

Too Good for Drugs Curriculum Correlations

Correlated with Idaho Health Education
Content Standards and Benchmarks

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 5: Mental and Emotional Wellness

Goal 5.1: Understand and demonstrate the key components to positive mental and emotional health.

2.H.5.1.2 Identify how each person is unique and worthwhile, both physically and emotionally. (791.01.b)

2.H.5.1.3 Describe physical activities one enjoys. (791.01.c)

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: Healthy Lifestyles

Goal 1.1: Acquire the essential skills to lead a healthy life.

2.H.1.1.5 Identify tobacco, alcohol, medicines, and other drugs. (787.01.e)

2.H.1.1.10 Describe the characteristics of a healthful environment. (787.01.j)

Standard 2: Risk Taking Behavior

Goal 2.1: Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

2.H.2.1.2 Identify consequences for one's own behavior. (788.01.b)

2.H.2.1.3 Identify temptations, curiosity, peer influence, and harmful risk-taking. (788.01.c)

2.H.2.1.4 Identify behaviors that put a person at risk. (788.01.d)

Standard 3: Communication Skills for Healthy Relationships

Goal 3.1: Demonstrate the ability to use communication skills to enhance health.

2.H.3.1.2 Describe refusal and decision-making skills. (789.01.b)

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: Healthy Lifestyles

Goal 1.1: Acquire the essential skills to lead a healthy life.

2.H.1.1.4 Identify personal emotions, how they are expressed, and appreciate the consequences of behavior choices. (787.01.d)

Standard 5: Mental and Emotional Wellness

Goal 5.1: Understand and demonstrate the key components to positive mental and emotional health.

2.H.5.1.1 Demonstrate feelings. (791.01.a)

2.H.5.1.2 Identify how each person is unique and worthwhile, both physically and emotionally. (791.01.b)

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: Healthy Lifestyles

Goal 1.1: Acquire the essential skills to lead a healthy life.

2.H.1.1.4 Identify personal emotions, how they are expressed, and appreciate the consequences of behavior choices. (787.01.d)

Standard 5: Mental and Emotional Wellness

Goal 5.1: Understand and demonstrate the key components to positive mental and emotional health.

2.H.5.1.1 Demonstrate feelings. (791.01.a)

2.H.5.1.2 Identify how each person is unique and worthwhile, both physically and emotionally. (791.01.b)

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 3: Communication Skills for Healthy Relationships

Goal 3.1: Demonstrate the ability to use communication skills to enhance health.

2.H.3.1.1 Identify ways to show respect for self and others. (789.01.a)

Standard 5: Mental and Emotional Wellness

Goal 5.1: Understand and demonstrate the key components to positive mental and emotional health.

2.H.5.1.2 Identify how each person is unique and worthwhile, both physically and emotionally. (791.01.b)

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 3: Communication Skills for Healthy Relationships

Goal 3.1: Demonstrate the ability to use communication skills to enhance health.

2.H.3.1.1 Identify ways to show respect for self and others. (789.01.a)

2.H.3.1.3 Demonstrate how to communicate with friends. (789.01.c)

Standard 5: Mental and Emotional Wellness

Goal 5.1: Understand and demonstrate the key components to positive mental and emotional health.

2.H.5.1.2 Identify how each person is unique and worthwhile, both physically and emotionally. (791.01.b)

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.

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2.H.1.1.10 Describe the characteristics of a healthful environment. (787.01.j)

Standard 2: Risk Taking Behavior

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Goal 3.1: Demonstrate the ability to use communication skills to enhance health.

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2.H.3.1.3 Demonstrate how to communicate with friends. (789.01.c)

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.

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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: Healthy Lifestyles

Goal 1.1: Acquire the essential skills to lead a healthy life.

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Standard 2: Risk Taking Behavior

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Standard 3: Communication Skills for Healthy Relationships

Goal 3.1: Demonstrate the ability to use communication skills to enhance health.

2.H.3.1.2 Describe refusal and decision-making skills. (789.01.b)

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: Healthy Lifestyles

Goal 1.1: Acquire the essential skills to lead a healthy life.

2.H.1.1.1 Describe the concepts of fitness and wellness. (787.01.a)

2.H.1.1.6 Explain the reasons for wise food selection. (787.01.f)

Standard 5: Mental and Emotional Wellness

Goal 5.1: Understand and demonstrate the key components to positive mental and emotional health.

2.H.5.1.2 Identify how each person is unique and worthwhile, both physically and emotionally. (791.01.b)

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