

Too Good for Drugs Curriculum Correlations

Correlated with New York State Health Standards and Performance Indicators

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.

Standard 1: Personal Health and Fitness

NYSHE1A Know how basic body systems work and interrelate in normal patterns of growth and development.

NYSHE1B Possess basic knowledge and skills which support positive health choices and behaviors.

NYSHE1C Understand how behaviors such as food selection, exercise, and rest affect growth and development.

NYSHE 1D Recognize influences which affect health choices and behaviors.

NYSHE1E Know about some diseases and disorders and how they are prevented and treated.

NYSHE 1F Practice and support others in making healthy choices.

Standard 2: A Safe and Healthy Environment

NYSHE2A Understand basic safety rules.

NYSHE 2B Recognize potentially dangerous situations and know how to avoid or reduce their risk.

NYSHE2D Recognize characteristics of the environment that contribute to health.

Standard 3: Resource Management

NYSHE 3A Identify characteristics of valid health information and health-promoting products and services and know where to locate them.

Lesson Two: *My Special Feelings*

Objectives: The student will be able to:

- Name at least six 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 _____.

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NYSHE 1F Practice and support others in making healthy choices.

Standard 2: A Safe and Healthy Environment

NYSHE 2C Know some personal and social skills which contribute to individual safety.

Standard 3: Resource Management

NYSHE 3B Understand how culture contributes to individual family and community beliefs and practices affecting health

Lesson Three: *Listening*

Objectives: The student will be able to:

- Demonstrate the skill of listening.

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NYSHE1B Possess basic knowledge and skills which support positive health choices and behaviors.

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NYSHE 1F Practice and support others in making healthy choices.

Standard 2: A Safe and Healthy Environment

NYSHE 2C Know some personal and social skills which contribute to individual safety.

Standard 3: Resource Management

NYSHE 3B Understand how culture contributes to individual family and community beliefs and practices affecting health

Lesson Four: *Friendship*

Objectives: The student will be able to:

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

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Standard 2: A Safe and Healthy Environment

NYSHE 2C Know some personal and social skills which contribute to individual safety

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Standard 3: Resource Management

NYSHE 3B Understand how culture contributes to individual family and community beliefs and practices affecting health

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.

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NYSHE 3C Know how to access help when illness, injury, or emergency situations occur

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 the room, tell an adult.

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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.

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NYSHE 3C Know how to access help when illness, injury, or emergency situations occur

NYSHE 3D Recognize how the media influences health choices

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.

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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.

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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.

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