

Grades 6, 7, 8

Adopted 2003

Alcohol and Other Drugs

1. Short-Term and Long-Term Benefits and Risks of Medicinal Drugs

- 1.1 risks of dependence and addiction
 - 1.2 physical, social, and emotional effects of AOD use
-

2. Short-Term and Long-Term Effects of AOD Use

- 2.1 risks of dependence and addiction
 - 2.2 physical, social, and emotional effects of AOD use
 - 2.3 signs and behaviors of AOD use
 - 2.4 effects of binge drinking
 - 2.5 effects of inhalant use
 - 2.6 effects of marijuana use
 - 2.7 effects of use of other smoked illicit drugs
 - 2.8 relationship between AOD use and transportation injuries
 - 2.9 relationship between AOD use and other injuries
 - 2.10 relationship between AOD use and sexual behavior
 - 2.11 relationship between AOD use and mental health
 - 2.12 benefits of not using AOD (physical, social, emotional, legal, financial)
-

3. Positive and Negative Influences on AOD Use

- 3.1 pressures to use
- 3.2 internal influences
- 3.3 family influences
- 3.4 peer influences
- 3.5 cultural influences
- 3.6 legal factors
- 3.7 influences on different levels of AOD use

4. Healthful Choices about AOD Use

- 4.2 how to make a personal commitment not to use
- 4.1 how to accept personal responsibility for choices about AOD use

5. Communicating Healthful Choices about AOD Use

- 5.1 effects and consequences of other non-medicinal drug use
- 5.2 how to get help
- 5.3 how to deal with pressure to use
- 5.4 how to encourage others not to use

Injury Prevention

1. Fire Safety

- 1.1 strategies to prevent fires
- 1.2 escape plans
- 1.4 strategies to stay safe around electricity
- 1.3 how to access resources for getting help

2. Water Safety

- 2.1 importance of avoiding AOD use
- 2.2 strategies to rescue self
- 2.3 strategies to help self and others
- 2.4 precautions when entering or being around water

3. First Aid

- 3.1 how to assess the situation
- 3.2 how to get help
- 3.3 universal precautions (infection control procedures)
- 3.4 steps for rescue breathing
- 3.5 how to stop bleeding
- 3.6 how to clear respiratory obstructions (choking)
- 3.7 how to care for burns
- 3.8 how to prevent and care for poisonings

4. Transportation Safety

- 4.1 how to use protective equipment
- 4.2 how to use motorized vehicles safely (e.g., motorcycles, ATVs, snowmobiles, jet skis)
- 4.3 strategies for bicycle safety
- 4.4 how to use public transportation safely

5. Violence Prevention

- 5.1 ways to avoid interpersonal conflict
- 5.2 conflict resolution techniques
- 5.3 how to avoid fighting/bullying
- 5.4 importance of not carrying a weapon
- 5.5 how to report weapons
- 5.6 gun safety
- 5.7 ways to prevent child abuse
- 5.8 causes of conflict in schools and communities
- 5.9 valid sources for getting help

6. Use of Protective Equipment

- 6.1 use of protective equipment for sports and leisure activities
- 6.2 use of protective equipment at home, school, and work

7. Suicide Prevention

- 7.1 how to identify stressors
 - 7.2 how to recognize signs of depression and mental illness
 - 7.3 how to get help for self and others
 - 7.4 influence of AOD use on depression
-

Nutrition

1. Healthful Eating

- 1.1 benefits of healthful eating (short-term and long-term benefits and risks)
 - 1.2 how to select variety and proportions of foods (consistent with Food Guide Pyramid)
 - 1.3 benefits of consuming more water, fruits, vegetables, grains, and calcium-rich foods
 - 1.4 benefits of decreasing fat intake
 - 1.5 benefits of moderating sugar intake
 - 1.6 how to assess personal nutritional needs, preferences, and practices
 - 1.7 strategies for overcoming barriers to healthful eating
 - 1.8 how to prepare healthful meals for self and others
-

2. Accessing Nutrition Information and Products

- 2.1 how to read food nutrition labels
 - 2.2 how to use the Food Guide Pyramid
 - 2.3 how to use the Dietary Guidelines
 - 2.4 how to assess validity of claims of nutritional supplements and weight loss products
-

3. Influences on Food Choices

- 3.1 how to assess personal likes and dislikes
 - 3.2 family influences
 - 3.3 peer influences
 - 3.4 cultural influences
 - 3.5 how marketing, packaging, and advertising influence food choices
 - 3.6 how moods and emotions influence food choices
-

4. Balancing Food Intake and Physical Activity

- 4.1 how to assess food intake to determine energy intake
 - 4.2 how energy is expended during exercise/activity
 - 4.3 healthful weight management practices
-

5. Food Safety

- 5.2 techniques for safe food preparation, serving, and storage
 - 5.1 importance of cleanliness
 - 5.3 reasons for food safety
-

Physical Activity

1. Healthful Physical Activity

- 1.1 benefits and risks of physical activity, including mental and social benefits
 - 1.2 how to evaluate exercise needs: frequency, intensity, duration
 - 1.3 phases of a workout: warmup, work out, cool down
 - 1.4 types of exercise: aerobic, stretching, strengthening
 - 1.5 physiological responses to physical activity (energy expenditure, heart rate, respiratory rate, resting heart rate)
 - 1.6 how to assess personal physical activity levels
 - 1.7 how to develop plans that include types and amounts of activity and focus on health-related physical fitness
 - 1.8 strategies for overcoming barriers to physical activity
 - 1.9 strategies for protection from cold, heat, and sun during activity, e.g., hydration, sunscreen
 - 1.10 relationship between healthful physical activity and weight management
-

2. Influences on Physical Activity

- 2.2 family influences
 - 2.3 peer influences
 - 2.1 internal influences (enjoyment, satisfaction)
 - 2.4 media influences
-

3. Prevention of Sports and Exercise Injuries

- 3.1 how to use protective equipment
 - 3.2 techniques to prevent the spread of blood-borne pathogens
 - 3.3 techniques to warm-up
 - 3.4 ways to avoid dangerous activities
-

4. Effects of Drugs on Fitness

- 4.1 effects of tobacco, alcohol, and other drugs on performance
 - 4.2 how to assess validity of claims of performance-enhancing drugs and nutritional supplements
-

5. Products and Services for Physical Activity

- 5.1 how to select products, services, and facilities related to physical activity
 - 5.2 how to assess validity of fitness claims
-

Family Life and Sexuality

1. Families and Relationships

- 1.1 ways to communicate respect for self and others
 - 1.2 diversity of relationships
 - 1.3 effects of changes in family dynamics after birth, marriage, divorce, death, etc.
-

2. Growth and Development

- 2.1 emotional changes
 - 2.2 physical changes
 - 2.3 social changes
 - 2.4 about puberty and adolescence
 - 2.5 about changes during the life cycle (birth, childhood, aging, death)
-

3. Sexual Behavior

- 3.1 how to make a personal commitment to abstain from sexual intercourse
 - 3.2 that most students are not engaging in sexual intercourse
 - 3.3 how to refuse unwanted or unprotected sex
 - 3.4 benefits of setting sexual limits, e.g., staying in school, reputation, achieving future goals
 - 3.5 strategies to show respect for sexual limits of others
 - 3.6 strategies to deal with pressures to cross sexual limits
 - 3.7 effects of alcohol and other drug use on sexual behavior
 - 3.8 risks of unintended pregnancy and disease with unprotected sexual intercourse
 - 3.9 influences on sexual behavior, e.g., family, peers, religion, media, culture, internal
-

4. HIV and Other STD Prevention

- 4.1 risks of HIV and other STDs
- 4.2 common signs and symptoms of HIV and other STDs
- 4.3 common routes of transmission of HIV and other STDs
- 4.4 effective prevention strategies—abstinence is the most effective
- 4.5 that HIV and other STDs can be asymptomatic
- 4.6 consequences of untreated HIV and other STDs
- 4.7 treatment options
- 4.8 valid sources of information and help
- 4.9 importance of having compassion for people with HIV

5. Pregnancy Prevention

- 5.1 that abstinence is the most effective prevention method
 - 5.2 facts and myths about contraceptive methods
 - 5.3 valid sources to get help
 - 5.4 effective methods and steps for prevention
-

Tobacco

2. Influences on Tobacco Use

- 2.1 internal influences
 - 2.2 family influences
 - 2.3 peer influences
 - 2.4 advertising strategies
 - 2.5 how to identify role models
 - 2.6 media influences
 - 2.7 legal factors
-

3. Choosing to Be Tobacco Free

- 3.1 how to make a personal commitment not to use
 - 3.2 strategies to resist pressure to use
 - 3.3 ways to communicate personal attitudes about tobacco use
 - 3.4 how to advocate for a tobacco-free environment
 - 3.5 ways to support others to be tobacco free
 - 3.6 that most people do not use tobacco
 - 3.7 healthful alternatives to tobacco use
 - 3.8 resources to quit using tobacco products
 - 3.9 the difficulty of stopping tobacco use
-

4. Benefits of Being Tobacco Free

- 4.1 long-term and short-term health benefits
 - 4.2 social benefits
 - 4.3 financial benefits
-

1. Short-Term and Long-Term Risks of Tobacco Use

- 1.1 addictive effects of nicotine
 - 1.2 short-term effects of tobacco use, e.g., bad breath, heart rate, athletic performance
 - 1.3 harmful effects of tobacco smoke
 - 1.4 risks of different types of tobacco products
-

Mental Health

1. Positive Self-Image

- 1.1 personal assets and strengths
 - 1.2 characteristics of positive role models
 - 1.3 how to develop and demonstrate a sense of belonging (connectiveness)
 - 1.4 how to develop and demonstrate a sense of power (empowerment)
 - 1.5 how to develop and demonstrate a positive body image
-

2. Emotional Health

- 2.4 ways to deal with frustration
 - 2.1 how to express needs, wants, and feelings appropriately
 - 2.2 positive ways to handle/express emotions, e.g., mood swings, hurt feelings, loneliness, sadness
 - 2.3 ways to manage and reduce anger and conflict
 - 2.5 how emotions and behaviors change during adolescence
 - 2.6 techniques to prepare for high school and beyond
-

3. Interpersonal Relationships and Communication

- 3.1 how to build and maintain healthy friendships
 - 3.2 skills for effective speaking, e.g., I-statements, eye contact, assertiveness
 - 3.3 effective listening skills, e.g., reflective listening
 - 3.4 characteristics of nonverbal communication
 - 3.5 ways to communicate respect for diversity, e.g., mental and physical disabilities, culture, race/ethnicity
 - 3.6 how to resist peer pressure
 - 3.7 appropriate ways to end relationships
 - 3.8 how to advocate for needs and rights of others
 - 3.9 how to advocate for a healthy social environment
 - 3.10 how to advocate for fairness
-

4. Stress Management

- 4.1 how to analyze stressors, e.g., death, ending relationships, changing schools, rejection
- 4.2 coping strategies to reduce stress
- 4.3 ways to avoid stress
- 4.4 strategies for transitioning into high school and beyond

5. Mental Health Problems

- 5.1 signs, behaviors, and symptoms of depression and other mental illness, including suicide
 - 5.2 interaction of alcohol and other drug use with mental illness
-

6. Resources and Support

- 6.1 when to get help
 - 6.2 why to get help
 - 6.3 valid sources of information and help
 - 6.4 how to identify support systems (formal and informal)
-

Personal and Consumer Health

1. Personal Health Care

- 1.2 importance of bathing
 - 1.3 importance of clean clothing
 - 1.4 importance of clean hair
 - 1.8 body changes that occur during growth and development
 - 1.1 importance of hand washing
 - 1.5 effective tooth care: brushing and flossing
 - 1.6 techniques to care for teeth with braces
 - 1.7 benefits of regular dental cleaning and checkups
 - 1.9 appropriate skin care to prevent and treat acne
-

2. Preventing Disease and Infection

- 2.1 importance of immunizations
 - 2.2 importance of using sunscreen
 - 2.3 importance of wearing protective clothing
 - 2.4 how fads affect health, e.g., body piercing, tattooing, artificial fingernails, hair dyes
 - 2.5 ways to manage diabetes, asthma, and allergies
-

3. Selecting and Using Health Care Products and Services

- 3.1 benefits of regular medical and dental checkups and screenings
 - 3.2 how to use prescribed and over-the-counter medicines appropriately
 - 3.3 similarities and differences among a variety of health care products and services
 - 3.4 how to assess validity of claims made by promoters of health care products and services
 - 3.5 how to communicate with health care providers about personal health
-

Community and Environmental Health

1. Community Health Services

- 1.1 home, school and community resources to promote health, e.g., library, Internet, health department, voluntary agencies
 - 1.2 how to access health agencies, e.g., health departments, voluntary agencies, private health care
 - 1.3 how to identify public service community health activities
-

2. Environmental Health and Resource Conservation

- 2.1 environmental health risks
- 2.2 how to analyze the community for health problems
- 2.3 how to advocate for the protection of natural resources
- 2.4 that individual behavior affects the environment and the community, e.g., recycling