

# Too Good for Drugs Curriculum Correlations

Correlated with New Hampshire Health Education Curriculum Guidelines

## 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.

#### MENTAL HEALTH

##### 1. Positive Self-Image

Students need to know:

###### 1.1 personal assets and strengths

### 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.

#### ALCOHOL AND OTHER DRUGS

##### 4. Healthful Choices about AOD Use

Students need to know:

###### 4.1 how to accept personal responsibility for choices about alcohol and other non-medicinal drug use

### 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.

#### MENTAL HEALTH

##### 2. Emotional Health

Students need to know:

2.1 how to express needs, wants, and feelings

2.2 positive ways to handle emotions, e.g., fear, anger, happiness, sadness

2.4 ways to deal with frustration

2.6 how to identify stressors

2.7 ways to reduce stress

3. Interpersonal Relationships and Communication

Students need to know:

3.6 characteristics of nonverbal communication

## **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.

### **MENTAL HEALTH**

3. Interpersonal Relationships and Communication

Students need to know:

3.4 how to speak effectively, e.g., I-statements, eye contact, assertiveness

3.6 characteristics of nonverbal communication

## **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.

### **MENTAL HEALTH**

3. Interpersonal Relationships and Communication

Students need to know:

3.1 strategies to build and maintain healthy friendships

## **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.

### **FAMILY LIFE AND SEXUALITY**

#### 1. Families and Relationships

Students need to know:

1.3 ways to communicate respect for self and others

### **MENTAL HEALTH**

#### 3. Interpersonal Relationships and Communication

Students need to know:

3.1 strategies to build and maintain healthy friendships

## **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.

### **ALCOHOL AND OTHER DRUGS**

#### 3. Positive and Negative Influences on AOD Use

Students need to know:

3.4 peer influences

### **ALCOHOL AND OTHER DRUGS**

#### 5. Communicating Healthful Choices about AOD Use

Students need to know:

5.1 techniques to refuse AOD use

### **INJURY PREVENTION**

#### 6. Violence Prevention

Students need to know:

6.2 ways to avoid threatening situations

## 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.

### ALCOHOL AND OTHER DRUGS

#### 1. Short-Term and Long-Term Benefits and Risks of Medicinal Drugs

Students need to know:

1.1 differences between medicinal and non-medicinal drug use (AOD)

1.2 benefits and correct use of medicine

1.3 risks of incorrect use of medicines

#### 4. Healthful Choices about AOD Use

Students need to know:

4.1 how to accept personal responsibility for choices about alcohol and other non-medicinal drug use

## 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.

### TOBACCO

#### 1. Tobacco Harms Health

Students need to know:

1.1 that nicotine is a drug

1.2 harmful effects of tobacco

1.3 risks of different types of tobacco

1.4 second-hand smoke risks

## 2. Influences on Tobacco Use

Students need to know:

2.3 peer influences

## 3. Choosing to Be Tobacco Free

Students need to know:

3.1 how to make a personal commitment not to use

3.2 ways to resist pressure to use

3.3 ways to encourage others not to use

3.4 that most people do not use tobacco

3.5 the difficulty of stopping tobacco use

## 4. Benefits of Being Tobacco Free

Students need to know:

4.1 long-term and short-term health benefits

# 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.

## **NUTRITION**

### 1. Healthful Eating

Students need to know:

1.1 benefits of healthful eating (short-term and long-term benefits and risks)

### 4. Balancing Food Intake and Physical Activity

Students need to know:

4.3 relationship between physical activity, eating, and health

## **PHYSICAL ACTIVITY**

### 1. Healthful Physical Activity

Students need to know:

1.1 benefits and risks of physical activity, including mental and social benefits

1.7 importance of healthful eating

## **MENTAL HEALTH**

1. Positive Self-Image

Students need to know:

1.1 personal assets and strengths