2.1 Identify feelings and situations that trigger certain emotions

HW.10.2.2 Practice coping skills

HW.10.2.3 Discuss stress and identify stressful situations

HW.10.2.10 Model school safety rules for the following:

- playground
- bus
- classroom
- dangerous objects and weapons
- food consumption

Standard 11: Nutrition

HW.11.2.1 Choose a healthy snack from each food group

HW.11.2.2 Identify factors that influence food choices