

Too Good for Drugs Curriculum Correlations

Correlated with North Dakota Health Content Standards

Kindergarten

Lesson One: *Making My Day*

Objectives: The student will be able to:

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

Standard 1: GROWTH AND DEVELOPMENT

4.1.4 Know the importance of intellectual, emotional, social, spiritual*, and physical health during childhood.

Standard 2: HEALTH PROMOTION AND DISEASE PREVENTION

4.2.1 Understand relationships between personal health behaviors and individual well being.

4.2.4 Understand the importance of personal hygiene.

Standard 3: ENVIRONMENTAL AND COMMUNITY HEALTH

4.3.3 Know how positive health behaviors contribute to a healthy environment.

Standard 4: HEALTH-ENHANCING SKILLS

4.4.2 Know how to set goals for a healthy lifestyle.

4.4.4 Understand ways to communicate care, consideration, and respect of self and others.

Standard 5: BEHAVIORS AND RISK

4.5.1 Understand the relationship between food choices and personal health.

4.5.3 Know responsible health behaviors and needs.

Standard 7: HEALTH ADVOCACY

4.7.2 Know methods for assisting others in making positive health choices.

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.

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Standard 2: HEALTH PROMOTION AND DISEASE PREVENTION

4.2.1 Understand relationships between personal health behaviors and individual well being.

4.2.2 Know how the family influences personal health.

4.2.3 Understand how childhood injuries and illnesses can be prevented or treated.

Standard 3: ENVIRONMENTAL AND COMMUNITY HEALTH

4.3.1 Know how media influence thoughts, feelings, and health behaviors.

4.3.2 Know how elements of the environment affect personal health.

4.3.3 Know how positive health behaviors contribute to a healthy environment.

Standard 4: HEALTH-ENHANCING SKILLS

4.4.1 Know steps in assessing risks and making responsible decisions.

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Standard 5: BEHAVIORS AND RISK

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4.5.4 Know safety rules and practices used in home, school, and community settings.

4.5.5 Know ways to avoid and reduce threatening situations.

Standard 6: HEALTH – RELATED INFORMATION

4.6.1 Know community health service providers and their roles.

4.6.2 Know how to locate resources from home, school, and community that provide valid health information.

Lesson Three: *The Healthy Thing to Do*

Objectives: The student will be able to:

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

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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.

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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.

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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, bodies, words.
- Demonstrate feelings non-verbally and express them verbally.

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Standard 4: HEALTH-ENHANCING SKILLS

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4.4.4 Understand ways to communicate care, consideration, and respect of self and others.

4.4.5 Know communication and problem-solving skills to set personal boundaries, resolve conflicts, and develop positive relationships.

Standard 5: BEHAVIORS AND RISK

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Standard 7: HEALTH ADVOCACY

4.7.1 Know various ways to convey accurate health information and ideas to individuals and groups.

4.7.2 Know methods for assisting others in making positive health choices.

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.

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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.

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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.

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Lesson Ten: *Tuggles the Teddy Bear*

Objectives: The student will be able to:

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- Discuss personal responsibility for making positive choices.
- Perform role plays for decision-making practice.

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