

Get Real About Tobacco K-3

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson One What is Tobacco?			
Lesson Two Sidestream Smoke	<p>Recognize ways to communicate care and consideration for self and others. 4:1:a</p> <p>Identify healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Identify ways to support others in making healthy choices. 5:3:a</p>	Explore ways human activity affects the environment. 5:1:b	Use questions to gain understanding of oral/visual information. 3:3:b
Lesson Three Messages From Media	Identify how the media affects (<i>sic</i>) thoughts, feelings, and personal health. 2:1:b	Explore ways to respond to various environmental and social concerns. 5:2:b	<p>Identify different information sources to use for various purposes, e.g., Internet, CD-ROM, and print materials. 1:4:a</p> <p>Identify the basic intent of various oral and visual messages, e.g., advertisements. 3:2:a</p>
Lesson Four Messages from People	<p>Identify effective interpersonal communication skills. 4:1:c</p> <p>Recognize behaviors which help or hinder effective communication. 4:2:b</p>	Explore ways to respond to various environmental and social concerns. 5:2:b	<p>Gather information from different sources to make reasonable decisions. 1:4:c</p> <p>Present information in a clear and logical form. 4:1:b</p>
Lesson Five The Benefits of Avoiding Tobacco	Identify appropriate health practices that affect self and others. 1:1:a		Use responses from peers to judge speaking success. 4:1:c
Lesson Six The Self-Control Skill Day 1		Explore ways to respond to various environmental and social concerns. 5:2:b	Identify the purpose of various oral presentations. 4:2:b

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Lesson Seven The Self-Control Skill Day 2		Explore ways to respond to various environmental and social concerns. 5:2:b	Write to determine what is known about specific topics. 2:4:a
Lesson Eight The Self-Control Skill Day 3		Explore ways to respond to various environmental and social concerns. 5:2:b	Write to determine what is known about specific topics. 2:4:a
Lesson Nine Encouraging Others Not to Use Tobacco	Recognize ways to communicate care and consideration for self and others. 4:1:a Identify ways to approach community health issues. 1:2:a		Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c Recognize various ways to organize writing based on the intended purpose and audience. 2:2:a Uses various examples from various sources to support personal interpretations. 2:4:c Use various resources to support oral presentations, e.g., drawings, posters. 4:3:c
Follow-Up Lesson 1 The Tobacco Puzzle	Recognize characteristics of emotional, social, and physical health. 1:2:b		
Follow-Up Lesson 2 The Man with the Smoke	Identify how the media affects (<i>sic</i>) thoughts, feelings, and personal health. 2:1: b		Use organization skills to assist in recall of oral/visual information. 3:3:c
Follow-Up Lesson 3 Getting Support in Using the Self-Control Skill	Identify various communication techniques used with family and peers. 4:1:b Identify age-appropriate health-related vocabulary. 4:2:c		Identify the purpose of various oral presentations. 4:2:b