

Too Good for Drugs Curriculum Correlations

Correlated with New York State Health Standards and Performance Indicators

Grade 2

Lesson One: *Dreams Can Come True*

Objectives: The student will be able to:

- Identify importance of setting goals.
- Describe ways to set and achieve goals.
- Set a personal goal.

Standard 1: Personal Health and Fitness

NYSHE 1B Possess basic knowledge and skills which support positive health choices and behaviors

NYSHE 1D Recognize influences which affect health choices and behaviors

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

Lesson Two: *Stop & Think*

Objectives: The student will be able to:

- Discuss the importance of stopping to think before making a decision.
- Define consequences.
- Demonstrate predicting possible consequences.
- Demonstrate how to make good decisions.

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NYSHE 1C Understand how behaviors such as food selection, exercise, and rest affect growth and development

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NYSHE 1F Practice and support others in making healthy choices

Standard 2: A Safe and Healthy Environment

NYSHE 2A Understand basic safety rules

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

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

NYSHE 2D Recognize characteristics of the environment that contribute to health

Standard 3: Resource Management

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

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

Lesson Three: *Dealing with Frustration*

Objectives: The student will be able to:

- Define frustration; recognize and identify the feeling.
- Describe frustration as normal, healthy response to new & challenging tasks.
- List strategies for dealing with frustration.
- List people who can help with frustrating situations.
- Demonstrate techniques for handling frustration: count to ten, take a break, say how you feel, ask for help, take one step at a time, try another way.

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Lesson Four: *Saying How You Feel*

Objectives: The student will be able to:

- Describe the difference between feelings and actions.
- Demonstrate stating feelings clearly and directly with an I-message.
- Differentiate between I-messages and You-messages.

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Lesson Five: *Dog-Gone Good!*

Objectives: The student will be able to:

- Discuss how people are alike and how they are different.
- Discuss his or her own personal strengths.
- Demonstrate giving and receiving compliments.

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Lesson Six: *Be a Friend*

Objectives: The student will be able to:

- Describe how to choose a friend.
- Describe how friends help each other.
- Demonstrate asking for help and offering help.
- Demonstrate saying please and thank you.

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Lesson Seven: *A Peer Pressure Play (and replays)*

Objectives: The student will be able to:

- Define peer pressure.
- Discuss why it is important to refuse peer pressure.
- Recite at least three ways to handle peer pressure.

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NYSHE 1E Know about some diseases and disorders and how they are prevented and treated

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Lesson Eight: *A Message About Medicine*

Objectives: The student will be able to:

- Define drug.
- Define over-the-counter drugs and prescription drugs.
- Discuss the fact that there are not medicines for all aches and pains, and that sometimes pains hurt for a while and then go away without medicine.
- Discuss the difference between medicine and candy.
- List the rules for safe use of prescription and over-the-counter drugs.
- Describe the dangers of misusing prescription and over-the-counter drugs.

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Lesson Nine: *Because I Care*

Objectives: The student will be able to:

- Recite at least three facts about tobacco.
- Define second-hand smoke.
- Discuss at least two negative effects of second-hand smoke.
- Recite at least three ways to avoid second hand smoke.
- Demonstrate polite ways to speak to smokers about second-hand smoke.

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NYSHE 3D Recognize how the media influences health choices

Lesson Ten: *A Game for Good Health*

Objectives: The student will be able to:

- Define health.
- List at least five healthy practices.
- List at least five healthy foods.

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