

# Too Good for Drugs Curriculum Correlations

Correlated with Kentucky Health Education Content Standards

## Grade 3

### Lesson One: *Go For Your Goal*

**Objectives:** The student will be able to:

- Define goal.
- Recite 5 steps to use when going for a goal.
- Set a personal goal.
- Describe personal process toward the goal.

#### **Big Idea: Personal Wellness (Health Education) Primary**

Academic Expectations

- 2.29 Students demonstrate skills that promote individual well-being and healthy family relationships.
- 2.31 Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.

### Lesson Two: *Your Magnificent Machine*

**Objectives:** The student will be able to:

- Discuss the functions of body organs: brain, heart, lungs, stomach, liver.
- Discuss things the body needs to function well.
- Discuss things that damage the body: tobacco, alcohol & other drugs.

#### **Big Idea: Personal Wellness (Health Education) Primary**

Academic Expectations

- 2.31 Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.
- 3.2 Students demonstrate the ability to maintain a healthy lifestyle.

#### **Big Idea: Nutrition (Health Education)**

Academic Expectations

- 2.31 Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.
- 3.2 Students will demonstrate the ability to maintain a healthy lifestyle.
- 5.4 Students use decision-making process to make informed decisions among options.

#### **Big Idea: Safety (Health Education)**

Academic Expectations

- 3.2 Students will demonstrate the ability to maintain a healthy lifestyle.

4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.

5.4 Students use a decision-making process to make informed decisions among-options.

## **Lesson Three: *Making My Day***

**Objectives:** The student will be able to:

- Define stress.
- Describe symptoms of stress.
- List at least three sources of stress.
- List at least five healthy ways to reduce stress.

### **Big Idea: Personal Wellness (Health Education)**

Academic Expectations

3.2 Students demonstrate the ability to maintain a healthy lifestyle.

4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.

## **Lesson Four: *Connect-a-Kid***

**Objectives:** The student will be able to:

- List ways that s/he is connected to the family, school, and community.
- Demonstrate ways to begin, continue, and end a conversation.

### **Big Idea: Personal Wellness (Health Education)**

Academic Expectations

3.2 Students demonstrate the ability to maintain a healthy lifestyle.

4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.

## **Lesson Five: *I-Messages***

**Objectives:** The student will be able to:

- Review feelings.
- Recite and effective communication formula: I feel\_\_\_\_\_when you\_\_\_\_\_because\_\_\_\_\_. I want\_\_\_\_\_.
- Discuss reasons for using I-messages.

### **Big Idea: Personal Wellness (Health Education)**

Academic Expectations

3.2 Students demonstrate the ability to maintain a healthy lifestyle.

4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.

## **Lesson Six: *Decision Making***

**Objectives:** The student will be able to:

- Review the stop and think decision-making model.
- Describe 4 more steps in the decision-making model: (1) Picture a positive outcome. (2) List choices and consequences. (3) Act out the best plan. (4) Now tell yourself how you did.
- Discuss decisions and consequences.

### **Big Idea: Personal Wellness (Health Education)**

Academic Expectations

- 3.2 Students demonstrate the ability to maintain a healthy lifestyle.
- 4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.
- 5.4 Students use a decision-making process to make informed decisions among options.

### **Big Idea: Safety (Health Education)**

Academic Expectations

- 3.2 Students will demonstrate the ability to maintain a healthy lifestyle.
- 4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.
- 5.4 Students use a decision-making process to make informed decisions among-options.

## **Lesson Seven: *Too Good for Alcohol***

**Objectives:** The student will be able to:

- Describe the negative effects of drinking alcohol on balance, vision coordination, speech and thinking.
- Discuss the risks associated with underage drinking of alcohol.
- Demonstrate making good decisions about alcohol.

### **Big Idea: Personal Wellness (Health Education)**

Academic Expectations

- 3.2 Students demonstrate the ability to maintain a healthy lifestyle.
- 4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.
- 5.4 Students use a decision-making process to make informed decisions among options.

### **Big Idea: Safety (Health Education)**

Academic Expectations

- 3.2 Students will demonstrate the ability to maintain a healthy lifestyle.
- 4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.

5.4 Students use a decision-making process to make informed decisions among-options.

## **Lesson Eight: *The Truth About Tobacco Advertising***

**Objectives:** The student will be able to:

- Describe the harmful effects of smoking cigarettes and cigars.
- Describe the social influence of advertising on decisions about smoking.
- Describe the actual incidence and prevalence of cigarette smoking.

### **Big Idea: Personal Wellness (Health Education)**

Academic Expectations

3.2 Students demonstrate the ability to maintain a healthy lifestyle.

## **Lesson Nine: *Peer Pressure***

**Objectives:** The student will be able to:

- Define peer pressure.
- Describe the effects of peer pressure on decision-making.
- Demonstrate ways to handle peer pressure: Say No, Ignore, Walk Away, A Better Idea.
- Describe the physical, social and mental effects of marijuana.

### **Big Idea: Personal Wellness (Health Education)**

Academic Expectations

3.2 Students demonstrate the ability to maintain a healthy lifestyle.

4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.

## **Lesson Ten: *Third Grade Game Show***

**Objectives:** The student will be able to:

- Review the concepts learned in Too Good for Drugs, Grade Three.
- Perform role-plays to demonstrate the decision to stay drug free.

### **Big Idea: Personal Wellness (Health Education)**

Academic Expectations

3.2 Students demonstrate the ability to maintain a healthy lifestyle.