

Too Good for Drugs Curriculum Correlations

Correlated with South Dakota Health Education 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 process toward the goal.

HEALTH EDUCATION STANDARD 1 – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.5.1. Describe the relationship between healthy behaviors and personal health.

HEALTH EDUCATION STANDARD 6 – Students will demonstrate the ability to use goal-setting skills to enhance health.

6.5.1. Set a personal health goal and track progress toward its achievement.

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.

HEALTH EDUCATION STANDARD 1 – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.5.1. Describe the relationship between healthy behaviors and personal health.

HEALTH EDUCATION STANDARD 7 – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.5.1. Identify responsible personal health behaviors.

7.5.2. Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.

7.5.3. Demonstrate a variety of behaviors that avoid or reduce health risks.

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.

HEALTH EDUCATION STANDARD 1 – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.5.1. Describe the relationship between healthy behaviors and personal health.

1.5.2. Identify examples of emotional, intellectual, physical, and social health.

HEALTH EDUCATION STANDARD 7 – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.5.1. Identify responsible personal health behaviors.

7.5.3. Demonstrate a variety of behaviors that avoid or reduce health risks.

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.

HEALTH EDUCATION STANDARD 1 – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.5.1. Describe the relationship between healthy behaviors and personal health.

1.5.2. Identify examples of emotional, intellectual, physical, and social health.

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.

HEALTH EDUCATION STANDARD 1 – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.5.1. Describe the relationship between healthy behaviors and personal health.

1.5.2. Identify examples of emotional, intellectual, physical, and social health.

HEALTH EDUCATION STANDARD 4 – Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

4.5.1. Demonstrate effective verbal and non-verbal communication skills to enhance health.

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.

HEALTH EDUCATION STANDARD 5 – Students will demonstrate the ability to use decision-making skills to enhance health.

5.5.1. Identify health-related situations that might require a thoughtful decision.

5.5.4. Predict the potential outcomes of each option when making a health related decisions.

HEALTH EDUCATION STANDARD 7 – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.5.1. Identify responsible personal health behaviors.

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.

HEALTH EDUCATION STANDARD 1 – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.5.1. Describe the relationship between healthy behaviors and personal health.

1.5.2. Identify examples of emotional, intellectual, physical, and social health.

HEALTH EDUCATION STANDARD 2 – Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

2.5.5. Explain how media influences thoughts, feelings, and health behaviors.

HEALTH EDUCATION STANDARD 7 – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.5.1. Identify responsible personal health behaviors.

7.5.3. Demonstrate a variety of behaviors that avoid or reduce health risks.

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.

HEALTH EDUCATION STANDARD 1 – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.5.1. Describe the relationship between healthy behaviors and personal health.

HEALTH EDUCATION STANDARD 2 – Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

2.5.3. Identify how peers can influence healthy and unhealthy behaviors.

2.5.5. Explain how media influences thoughts, feelings, and health behaviors.

HEALTH EDUCATION STANDARD 7 – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.5.1. Identify responsible personal health behaviors.

7.5.3. Demonstrate a variety of behaviors that avoid or reduce health risks.

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.

HEALTH EDUCATION STANDARD 1 – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.5.1. Describe the relationship between healthy behaviors and personal health.

1.5.2. Identify examples of emotional, intellectual, physical, and social health.

HEALTH EDUCATION STANDARD 2 – Students will Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

2.5.3. Identify how peers can influence healthy and unhealthy behaviors.

HEALTH EDUCATION STANDARD 4 – Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

4.5.2. Demonstrate refusal skills to avoid or reduce health risks.

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.

HEALTH EDUCATION STANDARD 1 – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.5.1. Describe the relationship between healthy behaviors and personal health.