

Too Good for Drugs Grade 3

2018 Edition

Correlated with Wyoming Health Education Content and Performance Standards

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

CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

HE4.4.6 Describe criteria for setting personal health goals.

HE4.4.7 Set a measurable short-term personal health goal and monitor progress on achieving the goal (e.g., brush teeth two times per day, walk 10,000 steps every day).

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

CONTENT STANDARD 2. PROBLEM SOLVING AND DECISION MAKING

HE.4.2.1 Describe situations or circumstances that help or hinder healthy decision-making.

HE4.2.2 Explain when assistance is needed for making health related decisions.

HE4.2.3 Illustrate how health related decisions can affect self and others.

HE4.2.4 Explain steps of a simple decision-making process to enhance health or reduce health risks (e.g., identify a few options and consequences of each option).

HE4.2.5 Explain the potential outcomes of each option when making a health-related decision (e.g., options regarding decision to intervene in bullying situation - ask/get beat up).

HE4.2.7 Describe healthy options to health-related issues or problems (e.g., benefits of recess before and after lunch).

CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

HE4.4.1 Explain why specific behaviors help improve or maintain personal health.

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

CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

HE4.4.1 Explain why specific behaviors help improve or maintain personal health.

HE4.4.4 Describe a range of emotions and the situations that cause them.

HE4.4.5 Describe and demonstrate the ability to express emotions in a socially acceptable manner (positive ways to express anger, alternatives to violence, etc.).

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

CONTENT STANDARD 3. EFFECTIVE COMMUNICATION

HE4.3.1 Describe verbal and nonverbal methods of communication to enhance health or reduce/avoid health risks.

HE4.3.2 Describe characteristics of effective communication for the purpose of enhancing health or reducing/avoiding health risks.

HE4.3.4 Demonstrate the ability to use basic listening skills to enhance health or reduce/avoid health risks (e.g., eye contact, follow the speaker with eyes, stay quiet, wait turn in conversations, etc.).

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

CONTENT STANDARD 2. PROBLEM SOLVING AND DECISION MAKING

HE.4.2.1 Describe situations or circumstances that help or hinder healthy decision-making.

Lesson 6 Step Right Up! – *Peer Pressure*

Objectives

Following this lesson, the student 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

CONTENT STANDARD 2. PROBLEM SOLVING AND DECISION MAKING

HE.4.2.1 Describe situations or circumstances that help or hinder healthy decision-making.

HE4.2.3 Illustrate how health related decisions can affect self and others.

HE4.2.6 Describe how peers can influence decisions students make about health practices and risk behaviors.

CONTENT STANDARD 3. EFFECTIVE COMMUNICATION

HE4.3.1 Describe verbal and nonverbal methods of communication to enhance health or reduce/avoid health risks.

HE4.3.2 Describe characteristics of effective communication for the purpose of enhancing health or reducing/avoiding health risks.

HE4.3.3 Describe refusal skills to avoid or reduce health risks.

CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

HE4.4.1 Explain why specific behaviors help improve or maintain personal health.

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

CONTENT STANDARD 2. PROBLEM SOLVING AND DECISION MAKING

HE.4.2.1 Describe situations or circumstances that help or hinder healthy decision-making.

HE4.2.3 Illustrate how health related decisions can affect self and others.

HE4.2.4 Explain steps of a simple decision-making process to enhance health or reduce health risks (e.g., identify a few options and consequences of each option).

HE4.2.5 Explain the potential outcomes of each option when making a health-related decision (e.g., options regarding decision to intervene in bullying situation - ask/get beat up).

HE4.2.7 Describe healthy options to health-related issues or problems (e.g., benefits of recess before and after lunch).

CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

HE4.4.1 Explain why specific behaviors help improve or maintain personal health.

HE4.4.2 Explain behaviors that help avoid or reduce health risks.

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

CONTENT STANDARD 2. PROBLEM SOLVING AND DECISION MAKING

HE.4.2.1 Describe situations or circumstances that help or hinder healthy decision-making.

HE4.2.3 Illustrate how health related decisions can affect self and others.

HE4.2.4 Explain steps of a simple decision-making process to enhance health or reduce health risks (e.g., identify a few options and consequences of each option).

HE4.2.5 Explain the potential outcomes of each option when making a health-related decision (e.g., options regarding decision to intervene in bullying situation - ask/get beat up).

HE4.2.6 Describe how peers can influence decisions students make about health practices and risk behaviors.

HE4.2.7 Describe healthy options to health-related issues or problems (e.g., benefits of recess before and after lunch).

CONTENT STANDARD 3. EFFECTIVE COMMUNICATION

HE4.3.1 Describe verbal and nonverbal methods of communication to enhance health or reduce/avoid health risks.

HE4.3.2 Describe characteristics of effective communication for the purpose of enhancing health or reducing/avoiding health risks.

HE4.3.3 Describe refusal skills to avoid or reduce health risks.

CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

HE4.4.1 Explain why specific behaviors help improve or maintain personal health.

HE4.4.2 Explain behaviors that help avoid or reduce health risks.

Lesson 9 Making My Day – *Stress Management*

Objectives

Following this lesson, the student 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

CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

HE4.4.1 Explain why specific behaviors help improve or maintain personal health.

HE4.4.2 Explain behaviors that help avoid or reduce health risks.

HE4.4.4 Describe a range of emotions and the situations that cause them.

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 lessons 1-10

CONTENT STANDARD 2. PROBLEM SOLVING AND DECISION MAKING

HE.4.2.1 Describe situations or circumstances that help or hinder healthy decision-making.

HE4.2.3 Illustrate how health related decisions can affect self and others.

HE4.2.4 Explain steps of a simple decision-making process to enhance health or reduce health risks (e.g., identify a few options and consequences of each option).

HE4.2.5 Explain the potential outcomes of each option when making a health-related decision (e.g., options regarding decision to intervene in bullying situation - ask/get beat up).

HE4.2.6 Describe how peers can influence decisions students make about health practices and risk behaviors.

HE4.2.7 Describe healthy options to health-related issues or problems (e.g., benefits of recess before and after lunch).

CONTENT STANDARD 3. EFFECTIVE COMMUNICATION

HE4.3.1 Describe verbal and nonverbal methods of communication to enhance health or reduce/avoid health risks.

HE4.3.2 Describe characteristics of effective communication for the purpose of enhancing health or reducing/avoiding health risks.

HE4.3.3 Describe refusal skills to avoid or reduce health risks.

CONTENT STANDARD 4. PERSONAL AND SOCIAL RESPONSIBILITY

HE4.4.1 Explain why specific behaviors help improve or maintain personal health.

HE4.4.2 Explain behaviors that help avoid or reduce health risks.