

# Too Good for Drugs Curriculum Correlations

Correlated with North Dakota Health Content Standards

## Grade 3

### Lesson One: *Go For Your Goal*

**Objectives:** The student will be able to:

- Define goal.
- Recite 5 steps to use when going for a goal.
- Set a personal goal.
- Describe personal progress toward the 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: *Your Magnificent Machine*

**Objectives:** The student will be able to:

- Discuss the functions of body organs: brain, heart, lungs, stomach, liver.
- Discuss things the body needs to function well.
- Discuss things that damage the body: tobacco, alcohol & other drugs.

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

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

4.3.2 Know how elements of the environment affect personal health.

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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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4.5.5 Know ways to avoid and reduce threatening situations.

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

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# **Lesson Three: *Making My Day***

**Objectives:** The student will be able to:

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

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## **Lesson Four: *Connect-a-Kid***

**Objectives:** The student will be able to:

- List ways s/he is connected to the family, school and community.
- Demonstrate ways to begin, continue and end a conversation.

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## **Lesson Five: *I-Messages***

**Objectives:** The student will be able to:

- Review feelings.
- Recite an effective communication formula: I feel I \_\_\_\_\_ when you \_\_\_\_\_ because I want \_\_\_\_\_.
- Discuss reasons for using I-messages.

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# Lesson Six: *Decision Making*

**Objectives:** The student will be able to:

- Review the stop and think decision-making model.
- Describe 4 more steps in the decision-making model: (1) Picture a positive outcome. (2) List choices and consequences. (3) Act out the best plan. (4) Now tell yourself how you did.
- Discuss decisions and consequences.

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# Lesson Seven: *Too Good for Alcohol*

**Objectives:** The student will be able to:

- Describe the negative effects of drinking alcohol on balance, vision, coordination, speech and thinking.
- Discuss the risks associated with underage drinking of alcohol.
- Discuss the actual prevalence of alcohol use compared to perceived prevalence.
- Demonstrate making good decisions about alcohol.

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# Lesson Eight: *The Truth About Tobacco Advertising*

**Objectives:** The student will be able to:

- Describe the harmful effects of smoking cigarettes and cigars.
- Describe the social influence of advertising on decisions about smoking.
- Describe the actual incidence and prevalence of cigarette smoking.

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# Lesson Nine: *Peer Pressure*

**Objectives:** The student will be able to:

- Define peer pressure.
- Describe the effects of peer pressure on decision-making.
- Demonstrate ways to handle peer pressure: Say No, Ignore, Walk Away, A Better Idea.
- Describe the physical, social and mental effects of marijuana.

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# Lesson Ten: *Third Grade Game Show*

**Objectives:** The student will be able to:

- Review the concepts learned in Too Good For Drugs, Grade Three
- Perform role-plays to demonstrate the decision to stay drug free.

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