
Lessons Overview

Too Good for Drugs Grade 2

The *Too Good for Drugs* lessons in Grade 2 are presented in two units. **Unit 1- Skill Development** includes lessons 1 through 5 and establishes and develops five social and emotional competency skills. **Unit 2- Skill Application** includes lessons 6 through 10 and reviews and applies the skills learned in Unit 1 and introduces information about the safe and unsafe use of prescription and over-the-counter medications, as well information about harmful substances including alcohol and tobacco.

Unit 1- Skill Development: Lessons 1-5

1 Chasing Squirrels: Setting Reachable Goals

Students learn the steps to setting and reaching personal goals. Students also learn to identify personal strengths as areas of which they can set their own personal goal.

2 The Important Link: Making Responsible Decisions

Students learn the benefits of stopping to think before making a decision. Students also learn to predict the positive and negative consequences of choices before making a decision.

3 How I Feel: Identifying and Managing Emotions

Students learn to recognize a variety of emotions and the physical signals associated with specific emotions. Students learn to manage their emotions and express their feelings using an I-message.

4 How Do You Do?: Effective Communication

Students learn to use polite, assertive communication. Students also learn and demonstrate active listening skills to show caring and respect to others.

5 Friends Fur-ever: Bonding and Relationships

Students compare healthy and unhealthy friendship qualities and learn the benefits of bonding with pro-social others. Students also learn approaches to making and keeping friends.

Unit 2- Skill Application: Lessons 6-10

6 Wagging the Dog: Managing Peer Pressure

Students learn to recognize positive and negative peer pressure and learn and apply peer-pressure refusal strategies. Students also recognize the effects of peer pressure on decision making.

7 Still in the Game: Managing Mistakes

Students identify negative reactions to personal mistakes. Students also learn to use healthy strategies to respond to, manage, and overcome mistakes and disappointment.

8 A Prescription for Health: Understanding the Safe Use of Prescription and OTC Medicines

Students identify and describe physical symptoms of not feeling well and healthy ways to respond like tell an adult, rest, and hydrate. Students also learn to differentiate safe and unsafe use of prescription and over-the-counter medicines.

9 Chasing Your Tail: Identifying and Avoiding Harmful Substances

Students learn to identify harmful substances in and around the home, including tobacco and alcohol. Students learn which substances are not safe to smell, inhale, drink, or taste as well as ways to avoid strong chemical odors such as open a window, leave the room, and tell an adult.

10 Healthy Choices, Healthy Body: Making Healthy Choices

Students learn to identify the benefits of making healthy choices related to food, rest, and exercise. Students also demonstrate knowledge for good food, exercise, and rest to build a strong, healthy body.