

Too Good for Drugs Curriculum Correlations

Correlated with Pennsylvania 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.

10.1.K Concepts of Health

- A. Identify and describe the stages of growth and development.
- childhood
 - adolescence

10.2.K Healthful Living

- A. Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.
- D. Identify the steps in a decision-making process.
- E. Identify environmental factors that affect health.

10.3.K Safety and Injury Prevention

- A. Recognize safe/unsafe practices in the home, school and community.
- general
 - safe around people
- D. Identify and use safe practices in physical activity settings.

10.4.K Physical Activity

- A. Identify and engage in physical activities that promote physical fitness and health.
- B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities.

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.

10.1.K Concepts of Health

- A. Identify and describe the stages of growth and development.
- childhood
 - adolescence

B. Identify and know the location and function of the major body organs and systems.

- circulatory
- respiratory
- muscular
- skeletal
- digestive

C. Explain the role of the food guide pyramid in helping people eat a healthy diet.

- food groups
- number of servings
- variety of food
- nutrients

D. Know age appropriate drug information.

- healthy/unhealthy risk-taking
- skills to avoid drugs

10.2.K Healthful Living

A. Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.

B. Identify health-related information.

- signs and symbols
- terminology
- products and services

E. Identify environmental factors that affect health.

10.3.K Safety and Injury Prevention

A. Recognize safe/unsafe practices in the home, school and community.

- general
- safe around people

D. Identify and use safe practices in physical activity settings.

10.4.K Physical Activity

A. Identify and engage in physical activities that promote physical fitness and health.

B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities.

Lesson Three: *The Healthy Thing to Do*

Objectives: The student will be able to:

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

10.1.K Concepts of Health

A. Identify and describe the stages of growth and development.

- childhood
- adolescence

D. Know age appropriate drug information.

- healthy/unhealthy risk-taking
- skills to avoid drugs

E. Identify types and causes of common health problems of children.

10.2.K Healthful Living

A. Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.

B. Identify health-related information.

- signs and symbols
- terminology
- products and services

E. Identify environmental factors that affect health.

10.3.K Safety and Injury Prevention

A. Recognize safe/unsafe practices in the home, school and community.

- general
- safe around people

D. Identify and use safe practices in physical activity settings.

10.4.K Physical Activity

A. Identify and engage in physical activities that promote physical fitness and health.

B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities.

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.

10.1.K Concepts of Health

A. Identify and describe the stages of growth and development.

- childhood
- adolescence

B. Identify and know the location and function of the major body organs and systems.

- circulatory
- respiratory
- muscular
- skeletal
- digestive

D. Know age appropriate drug information.

- definition of drugs
- effects of drugs
- proper use of medicine
- healthy/unhealthy risk-taking
- skills to avoid drugs

E. Identify types and causes of common health problems of children.

- infectious diseases
- noninfectious diseases
- germs

- pathogens
- heredity

10.2.K Healthful Living

- A. Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.
- B. Identify health-related information.
- signs and symbols
 - terminology
 - products and services
- E. Identify environmental factors that affect health.

10.3.K Safety and Injury Prevention

- A. Recognize safe/unsafe practices in the home, school and community.
- general
 - safe around people
- B. Recognize emergency situations and explain appropriate responses.
- importance of remaining calm
 - how to call for help
 - simple assistance procedures
 - how to protect self

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.

10.1.K Concepts of Health

- A. Identify and describe the stages of growth and development.
- childhood
 - adolescence
- B. Identify and know the location and function of the major body organs and systems.
- circulatory
 - respiratory
 - muscular
 - skeletal
 - digestive
- C. Explain the role of the food guide pyramid in helping people eat a healthy diet.
- food groups
 - number of servings
 - variety of food
 - nutrients
- D. Know age appropriate drug information.
- definition of drugs
 - effects of drugs
 - proper use of medicine
 - healthy/unhealthy risk-taking
 - skills to avoid drugs

E. Identify types and causes of common health problems of children.

- infectious diseases
- noninfectious diseases
- germs
- pathogens
- heredity

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A. Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.

B. Identify health-related information.

- signs and symbols
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E. Identify environmental factors that affect health.

10.3.K Safety and Injury Prevention

A. Recognize safe/unsafe practices in the home, school and community.

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B. Recognize emergency situations and explain appropriate responses.

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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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B. Identify and know the location and function of the major body organs and systems.

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- muscular
- skeletal
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D. Know age appropriate drug information.

- healthy/unhealthy risk-taking
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10.2.K Healthful Living

A. Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.

E. Identify environmental factors that affect health.

10.3.K Safety and Injury Prevention

A. Recognize safe/unsafe practices in the home, school and community.

- general
- safe around people

B. Recognize emergency situations and explain appropriate responses.

- importance of remaining calm
- how to protect self

C. Recognize conflict situations and identify strategies to avoid or resolve.

- walk away
- I-statements
- refusal skills
- adult intervention

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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A. Identify and describe the stages of growth and development.

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- adolescence

D. Know age appropriate drug information.

- healthy/unhealthy risk-taking
- skills to avoid drugs

10.2.K Healthful Living

A. Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.

D. Identify the steps in a decision-making process.

10.3.K Safety and Injury Prevention

A. Recognize safe/unsafe practices in the home, school and community.

- general
- safe around people

B. Recognize emergency situations and explain appropriate responses.

- importance of remaining calm
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- simple assistance procedures
- how to protect self

C. Recognize conflict situations and identify strategies to avoid or resolve.

- walk away
- I-statements
- refusal skills
- adult intervention

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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D. Know age appropriate drug information.

- definition of drugs
- effects of drugs
- proper use of medicine
- healthy/unhealthy risk-taking
- skills to avoid drugs

10.2.K Healthful Living

D. Identify the steps in a decision-making process.

E. Identify environmental factors that affect health.

10.3.K Safety and Injury Prevention

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B. Recognize emergency situations and explain appropriate responses.

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D. Identify and use safe practices in physical activity settings.

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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- simple assistance procedures
- how to protect self

C. Recognize conflict situations and identify strategies to avoid or resolve.

- walk away
- I-statements
- refusal skills
- adult intervention

D. Identify and use safe practices in physical activity settings.

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.

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A. Identify and describe the stages of growth and development.

- childhood
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D. Identify and use safe practices in physical activity settings.