

Too Good for Drugs Grade 2

2019 Edition

Correlated with Wyoming Health Content and Performance Standards 2012

Lesson 1 Chasing Squirrels – Setting Reachable Goals

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Discuss his or her own personal strengths
- Identify the importance of setting goals
- Describe the steps to setting and reaching goals
- Set a personal goal

CONTENT STANDARD 1. HEALTH INFORMATION, PRODUCTS AND RESOURCES

Students will access, analyze and evaluate health information, products and resources.

HE2.1.1 Identify people who can help students enhance their health (e.g. trusted adult, family member, school nurse, doctor etc.). FAM, IP/S, PCD

CONTENT STANDARD 3. EFFECTIVE COMMUNICATION

Students will demonstrate the ability to use interpersonal communication skills to enhance health and reduce or avoid health risks.

HE2.3.1 Identify various methods to express individual health needs, wants, and feelings (e.g., visual, verbal, physical). PH, ME, FAM

CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

Students will demonstrate the ability to use personal and social skills that are associated with taking responsible action for enhancing health and reducing or avoiding health risks.

HE2.4.1 Identify behaviors that improve or maintain personal health. PA, NUT, PH

HE2.4.6 Describe why health goals are important. PH

HE2.4.7 Identify goals for enhancing health. PA, PH, NUT

Lesson 2 The Important Link– Making Responsible Decisions

Objectives

Following this lesson, the student will be able to:

- Discuss the benefits of stopping to think before making a decision
- Define consequence
- Demonstrate predicting possible consequences
- Demonstrate how to make good decisions

CONTENT STANDARD 2. PROBLEM SOLVING AND DECISION MAKING

Students will use critical thinking and systematic processes to examine health related problems and make decisions that enhance health and reduce or avoid health risks.

HE2.2.1 Identify situations where a health related decision is needed. IP/S, PH, FAM

HE2.2.2 Recognize when assistance is needed for making a decision. IP/S, VP/B, ATOD

CONTENT STANDARD 3. EFFECTIVE COMMUNICATION

Students will demonstrate the ability to use interpersonal communication skills to enhance health and reduce or avoid health risks.

HE2.3.1 Identify various methods to express individual health needs, wants, and feelings (e.g., visual, verbal, physical).
PH, ME, FAM

CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

Students will demonstrate the ability to use personal and social skills that are associated with taking responsible action for enhancing health and reducing or avoiding health risks.

HE2.4.1 Identify behaviors that improve or maintain personal health. PA, NUT, PH

HE2.4.2 Identify behaviors that help avoid or reduce health risks. IP/S, VP/B, ATOD

HE2.4.5 Demonstrate control of impulsive behavior (anger management, delayed gratification, etc.). ME, VP/B, IP/S

HE2.4.9 Recognize how individual health behavior affects the health and well-being of others. CEH, FAM, VP/B

Lesson 3 How I Feel – Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Name a variety of feelings
- Demonstrate verbal and non-verbal expressions of feelings
- Differentiate feelings from actions
- Demonstrate using an I-message and other healthy ways to express emotions

CONTENT STANDARD 3. EFFECTIVE COMMUNICATION

Students will demonstrate the ability to use interpersonal communication skills to enhance health and reduce or avoid health risks.

HE2.3.1 Identify various methods to express individual health needs, wants, and feelings (e.g., visual, verbal, physical).
PH, ME, FAM

CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

Students will demonstrate the ability to use personal and social skills that are associated with taking responsible action for enhancing health and reducing or avoiding health risks.

HE2.4.1 Identify behaviors that improve or maintain personal health. PA, NUT, PH

HE2.4.4 Recognize and accurately label emotions and how they are linked to behavior (anger, sadness, joy, etc.). ME,
VP/B

HE2.4.5 Demonstrate control of impulsive behavior (anger management, delayed gratification, etc.). ME, VP/B, IP/S

HE2.4.9 Recognize how individual health behavior affects the health and well-being of others. CEH, FAM, VP/B

Lesson 4 How Do You Do? – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Demonstrate the social skill of making introductions
- Demonstrate polite, assertive communication using I-messages
- Demonstrate active listening skills

CONTENT STANDARD 3. EFFECTIVE COMMUNICATION

Students will demonstrate the ability to use interpersonal communication skills to enhance health and reduce or avoid health risks.

HE2.3.1 Identify various methods to express individual health needs, wants, and feelings (e.g., visual, verbal, physical).
PH, ME, FAM

HE2.3.2 Identify characteristics of effective communication for the purpose of expressing health needs, wants, and feelings (e.g., eye contact, clear purpose, etc.). PH, ME, FAM

HE2.3.4 Identify characteristics of effective listening skills to enhance health or reduce/avoid health risks (e.g., eyes on speaker, etc.). PCD, IP/S, FA

CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

Students will demonstrate the ability to use personal and social skills that are associated with taking responsible action for enhancing health and reducing or avoiding health risks.

HE2.4.4 Recognize and accurately label emotions and how they are linked to behavior (anger, sadness, joy, etc.). ME, VP/B

HE2.4.5 Demonstrate control of impulsive behavior (anger management, delayed gratification, etc.). ME, VP/B, IP/S

HE2.4.9 Recognize how individual health behavior affects the health and well-being of others. CEH, FAM, VP/B

Lesson 5 Friends Fur-Ever – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Compare healthy and unhealthy friendship qualities
- Describe how friends help each other
- Describe approaches to making and keeping friends
- Identify examples of pro-social behavior

CONTENT STANDARD 3. EFFECTIVE COMMUNICATION

Students will demonstrate the ability to use interpersonal communication skills to enhance health and reduce or avoid health risks.

HE2.3.4 Identify characteristics of effective listening skills to enhance health or reduce/avoid health risks (e.g., eyes on speaker, etc.). PCD, IP/S, FA

CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

Students will demonstrate the ability to use personal and social skills that are associated with taking responsible action for enhancing health and reducing or avoiding health risks.

HE2.4.8 Describe the ways people are similar and different. FAM, VP/B

HE2.4.9 Recognize how individual health behavior affects the health and well-being of others. CEH, FAM, VP/B

Lesson 6 Wagging the Dog – Peer Pressure

Objectives

Following this lesson, the student will be able to:

- Define peer pressure
- Describe the effect of peer pressure on decision making
- Identify and apply four ways to handle peer pressure

CONTENT STANDARD 1. HEALTH INFORMATION, PRODUCTS AND RESOURCES

Students will access, analyze and evaluate health information, products and resources.

HE2.1.2 Identify people who can help students reduce their risks (e.g. trusted adult, family member, school nurse, doctor etc.). IP/S, FAM, VP/B

CONTENT STANDARD 3. EFFECTIVE COMMUNICATION

Students will demonstrate the ability to use interpersonal communication skills to enhance health and reduce or avoid health risks.

HE2.3.1 Identify various methods to express individual health needs, wants, and feelings (e.g., visual, verbal, physical). PH, ME, FAM

HE2.3.2 Identify characteristics of effective communication for the purpose of expressing health needs, wants, and feelings (e.g., eye contact, clear purpose, etc.). PH, ME, FAM

HE2.3.3 Identify appropriate ways to respond to/in unwanted, threatening or dangerous situations. IP/S, PH, VP/B

CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

Students will demonstrate the ability to use personal and social skills that are associated with taking responsible action for enhancing health and reducing or avoiding health risks.

HE2.4.5 Demonstrate control of impulsive behavior (anger management, delayed gratification, etc.). ME, VP/B, IP/S

HE2.4.9 Recognize how individual health behavior affects the health and well-being of others. CEH, FAM, VP/B

Lesson 7 Still in the Game – Managing Mistakes

Objectives

Following this lesson, the students will be able to:

- Differentiate positive and negative self-talk
- Use positive self-talk to manage and overcome mistakes
- Identify how to handle a mistake in a positive way

CONTENT STANDARD 3. EFFECTIVE COMMUNICATION

Students will demonstrate the ability to use interpersonal communication skills to enhance health and reduce or avoid health risks.

HE2.3.1 Identify various methods to express individual health needs, wants, and feelings (e.g., visual, verbal, physical). PH, ME, FAM

CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

Students will demonstrate the ability to use personal and social skills that are associated with taking responsible action for enhancing health and reducing or avoiding health risks.

HE2.4.1 Identify behaviors that improve or maintain personal health. PA, NUT, PH

HE2.4.4 Recognize and accurately label emotions and how they are linked to behavior (anger, sadness, joy, etc.). ME, VP/B

HE2.4.5 Demonstrate control of impulsive behavior (anger management, delayed gratification, etc.). ME, VP/B, IP/S

HE2.4.9 Recognize how individual health behavior affects the health and well-being of others. CEH, FAM, VP/B

Lesson 8 A Prescription for Health – Understanding the Safe Use of Prescription and OTC Medicines

Objectives

Following this lesson, the student will be able to:

- Identify and describe physical symptoms of not feeling well
- Define over-the-counter medicine
- Define prescription medicine
- Differentiate the safe and unsafe use of prescription and over-the-counter medicines

CONTENT STANDARD 1. HEALTH INFORMATION, PRODUCTS AND RESOURCES

Students will access, analyze and evaluate health information, products and resources.

HE2.1.1 Identify people who can help students enhance their health (e.g. trusted adult, family member, school nurse, doctor etc.). FAM, IP/S, PCD

HE2.1.2 Identify people who can help students reduce their risks (e.g. trusted adult, family member, school nurse, doctor etc.). IP/S, FAM, VP/B

CONTENT STANDARD 2. PROBLEM SOLVING AND DECISION MAKING

Students will use critical thinking and systematic processes to examine health related problems and make decisions that enhance health and reduce or avoid health risks.

HE2.2.1 Identify situations where a health related decision is needed. IP/S, PH, FAM

HE2.2.2 Recognize when assistance is needed for making a decision. IP/S, VP/B, ATOD

HE2.2.3 Describe how health related decisions can affect self or others (e.g., decision to sneeze into sleeve prevents spreading germs to others). IP/S, PCD

HE2.2.4 Describe how family can influence decisions students make about health practices and risk behaviors (e.g., washing hands, not wearing seatbelts). FAM, PH, PCD

CONTENT STANDARD 3. EFFECTIVE COMMUNICATION

Students will demonstrate the ability to use interpersonal communication skills to enhance health and reduce or avoid health risks.

HE2.3.3 Identify appropriate ways to respond to/in unwanted, threatening or dangerous situations. IP/S, PH, VP/B

CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

Students will demonstrate the ability to use personal and social skills that are associated with taking responsible action for enhancing health and reducing or avoiding health risks.

HE2.4.1 Identify behaviors that improve or maintain personal health. PA, NUT, PH

HE2.4.2 Identify behaviors that help avoid or reduce health risks. IP/S, VP/B, ATOD

HE2.4.3 Identify behaviors that prevent the spread of disease. CEH, PH, PCD

HE2.4.9 Recognize how individual health behavior affects the health and well-being of others. CEH, FAM, VP/B

Lesson 9 Chasing Your Tail – Identifying and Avoiding Harmful Substances

Objectives

Following this lesson, the students will be able to:

- Identify harmful substances in and around the home including tobacco and alcohol
- Describe the harmful effects these substances can have on the brain and body
- Distinguish safe and unsafe ways for children to respond when encountering harmful household substances

CONTENT STANDARD 1. HEALTH INFORMATION, PRODUCTS AND RESOURCES

Students will access, analyze and evaluate health information, products and resources.

HE2.1.1 Identify people who can help students enhance their health (e.g. trusted adult, family member, school nurse, doctor etc.). FAM, IP/S, PCD

HE2.1.2 Identify people who can help students reduce their risks (e.g. trusted adult, family member, school nurse, doctor etc.). IP/S, FAM, VP/B

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Students will use critical thinking and systematic processes to examine health related problems and make decisions that enhance health and reduce or avoid health risks.

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HE2.2.4 Describe how family can influence decisions students make about health practices and risk behaviors (e.g., washing hands, not wearing seatbelts). FAM, PH, PCD

CONTENT STANDARD 3. EFFECTIVE COMMUNICATION

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HE2.3.3 Identify appropriate ways to respond to/in unwanted, threatening or dangerous situations. IP/S, PH, VP/B

CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

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HE2.4.1 Identify behaviors that improve or maintain personal health. PA, NUT, PH

HE2.4.2 Identify behaviors that help avoid or reduce health risks. IP/S, VP/B, ATOD

HE2.4.9 Recognize how individual health behavior affects the health and well-being of others. CEH, FAM, VP/B

Lesson 10 Healthy Choices, Healthy Body – *Healthy Choices*

Objectives

Following this lesson, the student will be able to:

- Define health
- Identify the benefits of making healthy choices related to food, rest, and exercise
- Explain the need for good food, exercise, and rest to build a strong, healthy body

CONTENT STANDARD 1. HEALTH INFORMATION, PRODUCTS AND RESOURCES

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HE2.1.2 Identify people who can help students reduce their risks (e.g. trusted adult, family member, school nurse, doctor etc.). IP/S, FAM, VP/B

CONTENT STANDARD 2. PROBLEM SOLVING AND DECISION MAKING

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HE2.4.2 Identify behaviors that help avoid or reduce health risks. IP/S, VP/B, ATOD

HE2.4.5 Demonstrate control of impulsive behavior (anger management, delayed gratification, etc.). ME, VP/B, IP/S

HE2.4.6 Describe why health goals are important. PH

HE2.4.7 Identify goals for enhancing health. PA, PH, NUT

HE2.4.9 Recognize how individual health behavior affects the health and well-being of others. CEH, FAM, VP/B