

BRSU Health Education Curriculum: K-2 Alcohol, Tobacco, and Other Drugs

Enduring Understanding:

- Some substances are always harmful to the body and other drugs are safe when used as directed with adult supervision.

Core Concepts:

- Explain that a drug is any substance that changes the way the brain and the body work
- Explain that some drugs are always harmful and other drugs are safe when used as directed
- Explain that cigarette use is harmful to the smoker and those around them
- Explain why household products are harmful if ingested or inhaled

Students will know.....

Advocacy

- the advantages of being in a healthy environment (e.g., smoke free, drug free)

Healthy Choices/Self-Management

- that no medicines should be taken without the help of an adult
- the benefits of medicines when used correctly and the harmful effects of medicines when used incorrectly

Students will be able to.....

Interpersonal Communication

- describe how to ask for help in avoiding second-hand smoke
- describe when and how to alert adults to an unsafe situation (e.g., access to harmful products)

Healthy Choices/Self-Management

- identify ways to avoid second-hand smoke from cigarettes
- identify harmful products

Goal Setting and Decision Making

- predict positive outcomes of avoiding harmful products

Accessing Information

- identify sources for accurate information about medicines
- identify when and how to call 911

POTENTIAL ACTIVITIES/RESOURCES:

- *The Great Body Shop*
 - *How to Stay Safe*
 - *No Drugs, No Way!*