

The following is a grade K- 5 health education guidance document. It provides a health education sequence to assist when building local curriculum.

Local systems are encouraged to adjust in any way needed to meet local system needs.

The samples provided in this document align to the Georgia Health Education Performance Standards.

Each standard in the document is color coded for easy identification.

### **Georgia Health Education Performance Standards Grades K-12**

#### **Standard 1:**

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

#### **Standard 2:**

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

#### **Standard 3:**

Students will demonstrate the ability to access valid information and products and services to enhance.

#### **Standard 4:**

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

#### **Standard 5:**

Students will demonstrate the ability to use decision-making skills to enhance health.

#### **Standard 6:**

Students will demonstrate the ability to use goal-setting skills to enhance health.

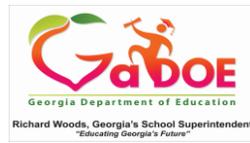
#### **Standard 7:**

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

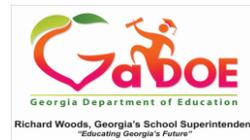
#### **Standard 8:**

Students will demonstrate the ability to advocate for personal, family, and community health.

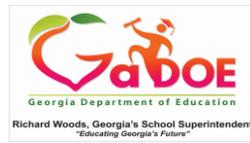
Healthy Eating	Mental and Emotional Health	Personal Health and Wellness	Safety	Tobacco	Violence Prevention
Explain the importance of choosing healthy foods and beverages. HE K.1a	Introduce the importance of talking with parents about feelings. HE K.1a	Explain why hygiene is important for good health. HE K.1a	Identify safety hazards in the home. HE K.1a	Identify a variety of tobacco products. HE K.1a	Identify “appropriate” and “inappropriate” touches. HE K.1b
Set a goal to eat more fruits and vegetables. HE K.6	Identify people who are caring and supportive. HE K.3a,b	Explain the steps of proper hand washing. HE K.1a	Explain safe behaviors when getting on and off and while riding on school buses. HE K.1	Identify family rules about tobacco use. HE K.1a	State that inappropriate touches should be reported to a trusted adult. HE K.1b
Choose a variety of healthy snacks. HE K.7	Demonstrate how to express emotions in healthy ways. HE K.4a	Describe the proper steps for daily brushing and flossing teeth. HE K.1a	State how to safely take medications HE K.1b		Demonstrate how to dial 911 or other emergency numbers and provide appropriate information. HE K.3
Express intentions to drink plenty of water every day. HE K.7	Demonstrate verbal and non-verbal ways to ask for help from trusted adults. HE K.4a	Identify how family health practices can influence personal health practices. HE K.2a	Explain the importance of using safety belts and motor vehicle booster seats. HE K.1a		Demonstrate the ability to access important phone numbers to get help in emergencies. HE K.4b
Ask parents, guardians, and other caretakers to offer more nutritious food choices at home. HE K.8a		Demonstrate how to get help from a trusted adult when sick or hurt. HE K.3	Identify ways to reduce injuries on the playground. HE K.1b		
		Demonstrate how to get help from a trusted adult when someone is having an asthma episode, allergic reaction, or other emergency health problem. HE K.3	Identify a trusted adult who can help read and follow directions on medicine labels. HE K.3		
		Explain positive outcomes from brushing and flossing teeth daily. HE K.5a	Demonstrate ability to follow playground safety rules. HE K.7a		



Healthy Eating	Mental and Emotional Health	Personal Health and Wellness	Safety	Tobacco	Violence Prevention
		Demonstrate the steps for proper hand washing. HE K.7a			



Alcohol and Other Drugs	Healthy Eating	Mental and Emotional Health	Personal Health and Wellness	Safety	Tobacco	Violence Prevention
Identify family rules about medicine use. HE1.1.a	Identify the benefits of drinking plenty of water. HE 1.1a	Introduce identifying appropriate ways to express and deal with emotions and feelings. HE 1.1a	Explain the proper steps for treating a cut or scrape to reduce chances of infection. HE 1.1b	Recognize that injuries can be prevented. HE1.1	Identify the short-term effects of using tobacco. HE 1.1	Explain why it is wrong to tease others. HE 2.1
	Identify a variety of healthy snacks. HE1.1a	Introduce the relationship between feelings and behavior. HE 1.1	Describe how breathing occurs and how health conditions, such as asthma, can affect normal breathing. HE1.1	Identify safety rules for being around fire. HE1.1a	Describe the benefits of not using tobacco. HE1.1a	Identify the importance of respecting the personal space and boundaries of others. HE 1.1
	Describe the benefits of eating breakfast every day. HE 1.1a	Demonstrate ways to seek help from trusted adults. HE 1.3b	Describe foods that are common causes of allergic reactions. HE1.1	State how to be a safe pedestrian. HE 1.1a	Demonstrate ways to avoid second-hand smoke. HE 1.7b	Identify a trusted adult to report unsafe, scary, or hurtful situations in the home or school. HE 1.3a
	Explain how family can influence food choices. HE 1.2a	Set a goal to spend more time with people who are respectful, supportive and positive. HE 1.6b	Explain why sleep and rest are important for proper growth and good health. HE 1.1a	Explain the influence of family in preventing injuries. HE 1.2a	Ask parents and others for help in avoiding second-hand smoke. HE 1.8a	
	Choose healthy foods and beverages instead of less healthy foods and beverages. HE 1.5	Demonstrate techniques to manage stress. HE 1.7ba	Explain how hearing works and how hearing can be damaged by loud noise. HE 1.1	Describe how rules at school can help prevent injury. HE 1.2b		



Alcohol and Other Drugs	Healthy Eating	Mental and Emotional Health	Personal Health and Wellness	Safety	Tobacco	Violence Prevention
	Express intentions to eat a variety of nutritious foods every day. HE 1.7a	Demonstrate the ability to use self-control when angry. HE 1.7b	Explain that food can contain germs that cause illness. HE 1.1	Demonstrate how to dial 911 or other emergency numbers and provide appropriate information. HE 1.3b		
	Encourage parents, guardians, and other caretakers to make healthy eating choices. HE 1.8b		Demonstrate how to refuse foods that cause an allergic reaction. HE 1.4a	Demonstrate actions to avoid accidental poisoning by household products. HE 1.7b		
			Monitor progress in meeting a personal health practice goal. HE 1.6a			

Alcohol and Other Drugs	Healthy Eating	Mental and Emotional Health	Personal Health and Wellness	Safety	Tobacco	Violence Prevention
Explain why household products are harmful if ingested or inhaled. HE2.1	Describe how to keep food safe from harmful germs. HE 2.1	Introduce the importance of respecting the personal space and boundaries of others. HE 2.1	Describe what it means to be healthy. HE 2.1	Identify what to do if you see a weapon or other hazardous item. HE 2.1	Identify the short- and long-term physical effects of being exposed to tobacco smoke. HE 2.1	Explain what to do if someone is being bullied. HE 2.1
Describe potential risks associated with over-the-counter medicines. HE 2.1	Identify eating behaviors that contribute to maintaining a healthy weight. HE 2.1a	Introduce the difference between bullying and teasing. HE 2.1	Identify different ways disease-causing germs are transmitted. HE2.1	Identify safety hazards in the community. HE 2.1	Explain the dangers of experimenting with tobacco. HE 2.1	Describe the difference between bullying and teasing. HE 2.1
	Describe body signals which tell people when they are hungry and when they are full. HE 2.1a	Explain why making fun of others is harmful to self and others. HE 2.2	Describe ways to prevent the spread of germs that cause common infectious diseases. HE 2.1b	Identify sources for accurate information about medicines. HE 2.3a	Identify parent and caregiver influence on the use of tobacco. HE 2.2a	Explain why it is wrong to tease others based on their body type or other personal characteristic. HE 2.1
	Describe the type of foods and beverages that should be limited. HE 2.1	Identify techniques of effective listening. HE 2.4b	Identify food safety strategies that can control germs that cause food borne illnesses. HE 2.1	Demonstrate ability to access appropriate school and community resources for safety information. HE2.3b	Identify trusted adults who can help prevent exposure to second-hand smoke. HE2.3a	Identify why making fun of others is harmful to self and others. HE 2.2
	Describe how television advertisements can influence food choices. HE 2.2b	Describe the importance of thinking about the effects of one's actions on other people. HE 2.5b	List ways to prevent harmful effects of the sun. HE 2.1a	Demonstrate verbal and non-verbal ways to ask an adult for help about an unsafe situation. HE 2.4a	Describe how to ask for help in staying away from second-hand smoke. HE 2.4	Identify how to report unsafe, scary, or hurtful situations in the home or school. HE 2.3b
	Identify nutrition information on food labels. HE 2.3	Demonstrate ways to show respect, consideration, and caring for classmates. HE 2.7	Identify how family and friends can influence personal health practices. HE 2.2a	Demonstrate safe pedestrian behaviors. HE 2.7a	Explain positive outcomes from avoiding second-hand smoke. HE 2.5a	Explain non-violent conflict resolution strategies to others. HE 2.4
	Demonstrate how to politely refuse less nutritious foods. HE 2.4a	Object to teasing of peers. HE 2.8	Explain positive outcomes for being healthy. HE 2.5	Apply strategies to avoid fires and burns. HE 2.7b		Demonstrate what to say when witnessing bullying. HE 2.4

Alcohol and Other Drugs	Healthy Eating	Mental and Emotional Health	Personal Health and Wellness	Safety	Tobacco	Violence Prevention
	Express the intention to eat fruits and vegetables every day. HE 2.7a		Identify ways to overcome barriers to achieving a personal health practice goal. HE 2.6a	Demonstrate the ability to influence safety practices of family members. HE 2.8a		Describe the importance of thinking about the effects of one's actions on other people. HE 2.5b
			Demonstrate ways to support friends and family who are trying to maintain or improve healthy practices. HE 2.8b			

Alcohol and Other Drugs	Healthy Eating	Mental and Emotional Health	Personal Health and Wellness	Safety	Adolescent Risk Avoidance	Tobacco	Violence Prevention
Summarize why household products are harmful if ingested or inhaled. HE 3.1.b	Summarize the benefits of healthy eating. HE 3.1a	Identify examples of self-control. HE 3.1	Describe values that promote healthy behaviors. HE 3.1a,c	List ways to prevent injuries at home. HE 3.1	Identify potential dangerous situations and whom to call for help. HE 3.1b	Identify the short- and long-term physical effects of using tobacco. HE 3.1	Distinguish between "appropriate" and "inappropriate" touch. HE 3.1
Explain how to use medicines correctly. HE 3.1.b	Explain the concept of eating in moderation. HE 3.1	Identify characteristics of someone who has self-respect. HE 3.1	Describe ways common infectious diseases are transmitted. HE 3.1	Explain how injuries can be prevented. HE 3.1	Describe examples of positive and negative peer pressure. HE 3.2b	Summarize family and school rules about tobacco use. HE 3.1a	Explain that inappropriate touches should be reported to a trusted adult. HE 3.1
Summarize the potential risks associated with inappropriate use of over-the-counter medicines. HE 3.1.b	Describe the benefits of eating plenty of fruits and vegetables. HE 3.1	Describe appropriate ways to express and deal with emotions and feelings. HE 3.1	Describe ways to prevent the spread of germs that cause infectious diseases. HE 3.1	Identify what to do if you see a weapon or hazardous item. (Stop, do not touch the item, leave the area, report it to an adult) HE 3.1	List family members, school personnel, and healthcare professionals that are good resources for health information. HE3.3b	Explain that tobacco use is an addiction that can be treated. HE 3.1a	Explain the importance of respecting the personal space and boundaries of others. HE 3.1
Identify sources of accurate information about medicines. HE 3.3.a	Summarize the benefits of drinking plenty of water. HE 3.1	Explain that anger is a normal emotion. HE 3.1c	Describe symptoms which occur when a person is sick. HE 3.1	Identify ways to reduce risk of injuries in case of fire. HE 3.1	Demonstrate refusal skills and negotiation skills to deal with peer pressure. HE 3.4a	Identify the influence of peers on tobacco use. HE 3.2	Explain the importance of telling an adult if someone is in danger of hurting themselves or others. HE 3.1b
Demonstrate the ability to read and follow labels of common household medicines. HE 3.3.b	Describe how family and cultural traditions influence food choices. HE 3.2	Describe non-violent ways to manage anger. HE 3.1	Explain that hand washing is an effective way to prevent many infectious diseases. HE 3.1	Identify ways to reduce risk of injuries while riding in a motor vehicle. HE 3.1	Describe personal choices that contribute to personal health and wellness. HE 3.5a	Recognize that most young people and adults do not use tobacco. HE 3.2	Demonstrate simple conflict resolution techniques to diffuse a potentially violent situation HE 3.4

Alcohol and Other Drugs	Healthy Eating	Mental and Emotional Health	Personal Health and Wellness	Safety	Adolescent Risk Avoidance	Tobacco	Violence Prevention
	Identify sources of reliable information about healthy eating. HE 3.3	Identify feelings and emotions associated with loss and grief. HE 3.1c	Summarize why sleep and rest are important for proper growth and good health. HE 3.1	Identify ways to reduce risk of injuries as a pedestrian. HE 3.1	Identify the possible health consequences of giving into peer pressure. HE 3.5d	Describe the factors which influence a person's decision to use or not use tobacco. HE 3.2c	Demonstrate how to seek help from a trusted adult if inappropriate touching occurs. HE3.3
	Demonstrate the ability to access people who can provide accurate information and advice on healthy eating. HE 3.3	Identify when a person would benefit from asking for help for a mental and emotional health problem. HE 3.3	Explain how peers and family can influence personal health practices. HE 3.2a,b	Describe internal influences that could lead to unintentional injury. HE 3.2	Demonstrate how to say "no" when pressured to engage in a risky behavior. HE 3.7a	Identify a trusted adult, such as a parent, school nurse or counselor, who can provide helpful information about preventing and stopping tobacco use. HE 3.3	Identify external influences that could lead to violence. HE 3.2c
	Plan a meal based on the food groups. HE 3.7	Demonstrate strategies to manage loss and grief. HE 3.7	Identify strategies for avoiding exposure to infectious diseases. HE 3.5	Identify accurate sources of information about how to prevent injury. HE 3.3a,b		Explain to others why it is important to be tobacco free. HE 3.8	Demonstrate the ability to access phone numbers to get help in emergencies. HE 3.3
	Plan and prepare a healthy snack. HE 3.7	Demonstrate the ability to set goals to prevent and manage stress. HE 3.6	Demonstrate appropriate ways to talk to someone about personal health problems, issues, and concerns, such as parent or health care provider. HE 3.4b	Demonstrate ability to develop and execute a fire escape plan. HE 3.7		Describe how using tobacco can harm personal goals for physical fitness and athletic performance. HE 3.6	

Alcohol and Other Drugs	Healthy Eating	Mental and Emotional Health	Personal Health and Wellness	Safety	Adolescent Risk Avoidance	Tobacco	Violence Prevention
	Choose healthy foods and beverages instead of less healthy foods and beverages. HE 3.5	Discuss the importance of thinking about the effects of one's actions on other people. HE 3.5	Identify sources of accurate information about personal health products, such as sun screen, toothbrushes, soap, shampoo, and dental floss. HE 3.3a,b	Suggest alternatives to unsafe behaviors. HE 3.5		Describe how to ask for help in staying away from second-hand smoke. HE 3.4a	Demonstrate verbal and non-verbal ways to refuse or report inappropriate touch. HE 3.4c
	Choose a variety of nutritious breakfast foods. HE 3.7b	Demonstrate techniques to manage stress. HE 3.7a	Summarize positive outcomes for washing hands regularly. HE 3.5	Demonstrate what to say when calling 911. HE 3.4		Express intention to remain tobacco free. HE 3.7a	Demonstrate the ability to set goals to prevent and manage stress. HE 3.6b
	Identify ways a person can keep from overeating. HE 3.7	Demonstrate the ability to use self-control when angry. HE 3.7a	Explain positive outcomes for getting adequate rest and sleep. HE 3.5	Make a personal commitment to use appropriate protective gear during physical activity and to be safe. HE 3.6a		Demonstrate ways to avoid second-hand smoke. HE 3.7a	Demonstrate how to use self-control when angry. HE 3.7c
			Demonstrate steps for proper brushing and flossing of teeth. HE 3.7a	Demonstrate safe pedestrian behaviors. HE 3.7a			Demonstrate how to express feelings appropriately. HE 3.7
			Demonstrate proper ways to select and apply sunscreen. HE 3.7a				Stand up for those being bullied. HE 3.8

Alcohol and Other Drugs	Healthy Eating	Mental and Emotional Health	Personal Health and Wellness	Safety	Adolescent Risk Avoidance	Tobacco	Violence Prevention
			Demonstrate the ability to recognize and avoid situations that can detract from a healthy future. HE 3.7c				
			Demonstrate ways to support friends and family who are trying to maintain or improve healthy practices. HE 3.8a				
			Advocate for proper hand washing facilities at school. HE 3.8b				
			Advocate that others wash hands regularly. HE 3.8b				
			Demonstrate the ability to support other students who have common childhood chronic diseases and conditions, such as asthma, allergies, diabetes, and epilepsy. HE 3.8b				

Alcohol and Other Drugs	Healthy Eating	Mental and Emotional Health	Personal Health and Wellness	Safety	Adolescent Risk Avoidance	Tobacco	Violence Prevention
Summarize the potential risks associated with inappropriate use and abuse of prescription medicines. HE 4.1.a	Name the food groups and a variety of nutritious food choices for each food group. HE 4.1	Acknowledge the value of others' talents and strengths. HE 4.1	Describe how food borne illnesses can spread at school or in the community. HE 4.1	List ways to prevent injuries at school. HE 4.1	Describe risky behaviors and their health consequences. HE 4.1a	Identify the short- and long-term physical effects of being exposed to others' tobacco use. HE 4.1b	Describe appropriate ways to express emotions and feelings. HE 4.1
Identify family and school rules about alcohol use HE 4.1.b	Explain the importance of eating a variety of foods from all the food groups. HE 4.1a	Describe the difference between bullying and teasing. HE 4.1	Summarize how hearing can be damaged by loud sounds. HE 4.1a	Identify ways to reduce risk of injuries around water. HE 4.1	Identify ways to prevent the spread of communicable diseases. HE 4.2b	Summarize the dangers of experimenting with tobacco. HE 4.1a	Examine the importance of being aware of one's own feelings and being sensitive to other's feelings. HE 4.1
Identify internal influences on alcohol and other drug use. HE 4.2.b	Identify the number of servings of food from each food group that a child needs daily. HE 4.1	List healthy ways to express affection, love, friendship, and concern. HE 4.1	Describe how vision can be damaged. HE 4.1	Explain why household products are harmful if ingested or inhaled. HE 4.1	List media influences on risky behaviors. HE 4.2c	Identify family and societal influences on tobacco use and exposure to second-hand smoke. HE 4.2	Explain the importance of talking with trusted adults about feelings. HE 4.1
Explain why friends ask friends to use alcohol. HE 4.2.b	Identify nutritious and non-nutritious beverages. HE 4.1	Analyze the relationship between feelings and behavior. HE 4.1	Identify ways to prevent vision or hearing damage. HE 4.1	Describe the use of safety equipment for specific physical activities. HE 4.1	Identify an adult, school personnel, or healthcare professional who can provide information about healthy choices. HE 4.3b	Identify various strategies the media use including advertisements, to encourage or discourage tobacco use. HE 4.2	List physical and emotional reactions to stressful situations. HE 4.1

Alcohol and Other Drugs	Healthy Eating	Mental and Emotional Health	Personal Health and Wellness	Safety	Adolescent Risk Avoidance	Tobacco	Violence Prevention
Identify common missed messages about alcohol in the media. HE 4.2.c	Identify foods that are high in fat and low in fat. HE 4.1	Identify personal stressors at home, in school, and with friends. HE 4.1	Describe ways to prevent harmful effects of the sun. HE 4.1	Identify what to do if a weapon or other hazardous object is found. (stop, don't touch, leave the area, tell an adult) HE 4.1c	Demonstrate ways to protect personal space and boundaries. HE 4.4b	Identify sources of accurate information about the effects of tobacco use and exposure to second-hand smoke. HE 4.3a	List causes and effects of stress. HE 4.1
Demonstrate effective verbal and nonverbal ways to refuse alcohol. HE 4.4.b	Identify foods that are high in added sugars. HE 4.1	List physical and emotional reactions to stressful situations. HE 4.4.	Identify how the media influences the selection of personal health care products. HE 4.2c	Identify ways to reduce injuries from firearms. HE 4.1	Discuss options of what to do in a potentially dangerous situation. HE 4.5a	Demonstrate effective verbal and nonverbal ways to refuse pressures to use tobacco. HE 4.4	Identify situations that might lead to violence. HE 4.1c
Express intention to be alcohol free. HE 4.7.a	Use the nutrition information on food labels to compare products. HE 4.3a	Identify internal factors that influence mental and emotional health. HE 4.2	Demonstrate how to refuse foods that cause an allergic reaction. HE 4.4	Describe external influences that could lead to unintentional injury. HE 4.2a,b	Demonstrate different things you can do to have good hygiene. HE 4.7b,c	Set a goal to avoid using tobacco. HE 4.6a,b	List examples of dangerous or risky behaviors that might lead to injuries. HE 4.1b
	Identify ways a person can drink more water and nutritious beverages. HE 4.7	Demonstrate how to express emotions in healthy ways. HE4.4b	Explain positive outcomes for avoiding prolonged exposure to the sun and using sunscreen when exposed to the sun. HE 4.5a	Demonstrate peer resistance skills to refuse to participate in unsafe or dangerous behaviors. HE4.4a		Explain to others the benefits of a tobacco-free environment. HE 4.8a,b	Demonstrate how to express feelings to prevent conflict from starting or escalating. HE4.4
	Demonstrate how to politely request foods that are more nutritious. HE4.4b	Demonstrate ability to use nonviolent alternatives to conflict. HE 4.7b,c					Explain that most young people do not use violence to deal with problems. HE 4.2

Alcohol and Other Drugs	Healthy Eating	Mental and Emotional Health	Personal Health and Wellness	Safety	Adolescent Risk Avoidance	Tobacco	Violence Prevention
	Describe positive outcomes from choosing healthy foods. HE 4.5a	Express intentions to resolve conflicts non-violently. HE 4.7a					Demonstrate verbal and non-verbal ways to ask an adult for help about a threatening situation. HE4.4a
	Choose healthy foods in appropriate portion sizes. HE 4.7a						Discuss the importance of thinking about the effects of one's actions on other people. HE 4.5b,c,d,e
	Identify ways a person can eat less sugar. HE 4.7a						Demonstrate the ability to monitor personal stressors and reactions to stress. HE 4.6
	Persuade parents or guardians to offer more nutritious food choices at home. HE 4.8b						Demonstrate the ability to monitor personal behaviors related to avoiding violence. HE 4.6
							Demonstrate ways to prevent violence and unsafe situations. HE 4.7a
							Express intentions to resolve conflicts non-violently. HE 4.7a

Alcohol and Other Drugs	Healthy Eating	Mental and Emotional Health	Personal Health and Wellness	Safety	Adolescent Risk Avoidance	Tobacco	Violence Prevention
Explain the difference between medicines and illicit drugs. HE 5.1.a	Summarize body signals that tell people when they are hungry and when they are full. HE 5.1	Explain what it means to be mentally or emotionally healthy. HE 5.1	Explain the behavioral and environmental factors associated with the major causes of death in the United States. HE 5.1	List ways to prevent injuries in the community. HE 5.1	Discuss why it is important to talk to a parent counselor or medical professional with health related questions. HE 5.1c	Describe the benefits of abstaining from or discontinuing tobacco use. HE 5.1	Describe what to do if self or someone else is being bullied. HE 5.1b.c
Identify short and long term effects of alcohol use. HE 5.1.a	Describe methods to keep food safe from harmful germs. HE 5.1	Identify characteristics of a mentally and emotionally healthy person. HE 5.1	Explain the difference between infectious diseases and non-infectious diseases. HE 5.1	List examples of dangerous or risky behaviors that might lead to injuries. HE 5.1	Differentiate between actual and perceived peer pressure. HE 5.2a	Identify the effects of tobacco use on social relationships. HE 5.1	Explain the differences between tattling and reporting aggression, bullying, cyber bullying or violence. HE 5.1b
Identify strategies used in the media that encourage and discourage the use of over-the-counter and prescription drugs. HE 5.2.b	Explain that both eating habits and level of physical activity can affect a person's weight. HE 5.1b	Describe the benefits of healthy family relationships. HE 5.1	Identify problems associated with common childhood chronic diseases or conditions such as asthma, allergies, diabetes, and epilepsy. HE 5.1	Explain the harmful effects of medicines when used incorrectly. HE 5.1	Explore the various images portrayed by celebrities and their impact on consumer behavior. HE 5.2b	Identify strategies used by tobacco distributors to encourage tobacco use among youth. HE 5.2	Identify strategies to avoid physical fighting and violence. HE 5.1
Identify various strategies used in the media that encourage and discourage the use of alcohol. HE 5.2.b	Explain how eating disorders impact proper nutrition. HE 5.1	Identify models of healthy relationships. HE 5.1	Explain that it is safe to be a friend of someone who has a disease or conditions such as being HIV positive or has AIDS, asthma, or epilepsy. HE 5.1	Identify ways to reduce risk of injuries from animal and insect bites and stings. HE 5.1b	Distinguish between accurate and inaccurate health information about puberty. HE 5.3a	Demonstrate the ability to access accurate information about preventing tobacco use. HE 5.3	Define prejudice, discrimination and bias. HE 5.1

Alcohol and Other Drugs	Healthy Eating	Mental and Emotional Health	Personal Health and Wellness	Safety	Adolescent Risk Avoidance	Tobacco	Violence Prevention
Explain that most elementary and middle school students do not use alcohol. HE 5.2.a	Describe the benefits of limiting the consumption of fat and added sugar. HE 5.1	Identify characteristics of a responsible family member. HE 5.1	Describe how the family, peers, school and community can encourage healthy habits. HE 5.2a,b,c	Describe factors that influence a person's decision to engage in safe or unsafe behaviors. HE 5.2a	Demonstrate refusal strategies to avoid an unhealthy choice. HE 5.4a,c	Describe ways to help others who are trying to stop smoking. HE 5.4	Describe non-violent ways to manage anger. HE 5.1
Explain positive outcomes of being alcohol free. HE 5.5.c	Conclude that breakfast should be eaten every day. HE 5.1	Identify role models who demonstrate positive mental and emotional health. HE 5.1	Describe how culture, the media, and people influence what a person thinks about people who have infectious or chronic diseases, such as HIV infection, AIDS and cancer. HE 5.2b,c	Demonstrate the ability to read and follow labels of common household products about dangers, safe use, storage, and proper disposal. HE 5.3a	Analyze your options when being pressured by peers to participate in risky behaviors. HE 5.5a,b	Summarize positive outcomes from avoiding second-hand smoke. HE 5.5c,d,e,f	Describe the benefits of using non-violent means to solve interpersonal conflict. HE 5.1
Identify positive alternatives to using alcohol. HE 5.5.e	Identify the various strategies used by the media to influence food choices. HE 5.2	Identify how media can influence mental and emotional health. HE 5.2b	Demonstrate how to access accurate information to protect vision and hearing. HE5.3a	Demonstrate effective negotiation skills to avoid riding in a car with someone who has been using alcohol or other drugs. HE 5.4	Explain long term benefits of avoiding peer pressure to engage in unhealthy behaviors. HE 5.5f	Demonstrate ways to avoid use of tobacco products. HE 5.7	Identify qualities of a healthy relationship. HE 5.1
Set a goal to avoid using alcohol. HE 5.6.a	Describe how peers can influence food choices. HE5.3	Identify accurate sources of information about mental and emotional health. HE5.3a,b	Describe factors to consider when determining whether or not to eat food that has not been properly kept or refrigerated. HE 5.5	Demonstrate how to store dangerous chemicals and materials safely. HE 5.7	Explain how accepting responsibility and making wise choices helps develop positive self- image HE 5.7a	Advocate for friends to be tobacco free. HE 5.8	Identify feelings of depression, sadness, and hopelessness for which someone should seek help. HE 5.1

Alcohol and Other Drugs	Healthy Eating	Mental and Emotional Health	Personal Health and Wellness	Safety	Adolescent Risk Avoidance	Tobacco	Violence Prevention
Make a commitment to be alcohol and drug free. HE 5.6.b	Demonstrate interpersonal skills for dealing with peer influence to eat less nutritious foods. HE 5.4a	Demonstrate the ability to set a goal for helping at home and show responsibility as a family member. HE 5.6	Identify incentives and reinforcements to promote personal health practices. HE 5.6	Demonstrate ways to publicly campaign to help promote safety and prevent unintentional injuries. HE 5.8			Explain how peer behaviors can influence future violence (e.g., children who are rejected by their peers are more likely to join gangs later). HE 5.2
Describe how personal goals can be affected by alcohol and other drugs. HE 5.6.b	Demonstrate the ability to select healthy from unhealthy foods on a fast food restaurant menu. HE 5.5	Demonstrate appropriate ways to accept and carry out personal and family responsibilities. HE 5.7b,c	Make a commitment to improve personal health practices such as brushing and flossing teeth daily, washing hands regularly, handling and storing foods safely, wearing sun protection, and avoiding or minimizing exposure to loud sounds, including amplified music. HE 5.6				Identify when a person would benefit from asking for help for an emotional health problem. HE 5.3b
Demonstrate ways to encourage friends to be alcohol free. HE 5.8.b	Assess the strengths and weaknesses of personal diet. HE 5.6	Explain how to be supportive to peers. HE 5.8	Demonstrate safe food handling and storing practices. HE 5.7b,c				Demonstrate a variety of communication skills and peer resistance skills to avoid violent situations. HE 5.4b

Alcohol and Other Drugs	Healthy Eating	Mental and Emotional Health	Personal Health and Wellness	Safety	Adolescent Risk Avoidance	Tobacco	Violence Prevention
Demonstrate how to communicate the benefits of being alcohol and drug free to others. HE 5.8 a,b	Demonstrate the ability to keep track of foods and beverages consumed. HE 5.6						Discuss methods for making decisions to avoid conflicts or violence. HE 5.5
	Develop strategies for making healthier choices at restaurants. HE 5.7						Make a personal commitment to avoid persons, places, or activities that encourage violence or delinquency. HE 5.6
	Describe the importance of assuming personal responsibility for healthy eating. HE 5.7						Demonstrate how to avoid or prevent bullying to include cyber bullying. HE 5.7
	Demonstrate safe food handling and storage practices. HE 5.7						Demonstrate strategies to manage loss and grief. HE 5.7
	Provide support to peers and family members for choosing healthy foods. HE 5.8a,b						Advocate for a positive and respectful school environment that prevents or stops bullying. HE 5.8a,b
							Educate others about ways to prevent inappropriate touch. HE 5.8