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

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.

**Standard 1: Personal Health and Fitness**

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

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

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 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.

Standard 1: Personal Health and Fitness

NYSHE 1A  Know how basic body systems work and interrelate in normal patterns of 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 2C  Know some personal and social skills which contribute to individual safety

Standard 3: Resource Management

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

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

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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Standard 3: Resource Management

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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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Standard 2: A Safe and Healthy Environment

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Standard 3: Resource Management

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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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Standard 2: A Safe and Healthy Environment

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

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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NYSHE 1E Know about some diseases and disorders and how they are prevented and treated
NYSHE 1F Practice and support others in making healthy choices

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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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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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