

Too Good for Drugs

Grade 2

Correlated with National Health Education Standards

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 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.

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.

Lesson Two: *Stop & Think*

Objectives

The student will be able to:

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

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.

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.

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 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 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.

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 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 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.

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 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 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 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 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 Seven: *A Peer Pressure Play*

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 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 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 rules for safe use of prescription and over-the-counter drugs.
- Describe the dangers of misusing prescription and over-the-counter drugs.

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.

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: *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 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.

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 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 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.

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.