

Key Points Emphasized in Skills for Growing, Unit 4, Grades EL–5

- Children and adults share the responsibility for children's health, safety, and well-being.
- Children should avoid unknown and possibly dangerous containers and substances and should turn to trusted adults with their questions and concerns.
- Alcohol, tobacco, and other drug use can harm the body and lead to dependence.
- Drug use affects not only individuals but their families, friends, and communities as well.
- Alcohol, tobacco, and other drugs are illegal for youth, as well as against school rules.
- Most people do not use illegal drugs—or approve of others who do use them.
- Young people can support one another in growing up drug-free.

In Early Learners through grade 2, the emphasis is on developing and maintaining healthy behaviors, such as eating nutritious foods, exercising, and getting plenty of rest. Children learn about how their bodies work, the difference between healthy and unhealthy behaviors, ways to stay safe around unknown or dangerous substances, and the importance of turning to trusted adults for help with questions and concerns. Skill development is focused on building responsibility, making wise choices, and problem-solving.

In grades 3 through 5, students learn about the effects of drug use on growing bodies and developing minds, on family and friends, and on the community. They examine the influences that promote drug use and practice using problem-solving, assertiveness, and resistance skills to counteract these pressures. Through outreach projects in the school, students become positive role models as they educate others about the problems related to drug use.