

# Too Good for Drugs Curriculum Correlations

Correlated with North Dakota Health Content Standards

## 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 1: GROWTH AND DEVELOPMENT**

4.1.4 Know the importance of intellectual, emotional, social, spiritual\*, and physical health during childhood.

#### **Standard 2: HEALTH PROMOTION AND DISEASE PREVENTION**

4.2.1 Understand relationships between personal health behaviors and individual well being.

4.2.4 Understand the importance of personal hygiene.

#### **Standard 3: ENVIRONMENTAL AND COMMUNITY HEALTH**

4.3.3 Know how positive health behaviors contribute to a healthy environment.

#### **Standard 4: HEALTH-ENHANCING SKILLS**

4.4.2 Know how to set goals for a healthy lifestyle.

4.4.4 Understand ways to communicate care, consideration, and respect of self and others.

#### **Standard 5: BEHAVIORS AND RISK**

4.5.1 Understand the relationship between food choices and personal health.

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#### **Standard 7: HEALTH ADVOCACY**

4.7.2 Know methods for assisting others in making positive health choices.

### 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.

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4.3.1 Know how media influence thoughts, feelings, and health behaviors.

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4.4.1 Know steps in assessing risks and making responsible decisions.

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## **Standard 5: BEHAVIORS AND RISK.**

4.5.2 Know how to distinguish behaviors that are safe from those that are risky or harmful.

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4.5.4 Know safety rules and practices used in home, school, and community settings.

4.5.5 Know ways to avoid and reduce threatening situations.

## **Standard 6: HEALTH – RELATED INFORMATION**

4.6.2 Know how to locate resources from home, school, and community that provide valid health information.

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# **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.

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## **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.

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## **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.

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**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.

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**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.

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## **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.

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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.

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## **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.

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