

# Too Good for Drugs Curriculum Correlations

Correlated with Kentucky Health Education Content Standards

## Grade 1

### Lesson One: *Go for a Healthy Goal*

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

- Define healthy.
- Recite at least 5 healthy foods.
- Recite at least 5 healthy leisure activities.
- Recite at least 5 healthy practices.

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

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.

#### **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.

### Lesson Two: *My Special Feelings*

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

- Name at least 6 of the following emotions: happy, sad, angry, afraid, proud, excited, embarrassed.
- Describe how a person might feel in a variety of situations.
- Demonstrate stating feelings clearly and directly: I feel\_\_\_\_\_.

#### **Big Idea: Personal Wellness (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.
- 2.32 Students demonstrate strategies for becoming and remaining mentally and emotionally healthy.
- 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 Three: *Listening*

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

- Demonstrate the skill of listening.

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

Academic Expectations

- 4.1 Students effectively use interpersonal skills.
- 4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.

## Lesson Four: *Friendship*

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

- Discuss how friends are alike but different.
- Describe how differences can enrich a friendship.
- List behaviors of a friend: sharing, taking turns, helping, listening.

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

Academic Expectations

- 4.1 Students effectively use interpersonal skills.
- 4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.

## Lesson Five: *Carmen's Choices*

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

- Recite the steps of a decision-making model: Stop and Think.
- Demonstrate effective ways to make decisions through role-plays.

### **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 Six: *Curious Carmen***

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

- Describe the harmful effects of using inhalants.
- List the following ways to avoid strong chemical smells: open a window, leave room, tell an adult.

### **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: *Safe and Unsafe***

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

- Distinguish between safe and unsafe things for children to do.
- Define the harmful effects of smoking tobacco products.
- Define the harmful effects of drinking 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: *Telling the Difference***

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

- Define drug.
- Define medicine.
- Differentiate between medicine, alcohol, and food.
- List three types of alcoholic beverages: beer, wine, liquor.

### **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 Nine: *Getting Sick, Getting Well***

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

- Describe safe and appropriate ways for children to take medicine.
- Demonstrate the skill of predicting what comes next in a sequence of events.

### **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 Ten: *Cool Cats Say No***

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

- Differentiate between safe, healthy decisions and unsafe, unhealthy decisions.
- Discuss how peers influence decisions.
- Discuss personal responsibility for making positive choices.

### **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: 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.

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