

Too Good for Drugs Curriculum Correlations

Correlated with New Hampshire Health Education Curriculum Guidelines

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 process toward the goal.

MENTAL HEALTH

1. Positive Self-Image

Students need to know:

1.1 personal assets and strengths

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.

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: *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.

MENTAL HEALTH

2. Emotional Health

Students need to know:

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

2.6 how to identify stressors

2.7 ways to reduce stress

Lesson Four: *Connect-a-Kid*

Objectives: The student will be able to:

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

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 Five: *I-Messages*

Objectives: The student will be able to:

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

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

2.7 ways to reduce stress

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 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.

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 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.
- Demonstrate making good decisions about alcohol.

ALCOHOL AND OTHER DRUGS

2. Short-Term and Long-Term Effects of AOD Use

Students need to know:

2.2 physical, social, and emotional effects

2.4 signs and behaviors of AOD use

2.5 benefits of not using AOD (physical, social, emotional, legal, financial)

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 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.

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
- 2.4 advertising

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 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.

ALCOHOL AND OTHER DRUGS

3. Positive and Negative Influences on AOD Use

Students need to know:

3.4 peer influences

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 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.

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