

### Purpose of the Lesson

Students will pose as a Secret Agent and solve a series of case files that require a healthy decision to complete the mission. The missions will require students to “think ahead” and determine if places, people or things could lead to unhealthy decisions. A special agent should make a choice that is healthy, safe and shows respect.

### Background Knowledge

- “Think Ahead” to avoid unsafe and unhealthy situations, people and things.
- Think about your decision to make sure it is healthy, safe and respects rules and others.

### Lesson Objectives

*Students will be able to:*

Objective	Activity
1. Explain ways a person can think ahead to avoid situations, people, places and things that could lead to possible unhealthy behaviors.	<ul style="list-style-type: none"> <li>• Special Agent 00K Case Files</li> </ul>
2. Analyze a situation and determine possible positive and negative consequences (short/long-term) on self and others	<ul style="list-style-type: none"> <li>• Special Agent 00K Case Files</li> </ul>
3. Analyze the decision to determine if they will be safe, healthy, follow rules, and respect self and others.	<ul style="list-style-type: none"> <li>• Special Agent 00K Case Files</li> </ul>

**Time:** 20-30 minutes

### Materials

Special Agent 0-0-K Mission Poster ([Attachment 1](#)); Special Agent Brief Case ([Attachment 2](#)); Double O-K Case File and Cases ([Attachment 3](#)).

*Note:* Briefcase ([Attachment 2](#)) is folded in half and then Case Files ([Attachment 3](#)) are included inside.

### Introduction

- What does a secret agent do?
  - o Most of us think a secret agent lives an exciting life, a life of pure adventure to find out secrets. Today, we’ll find the secret of making healthy decisions.
- Today we are going to explore the mission of (*Write Secret Agent 00K name on board*):
  - o Then ask students to read the name aloud. Be certain the name, ultimately, is read as **Double 0.K.**

# HOPE

Health and Opioid  
Prevention Education

4th GRADE  
LESSON 2

Your Mission? Making  
Healthy Decisions

- Let's look at the agent's credentials:
  - **Mission:** Keeping YOU healthy and safe
  - **Skills:** Using the not-so-secret weapon of STOP, THINK, CHOOSE, **Secret Agent 00K** is a master of making healthy and safe choices.
  - **Motto:** Be Double OK by learning how to make healthy choices the right way! (*Write on board.*)
- Before sharing their secret agent skills with us, they want us to be certain we can state the special agent motto. (*Point to each word in the motto as the students say the word.*)

## Teaching Steps

### Activity 1: Secret Agent 00K

- According to **Secret Agent 00K**, one way we can avoid unsafe and unhealthy situations is to **THINK AHEAD**. Of course, to do that we need to use our heads — well, actually, our brains.
- **Step 1:** Explain the guidelines. The secret agent says there are three helpful guidelines we can follow:
  1. **Places** – Stay away from **places** where someone might try to pressure you to make an unhealthy, unsafe or poor choice
    - Ask students to provide several examples. (*i.e., going somewhere by yourself; going somewhere a trusted adult would not want you to be, going to someone's house when trusted adults are not at home, breaking a school or home rule, etc.*)
  2. **People** – Stay away from people who make unsafe and unhealthy choices. There are some people who might not think ahead or seem to have more difficulty making healthy, safe or positive choices. Staying away from them and dangerous places or things may help to keep you safe and healthy.
  3. **Things** – Stay away from (1) objects that can cause harm, like guns or knives; (2) drugs\* and substances that could be used as drugs (*\*Need to explain that some drugs are used to help people who are ill or hurt, but some drugs are used for unhealthy, unsafe reasons.*)
  4. **Ask:** If anyone tries to talk you into making an unhealthy or unsafe choice, who do you need to tell? (*A trusted adult*)
- **Step 2:** Explain **STOP, THINK, CHOOSE**. As I mentioned before, **Secret Agent Double O K (00K)** uses the **STOP, THINK, CHOOSE** decision-making steps to solve the case. **Double O K (00K)** wants you to remember that during the **THINK** step you must ask yourself three very important questions:
  - a. Is this choice safe?
  - b. Is this choice healthy?
  - c. Does this choice show respect for myself and my parents, guardians or trusted adults?
  - d. Discuss these three questions and why they are an important part of decision-making.

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- **Step 3:** Model the steps. Now **Secret Agent 00K** wants to see if you are ready to be one of their special assistants. There is a secret agent training exercise you must complete, the **“What If..” training activity**. I will read a statement and you and a partner will discuss the situation, think of two things that could happen (two consequences), then decide the safest, healthiest, most respectful way to handle the situation. You should work together to come up with these responses. Only make comments that help the discussion. Write your response on the *Secret Agent’s Case Files* (See attachment 3).
- **Step 3A:** Complete Case #1 together:
  - o WHAT IF you are really tired and another kid says, “Hey, you look like you need to get some instant energy. Here, try this. You won’t feel tired any more.” (showing a pill in their hand)
  - o Have the students discuss each of the questions together, then write one sentence about what might happen in the case.
- **Step 3B:** Student Practice. Assign students to complete the second case as a collaborative pair.
  - o WHAT IF you are walking home from school and see someone from your class who gets in trouble a lot at school. You say hi to them. They ask you if you would like to walk down the dark alley that your parents have told you to stay away from. Halfway down the alley, they offer you what looks like candy. You are not sure what it really is.
  - o If there is time complete the third case:
  - o WHAT IF your friend wants you to come over to their house to play your favorite video game, but no trusted adults are going to be there?
- **Step 4:** Discuss the students’ answers and emphasize:
  - o The importance of:
    - Thinking for yourself and following the rules of your parent/guardian/trusted adult.
    - Remembering the three “Stay Away” guidelines we talked about earlier. **ASK:** what were those guidelines? (People, Places, Things)
    - Using the steps of decision-making: STOP, THINK, CHOOSE to make safe, healthy, respectful choices
  - o Ask them to reflect on how well they collaborated to answer the questions and write the sentences.

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## Closure

- According to **Secret Agent Double OK's** expectations, you have earned the title of Special Assistant.
- Give each student a briefcase (**Attachment 2**) filled with the tools special agents use the most to complete the mission of keeping YOU healthy and helping you to keep others healthy, too, by using these tools.
- Sign your agent case files. Fold your briefcase in half, then add your completed case files. You are now ready to serve as Special Agent 00K.
- Review the tools in the briefcase, then ask the students to pledge to uphold **Secret Agent Double OK's** mission by stating in unison, the secret agent's motto:
  - **“Be Double OK by learning how to make healthy choices the right way!”**

## National Health Education Standards

**Standard 1:** *Comprehending Concepts*

**Standard 2:** *Analyzing influences*

**Standard 5:** *Decision-making skills*

## Healthy Behavior Outcome (HBO)

Alcohol and Other Drugs HBOs:

**HBO 1:** *Avoid misuse and abuse of over-the-counter and prescription drugs.*

**HBO 4:** *Avoid the use of illegal drugs.*

*English Language Arts Standards:*

**SL.4.1** Engage effectively in a range of collaborative discussions with diverse partners on grade 4 topics and texts building on others' ideas and expressing their own clearly.

# SPECIAL AGENT **00K**

## **YOUR MISSION**

Keeping YOU healthy and safe.

## **SKILLS**

The not-so-secret weapon of “**STOP, THINK, CHOOSE**”  
to make healthy and safe choices.

## **SPECIAL AGENT MOTTO**

“Be Double 0K by learning how to make  
healthy choices the right way.”

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**CASE #1**

**WHAT IF** you are really tired and another kid says, “Hey, you look like you need to get some instant energy. Here try this. You won’t feel tired any more.” In their hand is a pill and they wants you to take it.

Circle your answer to the four questions below.

Is this choice <b>HEALTHY</b> ?	YES or NO
Is this choice <b>SAFE</b> ?	YES or NO
Does this choice show <b>RESPECT</b> ?	YES or NO
Did You <b>STAY AWAY</b> from <b>UNHEALTHY, UNSAFE</b> People, Places, & Things?	Yes, I did. <b>OR</b> No, I did not.

Write one sentence about what you think could happen in this case. Be prepared to explain why you think this.

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**CASE #2**

**WHAT IF** you are walking home from school and see someone from your class who gets in trouble a lot at school. You say hi to them. They ask if you would like to walk down an alley that looks dangerous that your parents have told you to stay away from. Halfway down the alley, they offer what looks like candy, but may not be.

Circle your answer to the four questions below.

Is this choice <b>HEALTHY</b> ?	YES or NO
Is this choice <b>SAFE</b> ?	YES or NO
Does this choice show <b>RESPECT</b> ?	YES or NO
Did You <b>STAY AWAY</b> from <b>UNHEALTHY, UNSAFE</b> People, Places, & Things?	Yes, I did. <b>OR</b> No, I did not.

Write one sentence about what you think could happen in this case. Be prepared to explain why you think this.

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**CASE #3**

**WHAT IF** you have a headache and decide you need to take medicine. You decide to grab a pill bottle on the counter and take one of the pills you think will help.

Circle your answer to the four questions below.

Is this choice <b>HEALTHY</b> ?	YES or NO
Is this choice <b>SAFE</b> ?	YES or NO
Does this choice show <b>RESPECT</b> ?	YES or NO
Did You <b>STAY AWAY</b> from <b>UNHEALTHY, UNSAFE</b> People, Places, & Things?	Yes, I did. <b>OR</b> No, I did not.

Write one sentence about what you think could happen in this case. Be prepared to explain why you think this.

**HOPE**

**SPECIAL AGENT *OOK***

contract

I pledge to uphold the high standards, mission,  
and motto of **Secret Agent *OOK***.



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signature