

Too Good for Drugs Curriculum Correlations

Correlated with California Health Education
Content Standards and Benchmarks

Kindergarten

Lesson One: *Making My Day*

Objectives: The student will be able to:

- List at least five ways to build a healthy self.

Growth and Development

Standard 1: Essential Concepts

The student will demonstrate the ability to:

- K.1.G.2 Describe their own physical characteristics.
K.1.G.5 Name body parts and their functions.

Nutrition and Physical Activity

Standard 5: Decision Making

The student will demonstrate the ability to:

- K.5.N.7 Describe ways to participate regularly in active play and enjoyable physical activity.

Standard 7: Practicing Health-Enhancing Behaviors

The student will demonstrate the ability to:

- K.7.N.8 Select nutritious snacks.
K.7.N.9 Plan a nutritious breakfast.

Personal and Community Health

Standard 1: Essential Concepts

The student will demonstrate the ability to:

- K.1.P.1 Identify effective dental and personal hygiene practices.

Lesson Two: *Be Good to your Body*

Objectives: The student will be able to:

- List at least three internal parts of the body and describe what they do.
- Recite at least three ways to help the body stay healthy.

Alcohol, Tobacco, and Other Drugs

Standard 1: Essential Concepts

The student will demonstrate the ability to:

K.1.A.5 Recognize that tobacco smoke is harmful to health and should be avoided.

Growth and Development

Standard 1: Essential Concepts

The student will demonstrate the ability to:

K.1.G.2 Describe his/her own physical characteristics.

K.1.G.5 Name body parts and their functions.

Nutrition and Physical Activity

Standard 1: Essential Concepts

The student will demonstrate the ability to:

K.1.N.1 Name a variety of healthy foods and explain why they are necessary for good health.

K.1.N.2 Identify a variety of healthy snacks.

Standard 7: Practicing Health-Enhancing Behaviors

The student will demonstrate the ability to:

K.7.N.8 Select nutritious snacks.

Lesson Three: *The Healthy Thing to Do*

Objectives: The student will be able to:

- Differentiate between safe, healthy decisions and unsafe, unhealthy, decisions.

Alcohol, Tobacco, and Other Drugs

Standard 1: Essential Concepts

The student will demonstrate the ability to:

K.1.A.1 Explain why medicines are used.

K.1.A.2 Explain that medicines can be helpful or harmful.

K.1.A.3 Recognize that medicines should only be taken under the supervision of a trusted adult.

K.1.A.4 Recognize that some household products are harmful if ingested or inhaled.

K.1.A.5 Recognize that tobacco smoke is harmful to health and should be avoided.

Growth and Development

Standard 1: Essential Concepts

The student will demonstrate the ability to:

- K.1.G.4 Identify trusted adults who promote healthy growth and development (e.g. physician, nurse, dentist, and optometrist).

Nutrition and Physical Activity

Standard 7: Essential Concepts

The student will demonstrate the ability to:

- K.1.N.2 Identify a variety of health snacks.
K.1.N.3 Describe the benefits of being physically active.

Standard 7: Practicing Health-Enhancing Behaviors

The student will demonstrate the ability to:

- K.7.N.8 Select nutritious snacks.
K.7.N.10 Choose healthy foods in a variety of settings.

Mental, Emotional, and Social Health

Standard 1: Essential Concepts

The student will demonstrate the ability to:

- K.1.M.3 List trusted adults at home and at school.

Standard 4: Interpersonal Communication

The student will demonstrate the ability to:

- K.4.M.8 Show how to express personal needs and wants appropriately.

Standard 8: Health Promotion

The student will demonstrate the ability to:

- K.8.M.13 Encourage others when they engage in safe and healthy actions.

Personal and Community Health

Standard 3: Accessing Valid Information

The student will demonstrate the ability to:

- K.3.P.6 Identify health care workers who can help promote health practices.

Injury Prevention and Safety

Standard 1: Essential Concepts

The student will demonstrate the ability to:

- K.1.S.1 Identify safety rules for home, school, and community.
- K.1.S.9 Recognize that anything may be poisonous or cause harm if used unsafely.
- K.1.S.11 Demonstrate how to ask trusted adults for help.

Lesson Four: *I'm Too Good For Drugs*

Objectives: The student will be able to:

- Define drugs.
- Differentiate between medicine and other drugs.
- Discuss the harmful effects of non-medical drugs on the body.

Alcohol, Tobacco, and Other Drugs

Standard 1: Essential Concepts

The student will demonstrate the ability to:

- K.1.A.1 Explain why medicines are used.
- K.1.A.2 Explain that medicines can be helpful or harmful.
- K.1.A.3 Recognize that medicines should only be taken under the supervision of a trusted adult.

Growth and Development

Standard 1: Essential Concepts

The student will demonstrate the ability to:

- K.1.G.2 Describe their own physical characteristics.
- K.1.G.3 Name ways in which people are similar and ways in which they are different.
- K.1.G.5 Name body parts and their functions.

Nutrition and Physical Activity

Standard 5: Decision Making

The student will demonstrate the ability to:

- K.5.N.7 Describe ways to participate regularly in active play and enjoyable physical activity.

Nutrition and Physical Activity

Standard 7: Practicing Health-Enhancing Behaviors

The student will demonstrate the ability to:

- K.7.N.10 Choose healthy foods in a variety of settings.

Lesson Five: *Mr. Big Mouth*

Objectives: The student will be able to:

- Differentiate between substances that are harmful to eat and drink from those that are safe to eat and drink.
- List at least five substances that are safe to eat and drink.
- List at least three harmful substances: tobacco, alcohol, poison.

Alcohol, Tobacco, and Other Drugs

Standard 1: Essential Concepts

The student will demonstrate the ability to:

- K.1.A.2 Explain that medicines can be helpful or harmful.
- K.1.A.3 Recognize that medicines should only be taken under the supervision of a trusted adult.
- K.1.A.4 Recognize that some household products are harmful if ingested or inhaled.
- K.1.A.5 Recognize that tobacco smoke is harmful to health and should be avoided.

Nutrition and Physical Activity

Standard 2: Analyzing Influences

The student will demonstrate the ability to:

- K.2.N.5 Recognize that not all products advertised or sold are good for them.

Mental, Emotional, and Social Health

Standard 8: Health Promotion

The student will demonstrate the ability to:

- K.8.M.13 Encourage others when they engage in safe and healthy actions.

Personal and Community Health

Standard 4: Interpersonal Communication

The student will demonstrate the ability to:

- K.4.P.7 Demonstrate how to ask for assistance with a health-related problem.

Injury Prevention and Safety

Standard 1: Essential Concepts

The student will demonstrate the ability to:

- K.1.S.1 Identify safety rules for home, school, and community.
- K.1.S.2 Identify emergency situations.
- K.1.S.9 Recognize that anything may be poisonous or cause harm if used unsafely.
- K.1.S.11 Demonstrate how to ask trusted adults for help.

Standard 3: Accessing Valid Information

The student will demonstrate the ability to:

K.3.S.14 Identify trusted adults who can help in emergency situations.

Lesson Six: *Goin' Fishin'*

Objectives: The student will be able to:

- Recite at least six feelings: happy, sad, angry, afraid, surprised, excited.
- Discuss three ways that people show their feelings: with faces, body, words.
- Demonstrate feelings non-verbally and express them verbally.

Mental, Emotional, and Social Health

Standard 1: Essential Concepts

The student will demonstrate the ability to:

K.1.M.1 Identify a variety of emotions.
K.1.M.2 Describe the characteristics of families.
K.1.M.4 Examine characteristics that make each individual unique.

Standard 4: Interpersonal Communication

The student will demonstrate the ability to:

K.4.M.8 Show how to express personal needs and wants appropriately.

Lesson Seven: *Finding a Friend*

Objectives: The student will be able to:

- Describe three to five ways to initiate conversations.
- Practice verbal and non-verbal communication.
- Describe characteristics of a friend.

Mental, Emotional, and Social Health

Standard 1: Essential Concepts

The student will demonstrate the ability to:

K.1.M.4 Examine characteristics that make each individual unique.
K.1.M.5 Describe and practice situations when it is appropriate to use "please," "thank you," "excuse me," and "I am sorry."

Mental, Emotional, and Social Health

Standard 4: Interpersonal Communication

The student will demonstrate the ability to:

K.4.M.8 Show how to express personal needs and wants appropriately.
K.4.M.9 Cooperate and share with others.

Standard 7: Practicing Health-Enhancing Behaviors

The student will demonstrate the ability to:

- K.7.M.11 Express emotions appropriately.
- K.7.M.12 Describe positive ways to show care, consideration, and concern for others.

Standard 8: Health Promotion

The student will demonstrate the ability to:

- K.8.M.13 Encourage others when they engage in safe and healthy actions.

Injury Prevention and Safety

Standard 1: Essential Concepts

The student will demonstrate the ability to:

- K.1.S.6 Describe school rules about getting along with others.

Lesson Eight: Stop & Think

Objectives: The student will be able to:

- Discuss personal responsibility for making positive choices.
- Recite the following steps in the decision-making process: stop and think.
- Perform role plays for decision-making practice.

Growth and Development

Standard 1: Essential Concepts

The student will demonstrate the ability to:

- K.1.G.1 Explain that living things grow and mature.
- K.1.G.2 Describe their own physical characteristics.
- K.1.G.5 Name body parts and their functions.

Nutrition and Physical Activity

Standard 1: Essential Concepts

The student will demonstrate the ability to:

- K.2.N.5 Recognize that not all products advertised or sold are good for them.

Standard 5: Decision Making

The student will demonstrate the ability to:

- K.5.N.7 Describe ways to participate regularly in active play and enjoyable physical activity.

Standard 7: Practicing Health-Enhancing Behaviors

The student will demonstrate the ability to:

- K.7.N.8 Select nutritious snacks.

Mental, Emotional, and Social Health

Standard 1: Essential Concepts

The student will demonstrate the ability to:

- K.1.M.1 Identify a variety of emotions.
- K.1.M.4 Examine the characteristics that make each individual unique.

Standard 4: Interpersonal Communication

The student will demonstrate the ability to:

- K.4.M.8 Express personal needs and wants appropriately.
- K.4.M.9 Cooperate and share with others.

Standard 8: Health Promotion

The student will demonstrate the ability to:

- K.8.M.13 Encourage others when they engage in safe and healthy actions.

Injury Prevention and Safety

Standard 1: Essential Concepts

The student will demonstrate the ability to:

- K.1.S.1 Identify safety rules for home, school, and community.

Standard 5: Decision Making

The student will demonstrate the ability to:

- K.5.S.18 Role-play what to do if a stranger at home, car or on the street approaches you.

Standard 7: Practicing Health-Enhancing Behaviors

The student will demonstrate the ability to:

- K.7.S.19 Follow rules for safe play and safety routines. Show how to cross the street safely.

Lesson Nine: *All Together Now*

Objectives: The student will be able to:

- Recite at least four ways to resist pressure from friends to do things that are unhealthy or unsafe.
- Recite at least three safe and healthy things to do with friends.

Alcohol, Tobacco, and Other Drugs

Standard 1: Essential Concepts

The student will demonstrate the ability to:

- K.1.A.5 Recognize that tobacco smoke is harmful to health and should be avoided.

Nutrition and Physical Activity

Standard 5: Decision Making

The student will demonstrate the ability to:

K.5.N.7 Describe ways to participate regularly in active play and enjoyable physical activity.

Mental, Emotional, and Social Health

Standard 1: Essential Concepts

The student will demonstrate the ability to:

K.1.M.1 Identify a variety of emotions.
K.1.M.3 List trusted adults at home and at school.

Standard 7: Practicing Health-Enhancing Behaviors

The student will demonstrate the ability to:

K.7.M.11 Express emotions appropriately.
K.7.M.12 Describe positive ways to show care, consideration, and concern for others.

Injury Prevention and Safety

Standard 1: Essential Concepts

The student will demonstrate the ability to:

K.1.S.1 Identify safety rules for home, school, and community
K.1.S.2 Identify emergency situations.
K.1.S.6 Describe school rules about getting along with others.
K.1.S.7 Recognize the characteristics of bullying.
K.1.S.8 Identify ways to stay safe when crossing the street, riding a bicycle, or playing.

Standard 4: Interpersonal Communication

The student will demonstrate the ability to:

K.4.S.15 Demonstrate how to ask a trusted adult for help or call 9-1-1.

Lesson Ten: *Tuggles the Teddy Bear*

Objectives: The student will be able to:

- Differentiate between safe and harmful substances.
- Discuss personal responsibility for making positive choices.
- Perform role plays for decision-making practice.

Alcohol, Tobacco, and Other Drugs

Standard 1: Essential Concepts

The student will demonstrate the ability to:

K.1.A.1 Explain why medicines are used.
K.1.A.2 Explain that medicines can be helpful or harmful.

- K.1.A.3 Recognize that medicines should only be taken under the supervision of a trusted adult.
- K.1.A.4 Recognize that some household products are harmful if ingested or inhaled.
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Growth and Development

Standard 1: Essential Concepts

The student will demonstrate the ability to:

- K.1.G.4 Identify trusted adults who promote healthy growth and development (e.g. physician, nurse, dentist, and optometrist).

Nutrition and Physical Activity

Standard 1: Essential Concepts

The student will demonstrate the ability to:

- K.1.N.3 Describe the benefits of being physically active.

Standard 7: Practicing Health-Enhancing Behaviors

The student will demonstrate the ability to:

- K.7.N.8 Select nutritious snacks.

Mental, Emotional, and Social Health

Standard 1: Essential Concepts

The student will demonstrate the ability to:

- K.1.M.1 Identify a variety of emotions.
- K.1.M.3 List trusted adults at home and at school.

Standard 3: Accessing Valid Information

The student will demonstrate the ability to:

- K.3.M.7 Describe trusted adults at home and at school who can help with mental and emotional health concerns.

Standard 7: Practicing Health-Enhancing Behaviors

The student will demonstrate the ability to:

- K.7.M.11 Express emotions appropriately.

Standard 8: Health Promotion

The student will demonstrate the ability to:

- K.8.M.13 Encourage others when they engage in safe and healthy actions.

Personal and Community Health

Standard 4: Interpersonal Communication

The student will demonstrate the ability to:

K.4.P.7 Demonstrate how to ask for assistance with a health-related problem.

Injury Prevention and Safety

Standard 1: Essential Concepts

The student will demonstrate the ability to:

K.1.S.1 Identify safety rules for home, school, and community.
K.1.S.2 Identify emergency situations.
K.1.S.6 Describe school rules about getting along with others.
K.1.S.7 Recognize the characteristics of a bully.
K.1.S.9 Recognize that anything may be poisonous or cause harm if used unsafely.
K.1.S.11 Ask trusted adults for help.

Standard 3: Accessing Valid Information

The student will demonstrate the ability to:

K.3.S.14 Identify trusted adults who can help in emergency situations.
K.7.S.19 Follow rules for safe play and safety routines. Show how to cross the street safely.