

Course Description

As part of the Central Bucks School District Elementary Health curriculum, a unit on Tobacco, alcohol, and other drugs is taught to students in all grades during Red Ribbon Week. CB teachers and staff have created an age appropriate, kid friendly unit teaching students between safe and unsafe use of medicines, the use of basic assertive refusal skills, and factors that contribute to overall health.

Course Level Objectives

Kindergarten

- Students will identify items that are unsafe to touch.
- Students will identify ways to say “NO” in a variety of unsafe situations.
- Students will explain the concepts of "safe" and "dangerous."
- Students will identify items that may be dangerous.

First Grade

- Students will understand the importance of protecting their lungs from tobacco smoke.
- Students will identify if a behavior is healthy or unhealthy.
- Students will demonstrate skills for saying "No" to the use of tobacco.
- Students will explain what medicine is.
- Students will identify people who are appropriate to help with the safe use of medicines.

Second Grade

- Students will describe effects of cigarette smoking on breathing.
- Students will identify credible sources of health information.
- Students will identify substances that are good for their bodies.
- Students will identify things to do to stay healthy.
- Students will set a goal for keeping their incredible machines healthy.
- Students will explain why you cannot tell what a drug is by looking at it.
- Students will explain why medicines have safety caps.
- Students will identify rules for safe use of medicines.

Third Grade

- Students will identify characteristics of friends.
- Students will support their friends in not using tobacco.
- Students will apply decision making steps.
- Students will set a personal goal.
- Students will explain how drug use might interfere with achieving a personal goal.
- Students will identify underlying risks when making a decision.
- Students will apply decision making steps.
- Students will explain why all medicines must be used correctly.
- Students will identify reliable sources of drug information.

Fourth Grade

- Students will use decision-making steps to make healthful decisions about tobacco use.
- Students will describe effects of tobacco use.
- Students will identify valid sources of health information about tobacco.
- Students will explain the importance of reading and following label directions for OTC medicines.
- Students will explain that OTC medicines are serious medicines with side effects.
- Students will list examples of negative peer pressure.
- Students will demonstrate refusal strategies.

Fifth Grade

• Students will identify peer, school, and community influences on health practices and behaviors.
• Students will describe health effects of tobacco that aren't depicted in advertising.
• Students will learn to analyze ads for ways they attempt to influence personal choices.
• Students will describe influences on alcohol and other drug use.
• Students will explain reasons to avoid alcohol and other drug use.
• Students will identify consequences of unhealthful decisions about drug use.
• Students will describe how healthful decisions about drug use prevent problems.