

Too Good for Drugs Curriculum Correlations

Correlated with Pennsylvania 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.

10. 1.2 Concepts of Health

A. Identify and describe the stages of growth and development.

- childhood
- adolescence

D. Know age appropriate drug information.

- healthy/unhealthy risk-taking
- skills to avoid drugs

10.3.2 Safety and Injury Prevention

A. Recognize safe/unsafe practices in the home, school and community.

- general

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.

10.1.2 Concepts of Health

A. Identify and describe the stages of growth and development.

- childhood
- adolescence

D. Know age appropriate drug information.

- definition of drugs
- effects of drugs
- proper use of medicine
- healthy/unhealthy risk-taking
- skills to avoid drugs

10.2.2 Healthful Living

A. Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.

D. Identify the steps in a decision-making process.

10.3.2 Safety and Injury Prevention

A. Recognize safe/unsafe practices in the home, school and community.

- general
- safe around people

B. Recognize emergency situations and explain appropriate responses.

- importance of remaining calm
- how to call for help
- simple assistance procedures
- how to protect self

C. Recognize conflict situations and identify strategies to avoid or resolve.

- walk away
- refusal skills
- adult intervention

D. Identify and use safe practices in physical activity settings.

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.

10. 1.2 Concepts of Health

A. Identify and describe the stages of growth and development.

- childhood
- adolescence

B. Identify and know the location and function of the major body organs and systems.

D. Know age appropriate drug information.

- healthy/unhealthy risk-taking
- skills to avoid drugs

E. Identify types and causes of common health problems of children.

- noninfectious diseases

10.2.2 Healthful Living

A. Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.

B. Identify health-related information.

- signs and symbols
- terminology
- products and services

C. Identify media sources that influence health and safety.

D. Identify the steps in a decision-making process.

10.3.2 Safety and Injury Prevention

- A. Recognize safe/unsafe practices in the home, school and community.
 - general
 - safe around people
- B. Recognize emergency situations and explain appropriate responses.
 - importance of remaining calm
 - how to call for help
 - simple assistance procedures
 - how to protect self
- C. Recognize conflict situations and identify strategies to avoid or resolve.
 - walk away
 - I-statements
 - refusal skills
 - adult intervention
- D. Identify and use safe practices in physical activity settings.

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.

10. 1.2 Concepts of Health

- A. Identify and describe the stages of growth and development.
 - childhood
 - adolescence
- B. Identify and know the location and function of the major body organs and systems.
- D. Know age appropriate drug information.
 - healthy/unhealthy risk-taking
 - skills to avoid drugs
- E. Identify types and causes of common health problems of children.

10.2.2 Healthful Living

- A. Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.
- D. Identify the steps in a decision-making process.
- E. Identify environmental factors that affect health.

10.3.2 Safety and Injury Prevention

- A. Recognize safe/unsafe practices in the home, school and community.
 - general
 - safe around people
- B. Recognize emergency situations and explain appropriate responses.
 - importance of remaining calm
 - how to call for help

- simple assistance procedures
- how to protect self

C. Recognize conflict situations and identify strategies to avoid or resolve.

- walk away
- I-statements
- refusal skills
- adult intervention

D. Identify and use safe practices in physical activity settings.

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.

10. 1.2 Concepts of Health

A. Identify and describe the stages of growth and development.

- childhood
- adolescence

D. Know age appropriate drug information.

- healthy/unhealthy risk-taking
- skills to avoid drugs

10.2.2 Healthful Living

D. Identify the steps in a decision-making process.

10.3.2 Safety and Injury Prevention

A. Recognize safe/unsafe practices in the home, school and community.

- general
- safe around people

B. Recognize emergency situations and explain appropriate responses.

- importance of remaining calm
- how to call for help
- simple assistance procedures
- how to protect self

C. Recognize conflict situations and identify strategies to avoid or resolve.

- walk away
- I-statements
- refusal skills
- adult intervention

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.

10. 1.2 Concepts of Health

- A. Identify and describe the stages of growth and development.
- childhood
 - adolescence
- D. Know age appropriate drug information.
- healthy/unhealthy risk-taking
 - skills to avoid drugs

10.2.2 Healthful Living

- A. Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.
- D. Identify the steps in a decision-making process.

10.3.2 Safety and Injury Prevention

- A. Recognize safe/unsafe practices in the home, school and community.
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 - safe around people
- B. Recognize emergency situations and explain appropriate responses.
- importance of remaining calm
 - how to call for help
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 - how to protect self
- C. Recognize conflict situations and identify strategies to avoid or resolve.
- walk away
 - I-statements
 - refusal skills
 - adult intervention

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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- A. Identify and describe the stages of growth and development.
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 - adolescence
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 - effects of drugs
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 - skills to avoid drugs

10.2.2 Healthful Living

- A. Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.

D. Identify the steps in a decision-making process.

10.3.2 Safety and Injury Prevention

A. Recognize safe/unsafe practices in the home, school and community.

- general
- safe around people

B. Recognize emergency situations and explain appropriate responses.

- importance of remaining calm
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- how to protect self

C. Recognize conflict situations and identify strategies to avoid or resolve.

- walk away
- I-statements
- refusal skills
- adult intervention

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.

10. 1.2 Concepts of Health

A. Identify and describe the stages of growth and development.

- childhood
- adolescence

B. Identify and know the location and function of the major body organs and systems.

- circulatory
- respiratory
- muscular
- skeletal
- digestive

D. Know age appropriate drug information.

- definition of drugs
- effects of drugs
- proper use of medicine
- healthy/unhealthy risk-taking
- skills to avoid drugs

E. Identify types and causes of common health problems of children.

- infectious diseases
- noninfectious diseases
- germs

10.2.2 Healthful Living

- A. Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.
- B. Identify health-related information.
 - signs and symbols
 - terminology
 - products and services
- D. Identify the steps in a decision-making process.
- E. Identify environmental factors that affect health.

10.3.2 Safety and Injury Prevention

- A. Recognize safe/unsafe practices in the home, school and community.
 - general
 - safe around people
- C. Recognize conflict situations and identify strategies to avoid or resolve.
 - walk away
 - I-statements
 - refusal skills
 - adult intervention
- D. Identify and use safe practices in physical activity settings.

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.

10. 1.2 Concepts of Health

- A. Identify and describe the stages of growth and development.
 - childhood
 - adolescence
- B. Identify and know the location and function of the major body organs and systems.
 - circulatory
 - respiratory
 - muscular
 - skeletal
 - digestive
- D. Know age appropriate drug information.
 - definition of drugs
 - effects of drugs
 - proper use of medicine
 - healthy/unhealthy risk-taking
 - skills to avoid drugs
- E. Identify types and causes of common health problems of children.
 - noninfectious diseases

10.2.2 Healthful Living

- A. Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.
- B. Identify health-related information.
 - signs and symbols
 - terminology
 - products and services
- C. Identify media sources that influence health and safety.
- D. Identify the steps in a decision-making process.
- E. Identify environmental factors that affect health.

10.3.2 Safety and Injury Prevention

- A. Recognize safe/unsafe practices in the home, school and community.
 - general
 - safe around people
- B. Recognize emergency situations and explain appropriate responses.
 - how to protect self
- C. Recognize conflict situations and identify strategies to avoid or resolve.
 - walk away
 - I-statements
 - refusal skills
 - adult intervention

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.

10.1.2 Concepts of Health

- A. Identify and describe the stages of growth and development.
 - childhood
 - adolescence
- B. Identify and know the location and function of the major body organs and systems.
 - circulatory
 - respiratory
 - muscular
 - skeletal
 - digestive
- C. Explain the role of the food guide pyramid in helping people eat a healthy diet.
 - food groups
 - number of servings
 - variety of food
 - nutrients
- D. Know age appropriate drug information.
 - definition of drugs

- effects of drugs
- proper use of medicine
- healthy/unhealthy risk-taking
- skills to avoid drugs

10.2.2 Healthful Living

- A. Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.
- B. Identify health-related information.
- signs and symbols
 - terminology
 - products and services
- D. Identify the steps in a decision-making process.
- E. Identify environmental factors that affect health.

10.3.2 Safety and Injury Prevention

- A. Recognize safe/unsafe practices in the home, school and community.
- general
 - safe around people
- B. Recognize emergency situations and explain appropriate responses.
- importance of remaining calm
 - how to call for help
 - simple assistance procedures
 - how to protect self
- C. Recognize conflict situations and identify strategies to avoid or resolve.
- walk away
 - I-statements
 - refusal skills
 - adult intervention
- D. Identify and use safe practices in physical activity settings.

10.4.2 Physical Activity

- A. Identify and engage in physical activities that promote physical fitness and health.
- B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities.