

Too Good for Drugs Grade 4

2020 Edition

Correlated with Florida CPALMS Health Education Standards

Lesson 1 Goal Boosters and Goal Busters – *Setting Reachable Goals*

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Differentiate short-term and long-term goals
- Identify and recite the goal-naming steps
- Name a personal goal
- Identify resources that can help someone reach a personal goal

Strand: HEALTH LITERACY CONCEPTS

Standard 1: Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.

HE.4.C.1.1 Identify the relationship between healthy behaviors and personal health.

Standard 2: Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE.4.C.2.1 Explain the importance of family on health practices and behaviors.

HE.4.C.2.2 Explain the important role that friends/peers may play in health practices and behaviors.

Strand: HEALTH LITERACY RESPONSIBLE BEHAVIOR

Standard 4: Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.

HE.4.B.4.4 Demonstrate ways to ask for assistance to enhance personal health.

Standard 5: Decision Making - Demonstrate the ability to use decision-making skills to enhance health.

HE.4.B.5.1 Identify circumstances that can help or hinder healthy decision making.

Standard 6: Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.

HE.4.B.6.1 Create a personal health goal and track progress toward achievement.

HE.4.B.6.2 Categorize resources that could assist in achieving a small group personal health goal.

Strand: HEALTH LITERACY PROMOTION

Standard 7: Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.

HE.4.P.7.1 Discuss a variety of healthy practices and behaviors to maintain or improve personal health and reduce health risks.

Standard 8: Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.

HE.4.P.8.1 Assist others to make positive health choices.

Strand: RESILIENCY**Standard 1: Character**

HE.4.R.1.4 Identify strategies to help persevere in difficult situations.

Standard 2: Personal Responsibility

HE.4.R.2.1 Discuss ways to take responsibility for one's actions.

HE.4.R.2.3 Create a personal goal and track progress toward achievement.

HE.4.R.2.4 Explain how attitudes and thoughts can influence your behavior.

Standard 4: Critical Thinking and Problem Solving

HE.4.R.4.1 Describe how perseverance may help overcome obstacles.

Lesson 2 Major Intersection – *Making Responsible Decisions*

Objectives

Following this lesson, the student will be able to:

- Identify and follow the steps of the decision-making model
- Identify the benefits and consequences of a particular decision
- Determine when decisions should be made alone or with the help of a trusted adult

Strand: HEALTH LITERACY CONCEPTS**Standard 1: Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.**

HE.4.C.1.1 Identify the relationship between healthy behaviors and personal health.

Standard 2: Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE.4.C.2.1 Explain the importance of family on health practices and behaviors.

Strand: HEALTH LITERACY RESPONSIBLE BEHAVIOR**Standard 4: Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.**

HE.4.B.4.1 Explain effective verbal and nonverbal communication skills to enhance health.

Standard 5: Decision Making - Demonstrate the ability to use decision-making skills to enhance health.

HE.4.B.5.1 Identify circumstances that can help or hinder healthy decision making.

HE.4.B.5.2 Itemize healthy options to health-related issues or problems.

HE.4.B.5.3 Predict the potential short-term impact of each option on self and others when making a health-related decision.

HE.4.B.5.4 Choose a healthy option when making decisions for yourself and/or others.

HE.4.B.5.5 Examine when assistance is needed to make a health-related decision.

Strand: HEALTH LITERACY PROMOTION**Standard 7: Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.**

HE.4.P.7.1 Discuss a variety of healthy practices and behaviors to maintain or improve personal health and reduce health risks.

Standard 8: Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.

HE.4.P.8.1 Assist others to make positive health choices.

Strand: RESILIENCY

Standard 1: Character

HE.4.R.1.1 Consider the perspectives of others.

HE.4.R.1.2 Identify the benefits of treating others with respect.

HE.4.R.1.4 Identify strategies to help persevere in difficult situations.

Standard 2: Personal Responsibility

HE.4.R.2.1 Discuss ways to take responsibility for one's actions.

HE.4.R.2.2 Identify the value of making healthy choices for personal well-being.

HE.4.R.2.4 Explain how attitudes and thoughts can influence your behavior.

Standard 4: Critical Thinking and Problem Solving

HE.4.R.4.1 Describe how perseverance may help overcome obstacles.

Lesson 3 I See Me – *Identifying and Managing Emotions*

Objectives

Following this lesson, the student will be able to:

- Name a variety of emotions
- Recognize the physical signals associated with specific emotions
- Demonstrate an awareness of one's own feelings in a variety of situations
- Identify healthy and unhealthy ways to express emotions
- Identify the value of talking about feelings with parents and other trusted adults
- Demonstrate healthy ways to express and manage emotions
- Recognize the emotions of others by observing facial expressions

Strand: HEALTH LITERACY CONCEPTS

Standard 1: Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.

HE.4.C.1.1 Identify the relationship between healthy behaviors and personal health.

HE.4.C.1.2 Identify examples of mental/emotional, physical, and social health.

Standard 2: Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE.4.C.2.1 Explain the importance of family on health practices and behaviors.

HE.4.C.2.2 Explain the important role that friends/peers may play in health practices and behaviors.

Strand: HEALTH LITERACY RESPONSIBLE BEHAVIOR

Standard 4: Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.

HE.4.B.4.1 Explain effective verbal and nonverbal communication skills to enhance health.

HE.4.B.4.4 Demonstrate ways to ask for assistance to enhance personal health.

Standard 5: Decision Making - Demonstrate the ability to use decision-making skills to enhance health.

HE.4.B.5.1 Identify circumstances that can help or hinder healthy decision making.

HE.4.B.5.4 Choose a healthy option when making decisions for yourself and/or others.

HE.4.B.5.5 Examine when assistance is needed to make a health-related decision.

Strand: HEALTH LITERACY PROMOTION

Standard 8: Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.

HE.4.P.8.1 Assist others to make positive health choices.

Strand: RESILIENCY

Standard 1: Character

HE.4.R.1.1 Consider the perspectives of others.

HE.4.R.1.2 Identify the benefits of treating others with respect.

Standard 2: Personal Responsibility

HE.4.R.2.4 Explain how attitudes and thoughts can influence your behavior.

Lesson 4 More than Words – *Effective Communication*

Objectives

Following this lesson, the student will be able to:

- Define effective communication
- Identify the roles of the speaker and the listener
- Differentiate effective and ineffective listening skills
- Differentiate effective and ineffective speaking skills

Strand: HEALTH LITERACY CONCEPTS

Standard 1: Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.

HE.4.C.1.1 Identify the relationship between healthy behaviors and personal health.

Standard 2: Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE.4.C.2.1 Explain the importance of family on health practices and behaviors.

HE.4.C.2.2 Explain the important role that friends/peers may play in health practices and behaviors.

Strand: HEALTH LITERACY RESPONSIBLE BEHAVIOR

Standard 4: Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.

HE.4.B.4.1 Explain effective verbal and nonverbal communication skills to enhance health.

Strand: HEALTH LITERACY PROMOTION

Standard 8: Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.

HE.4.P.8.1 Assist others to make positive health choices.

Strand: RESILIENCY

Standard 1: Character

HE.4.R.1.1 Consider the perspectives of others.

HE.4.R.1.2 Identify the benefits of treating others with respect.

HE.4.R.1.3 Predict the potential outcomes of repeating and/or sharing information that is not true.

HE.4.R.1.4 Identify strategies to help persevere in difficult situations.

Standard 2: Personal Responsibility

HE.4.R.2.1 Discuss ways to take responsibility for one's actions.

HE.4.R.2.4 Explain how attitudes and thoughts can influence your behavior.

Lesson 5 Community Garden – *Bonding and Relationships*

Objectives

Following this lesson, the student will be able to:

- Identify examples of pro-social behaviors
- Explain the importance of being sensitive to the feelings of others
- Compare healthy and unhealthy friendship qualities
- Apply effective communication skills to support others

Strand: HEALTH LITERACY CONCEPTS

Standard 1: Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.

HE.4.C.1.1 Identify the relationship between healthy behaviors and personal health.

Standard 2: Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE.4.C.2.1 Explain the importance of family on health practices and behaviors.

HE.4.C.2.2 Explain the important role that friends/peers may play in health practices and behaviors.

Strand: HEALTH LITERACY RESPONSIBLE BEHAVIOR

Standard 4: Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.

HE.4.B.4.1 Explain effective verbal and nonverbal communication skills to enhance health.

Strand: HEALTH LITERACY PROMOTION

Standard 8: Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.

HE.4.P.8.1 Assist others to make positive health choices.

Strand: RESILIENCY

Standard 1: Character

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HE.4.R.1.4 Identify strategies to help persevere in difficult situations.

Standard 2: Personal Responsibility

HE.4.R.2.1 Discuss ways to take responsibility for one's actions.

HE.4.R.2.4 Explain how attitudes and thoughts can influence your behavior.

Lesson 6 Town Hall Meeting – *Managing Peer Pressure*

Objectives

Following this lesson, the student will be able to:

- Define peer pressure
- Identify the effect of peer pressure on decision making
- Identify and demonstrate six effective peer-pressure refusal strategies

Strand: HEALTH LITERACY CONCEPTS

Standard 1: Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.

HE.4.C.1.1 Identify the relationship between healthy behaviors and personal health.

Standard 2: Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE.4.C.2.1 Explain the importance of family on health practices and behaviors.

HE.4.C.2.2 Explain the important role that friends/peers may play in health practices and behaviors.

Strand: HEALTH LITERACY RESPONSIBLE BEHAVIOR

Standard 4: Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.

HE.4.B.4.1 Explain effective verbal and nonverbal communication skills to enhance health.

HE.4.B.4.4 Demonstrate ways to ask for assistance to enhance personal health.

Standard 5: Decision Making - Demonstrate the ability to use decision-making skills to enhance health.

HE.4.B.5.1 Identify circumstances that can help or hinder healthy decision making.

HE.4.B.5.4 Choose a healthy option when making decisions for yourself and/or others.

HE.4.B.5.5 Examine when assistance is needed to make a health-related decision.

Strand: HEALTH LITERACY PROMOTION

Standard 7: Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.

HE.4.P.7.1 Discuss a variety of healthy practices and behaviors to maintain or improve personal health and reduce health risks.

Standard 8: Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.

HE.4.P.8.1 Assist others to make positive health choices.

Strand: RESILIENCY

Standard 1: Character

HE.4.R.1.1 Consider the perspectives of others.

HE.4.R.1.2 Identify the benefits of treating others with respect..

HE.4.R.1.4 Identify strategies to help persevere in difficult situations.

Standard 2: Personal Responsibility

HE.4.R.2.1 Discuss ways to take responsibility for one's actions.

HE.4.R.2.2 Identify the value of making healthy choices for personal well-being.

HE.4.R.2.4 Explain how attitudes and thoughts can influence your behavior.

Standard 3: Mentorship and Citizenship

HE.4.R.3.1 Identify opportunities to actively participate as a responsible citizen in the school and the local community.

HE.4.R.3.2 Model serving or helping others in the school or community.

Standard 4: Critical Thinking and Problem Solving

HE.4.R.4.1 Describe how perseverance may help overcome obstacles.

Lesson 7 Brain Drain – *The Effects of Alcohol Use*

Objectives

Following this lesson, the student will be able to:

- List the harmful effects of alcohol use on the developing brain and on behavior
- Discuss the effect of alcohol use on the ability to reach one's goals
- Compare perceived norms to actual prevalence of alcohol use
- Demonstrate the effective use of peer-pressure refusal strategies in a variety of situations involving alcohol

Strand: HEALTH LITERACY CONCEPTS

Standard 1: Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.

HE.4.C.1.1 Identify the relationship between healthy behaviors and personal health.

Standard 2: Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE.4.C.2.1 Explain the importance of family on health practices and behaviors.

HE.4.C.2.2 Explain the important role that friends/peers may play in health practices and behaviors.

Strand: HEALTH LITERACY RESPONSIBLE BEHAVIOR

Standard 4: Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.

HE.4.B.4.1 Explain effective verbal and nonverbal communication skills to enhance health.

HE.4.B.4.4 Demonstrate ways to ask for assistance to enhance personal health.

Standard 5: Decision Making - Demonstrate the ability to use decision-making skills to enhance health.

HE.4.B.5.1 Identify circumstances that can help or hinder healthy decision making.

HE.4.B.5.4 Choose a healthy option when making decisions for yourself and/or others.

HE.4.B.5.5 Examine when assistance is needed to make a health-related decision.

Strand: HEALTH LITERACY PROMOTION

Standard 7: Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.

HE.4.P.7.1 Discuss a variety of healthy practices and behaviors to maintain or improve personal health and reduce health risks.

Standard 8: Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.

HE.4.P.8.1 Assist others to make positive health choices.

Strand: RESILIENCY

Standard 1: Character

HE.4.R.1.1 Consider the perspectives of others.

HE.4.R.1.2 Identify the benefits of treating others with respect..

HE.4.R.1.4 Identify strategies to help persevere in difficult situations.

Standard 2: Personal Responsibility

HE.4.R.2.1 Discuss ways to take responsibility for one's actions.

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HE.4.R.3.2 Model serving or helping others in the school or community.

Standard 4: Critical Thinking and Problem Solving

HE.4.R.4.1 Describe how perseverance may help overcome obstacles.

Lesson 8 No Butts About It! – *The Effects of Nicotine Use*

Objectives

Following this lesson, the student will be able to:

- Define addiction
- Describe the harmful effects of using nicotine
- Demonstrate effective peer-pressure refusal techniques in situations involving nicotine

Lesson 9 Use as Directed – *Understanding the Safe Use of Prescription and 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
- Identify safe practices to use and store prescription and over-the-counter medicines at home.

Strand: HEALTH LITERACY CONCEPTS

Standard 1: Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.

HE.4.C.1.1 Identify the relationship between healthy behaviors and personal health.

Standard 2: Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE.4.C.2.1 Explain the importance of family on health practices and behaviors.

HE.4.C.2.2 Explain the important role that friends/peers may play in health practices and behaviors.

Strand: HEALTH LITERACY RESPONSIBLE BEHAVIOR

Standard 4: Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.

HE.4.B.4.1 Explain effective verbal and nonverbal communication skills to enhance health.

HE.4.B.4.4 Demonstrate ways to ask for assistance to enhance personal health.

Standard 5: Decision Making - Demonstrate the ability to use decision-making skills to enhance health.

HE.4.B.5.1 Identify circumstances that can help or hinder healthy decision making.

HE.4.B.5.4 Choose a healthy option when making decisions for yourself and/or others.

HE.4.B.5.5 Examine when assistance is needed to make a health-related decision.

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Standard 8: Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.

HE.4.P.8.1 Assist others to make positive health choices.

Strand: RESILIENCY

Standard 1: Character

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Standard 2: Personal Responsibility

HE.4.R.2.1 Discuss ways to take responsibility for one's actions.

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HE.4.R.3.1 Identify opportunities to actively participate as a responsible citizen in the school and the local community.

HE.4.R.3.2 Model serving or helping others in the school or community.

Standard 4: Critical Thinking and Problem Solving

HE.4.R.4.1 Describe how perseverance may help overcome obstacles.

Lesson 10 Big Decisions Ahead – *Making Healthy Choices*

Objectives

Following this lesson, the student will be able to:

- Identify how healthy choices can impact lifelong wellness
- Identify choices that detract from healthy lifestyles
- Demonstrate healthy choices related to goals, emotions, communication, friendships, and peer pressure

Strand: HEALTH LITERACY CONCEPTS

Standard 1: Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.

HE.4.C.1.1 Identify the relationship between healthy behaviors and personal health.

HE.4.C.1.2 Identify examples of mental/emotional, physical, and social health.

HE.4.C.1.3 Describe ways a safe, healthy school environment can promote personal health.

Standard 2: Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE.4.C.2.1 Explain the importance of family on health practices and behaviors.

HE.4.C.2.2 Explain the important role that friends/peers may play in health practices and behaviors.

HE.4.C.2.3 Explain the important roles that school and community play in health practices and behaviors.

Strand: HEALTH LITERACY RESPONSIBLE BEHAVIOR

Standard 4: Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.

HE.4.B.4.4 Demonstrate ways to ask for assistance to enhance personal health.

Standard 5: Decision Making - Demonstrate the ability to use decision-making skills to enhance health.

HE.4.B.5.1 Identify circumstances that can help or hinder healthy decision making.

HE.4.B.5.2 Itemize healthy options to health-related issues or problems.

HE.4.B.5.3 Predict the potential short-term impact of each option on self and others when making a health-related decision.

HE.4.B.5.4 Choose a healthy option when making decisions for yourself and/or others.

HE.4.B.5.5 Examine when assistance is needed to make a health-related decision.

Strand: HEALTH LITERACY PROMOTION

Standard 7: Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.

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Standard 8: Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.

HE.4.P.8.1 Assist others to make positive health choices.

Strand: RESILIENCY

Standard 2: Personal Responsibility

HE.4.R.2.1 Discuss ways to take responsibility for one's actions.

HE.4.R.2.2 Identify the value of making healthy choices for personal well-being.