

Too Good for Drugs Curriculum Correlations

Correlated with New Hampshire Health Education Curriculum Guidelines

Kindergarten

Lesson One: *Making My Day*

Objectives: The student will be able to:

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

NUTRITION

1. Healthful Eating

Students need to know:

1.1 benefits of healthful eating (short-term and long-term benefits and risks)

1.3 benefits of consuming more water, fruits, vegetables, grains, and calcium-rich foods

4. Balancing Food Intake and Physical Activity

Students need to know:

4.3 relationship between physical activity, eating, and health

PHYSICAL ACTIVITY

1. Healthful Physical Activity

Students need to know:

1.1 benefits and risks of physical activity, including mental and social benefits

1.7 importance of healthful eating

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.

NUTRITION

4. Balancing Food Intake and Physical Activity

Students need to know:

4.3 relationship between physical activity, eating, and health

Lesson Three: *The Healthy Thing to Do*

Objectives: The student will be able to:

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

ALCOHOL AND OTHER DRUGS

4. Healthful Choices about AOD Use

Students need to know:

4.1 how to accept personal responsibility for choices about alcohol and other non-medicinal drug use

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 AND OTHER DRUGS

1. Short-Term and Long-Term Benefits and Risks of Medicinal Drugs

Students need to know:

1.1 differences between medicinal and non-medicinal drug use (AOD)

1.2 benefits and correct use of medicine

1.3 risks of incorrect use of medicines

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 AND OTHER DRUGS

4. Healthful Choices about AOD Use

Students need to know:

4.1 how to accept personal responsibility for choices about alcohol and other non-medicinal drug use

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 HEALTH

2. Emotional Health

Students need to know:

2.1 how to express needs, wants, and feelings

2.2 positive ways to handle emotions, e.g., fear, anger, happiness, sadness

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.

FAMILY LIFE AND SEXUALITY

1. Families and Relationships

Students need to know:

1.3 ways to communicate respect for self and others

MENTAL HEALTH

3. Interpersonal Relationships and Communication

Students need to know:

3.1 strategies to build and maintain healthy friendships

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.

ALCOHOL AND OTHER DRUGS

4. Healthful Choices about AOD Use

Students need to know:

4.1 how to accept personal responsibility for choices about alcohol and other non-medicinal drug use

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 AND OTHER DRUGS

3. Positive and Negative Influences on AOD Use

Students need to know:

3.4 peer influences

5. Communicating Healthful Choices about AOD Use

Students need to know:

5.1 techniques to refuse AOD use

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 AND OTHER DRUGS

4. Healthful Choices about AOD Use

Students need to know:

4.1 how to accept personal responsibility for choices about alcohol and other non-medicinal drug use