

Too Good for Drugs Grade 3

2018 Edition

Correlated to Health Education Georgia Standards of Excellence

Lesson 1 Program Designer – *Setting Reachable Goals*

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Identify steps to setting and reaching goals
- Name a personal goal
- Describe personal progress toward a goal

Description: Students will use goal-setting skills to identify, apply, and maintain health-enhancing behaviors. Third-grade students will select a long-term goal, determine actions to achieve the goal, and identify who and what can assist them with reaching their goal.

HE3.6: Students will demonstrate the ability to use goal-setting skills to enhance health.

HE3.6.a Select a personal long-term health goal and determine the actions needed to achieve the goal

HE3.6.b Identify resources and individuals needed to assist in achieving a personal health goal.

Lesson 2 Consider the Consequences – *Making Responsible Decisions*

Objectives

Following this lesson, the student will be able to:

- Identify the steps of the decision-making model
- Generate alternative solutions and evaluate their consequences for a range of academic and social situations
- Determine when decisions should be made alone or with the help of a trusted adult
- Discuss decisions and consequences

Description: Students will use decision-making skills to identify, apply, and maintain health-enhancing behaviors. Third-grade students will indicate when support is needed for making thoughtful decisions about health-related issues or problems.

HE3.5: Students will demonstrate the ability to use decision-making skills to enhance health.

HE3.5.c Discuss options and healthy choices when making decisions.

HE3.5.d Indicate the possible consequences of each choice when making a health-related decision.

Lesson 3 Getting to Know Me - *Identifying and Managing Emotions*

Objectives

Following this lesson, the student will be able to:

- Name a variety of emotions
- Demonstrate an awareness of one's own physical signals associated with specific emotions
- Describe a range of emotions and the situations that cause them
- Recognizing the emotions of others by observing facial expressions and body language
- Demonstrate using an I-message and other healthy ways to express emotions

Description: Students will interpret basic personal health concepts that help maintain healthy behaviors and prevent disease. Third-grade students will recognize that there are multiple components of health, including

physical, personal, emotional, and mental. Students will identify health-enhancing behaviors and describe behaviors related to disease and injury prevention.

HE3.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE3.1.c Prevent and manage emotional stress and anxiety in healthy ways.

Lesson 4 Listening Program Active - *Effective Communication*

Objectives

Following this lesson, the student will be able to:

- Differentiate effective and ineffective listening skills
- Demonstrate active listening: look, lean in, ask
- Discuss active listening as a way to show caring and respect
- Use listening skills to identify the feelings and perspectives of others
- Demonstrate effective speaking skills

Description: Students will use effective communication skills to enhance personal, family, and community health. Third-grade students will use effective verbal and nonverbal communication skills to develop and maintain quality relationships and avoid conflicts.

HE3.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

HE3.4.a Discuss and demonstrate how speaking and listening skills can be used to build and maintain healthy relationships.

Lesson 5 Human Interface – *Bonding & Relationships*

Objectives

Following this lesson, the student will be able to:

- Compare healthy and unhealthy friendship qualities
- Identify examples of pro-social behaviors
- Describe approaches for making and keeping friends
- Demonstrate ways to begin, continue, and end a conversation

Description: Students will comprehend the influence of family, peers, culture, media, technology, and other factors on health behaviors. Third-grade students will comprehend a variety of internal and external factors that influence health practices and behaviors.

HE3.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE3.2.b Identify how peers can influence healthy and unhealthy behaviors.

Lesson 6 Step Right Up! – Peer Pressure

Objectives

Following this lesson, the students will be able to:

- Define peer pressure
- Differentiate positive and negative peer pressure
- Describe the effects of peer pressure on decision-making
- Identify and apply four effective peer-pressure refusal strategies

Description: Students will comprehend the influence of family, peers, culture, media, technology, and other factors on health behaviors. Third-grade students will comprehend a variety of internal and external factors that influence health practices and behaviors.

HE3.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE3.2.b Identify how peers can influence healthy and unhealthy behaviors.

Description: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Third-grade students will demonstrate healthy behaviors to prevent injuries, diseases, and disorders.

HE3.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

HE3.7.a Identify practices to reduce or prevent health risks.

Description: Students will demonstrate the ability to advocate for personal, family, and community health. Third-grade students will share accurate health information and demonstrate healthy behaviors to encourage others to practice healthy behaviors.

HE3.8: Students will demonstrate the ability to advocate for personal, family, and community health.

HE3.8.b Encourage others to make positive health choices.

Lesson 7 Meology – Understanding the Safe Use of Prescription & OTC Medicines

Objectives

Following this lesson, the student will be able to:

- Differentiate safe and unsafe use of prescription and over-the-counter medicines
- Explain the benefits of medicine when used correctly

Description: Students will interpret basic personal health concepts that help maintain healthy behaviors and prevent disease. Third-grade students will recognize that there are multiple components of health, including physical, personal, emotional, and mental. Students will identify health-enhancing behaviors and describe behaviors related to disease and injury prevention.

HE3.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE3.1.d Distinguish the short and long-term physical effects of use and/or misuse of substances.

Description: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Third-grade students will demonstrate healthy behaviors to prevent injuries, diseases, and disorders.

HE3.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

HE3.7.a Identify practices to reduce or prevent health risks.

Description: Students will demonstrate the ability to advocate for personal, family, and community health. Third-grade students will share accurate health information and demonstrate healthy behaviors to encourage others to practice healthy behaviors.

HE3.8: Students will demonstrate the ability to advocate for personal, family, and community health.

HE3.8.b Encourage others to make positive health choices.

Lesson 8 Healthier Choices – *Effects of Alcohol Use*

Objectives

Following this lesson, the student will be able to:

- Discuss the risks associated with underage alcohol use
- Identify the benefits of making healthy choices related to food, rest, and exercise
- Demonstrate the effective use of peer-pressure refusal strategies in a variety of situations

Description: Students will interpret basic personal health concepts that help maintain healthy behaviors and prevent disease. Third-grade students will recognize that there are multiple components of health, including physical, personal, emotional, and mental. Students will identify health-enhancing behaviors and describe behaviors related to disease and injury prevention.

HE3.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE3.1.d Distinguish the short and long-term physical effects of use and/or misuse of substances.

Description: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Third-grade students will demonstrate healthy behaviors to prevent injuries, diseases, and disorders.

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HE3.7.a Identify practices to reduce or prevent health risks.

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HE3.8: Students will demonstrate the ability to advocate for personal, family, and community health.

HE3.8.b Encourage others to make positive health choices.

Lesson 9 Making My Day – *Stress Management*

Objectives

Following this lesson, the students will be able to:

- Define stress
- Describe symptoms of stress
- Identify at least three sources of stress
- Identify at least five healthy ways to reduce stress

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HE3.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE3.1.c Prevent and manage emotional stress and anxiety in healthy ways.

Lesson 10 It Still Stinks! – *Effects of Nicotine and Course Review*

Objectives

Following this lesson, the student will be able to:

- Discuss the risks associated with the use of tobacco products
- Discuss substances that damage the body: nicotine, alcohol, and other drugs
- Identify the benefits of being tobacco free
- Recall and practice the skills taught in Too Good for Drugs lessons 1-9

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HE3.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE3.1.c Prevent and manage emotional stress and anxiety in healthy ways.

HE3.1.d Distinguish the short and long-term physical effects of use and/or misuse of substances.

Description: Students will comprehend the influence of family, peers, culture, media, technology, and other factors on health behaviors. Third-grade students will comprehend a variety of internal and external factors that influence health practices and behaviors.

HE3.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE3.2.b Identify how peers can influence healthy and unhealthy behaviors.

Description: Students will use effective communication skills to enhance personal, family, and community health. Third-grade students will use effective verbal and nonverbal communication skills to develop and maintain quality relationships and avoid conflicts.

HE3.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

HE3.4.a Discuss and demonstrate how speaking and listening skills can be used to build and maintain healthy relationships.

Description: Students will use decision-making skills to identify, apply, and maintain health-enhancing behaviors. Third-grade students will indicate when support is needed for making thoughtful decisions about health-related issues or problems.

HE3.5: Students will demonstrate the ability to use decision-making skills to enhance health.

HE3.5.c Discuss options and healthy choices when making decisions.

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HE3.6: Students will demonstrate the ability to use goal-setting skills to enhance health.

HE3.6.a Select a personal long-term health goal and determine the actions needed to achieve the goal

HE3.6.b Identify resources and individuals needed to assist in achieving a personal health goal.

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HE3.8: Students will demonstrate the ability to advocate for personal, family, and community health.

HE3.8.b Encourage others to make positive health choices.