Subject: Health

Grade: 6

Strand: Alcohol, Tobacco & Other Drugs

1. **Topic:** Policy and Law  
   **Standard:** Examines school rules, system policies, and local, state, and federal laws regulating purchase, sale, use, and possession of alcohol, tobacco products, and other drugs.

2. **Topic:** Effects  
   **Standard:** Analyzes the impact of the use of alcohol, tobacco products, and other drugs on the individual, family, and community.

3. **Topic:** Consequences  
   **Standard:** Recognizes and assesses the effects that alcohol and other drugs could have on individuals operating vehicles and other equipment, including the consequences of riding or being with someone under the influence.

4. **Topic:** Risk Factors  
   **Standard:** Assesses personal risk factors (e.g., heredity, family and peer drug use, and academic failure) and protective factors (e.g., positive adult models, coping skills, knowledge of resources, and self-sufficiency) for drug use.

Strand: Disease Prevention

5. **Topic:** Communicable Diseases  
   **Standard:** Identifies methods to prevent the spread of communicable diseases (e.g., mononucleosis, tuberculosis, etc.) and risk factors of noncommunicable diseases (e.g., heart disease, and cancer).

6. **Topic:** STDs  
   **Standard:** Identifies methods to prevent sexually transmitted diseases and whether or not they are effective. Abstinence is the only sure way to prevent pregnancy and sexually transmitted diseases. (Note: does not require demonstrations of contraceptive devices).

7. **Topic:** HIV/AIDS  
   **Standard:** Defines acronyms HIV/AIDS and STD and recognizes that HIV/AIDS and STDs are communicable diseases.

8. **Topic:** HIV/AIDS  
   **Standard:** Recognizes that HIV/AIDS is caused by a virus and is currently incurable and fatal.

9. **Topic:** Abstinence  
   **Standard:** Recognizes that abstaining from sexual activity and refraining from intravenous drug use are the most effective methods of preventing HIV/AIDS.

10. **Topic:** Abstinence  
    **Standard:** Recognizes abstinence from sexual activity as the only sure method of preventing sexually transmitted diseases.

11. **Topic:** Goal Setting  
    **Standard:** Identifies the benefits of setting personal goals for maintaining a healthy body.

Strand: Family Living
12 **Topic:** Self Concept  
**Standard:** Identifies factors that promote a positive self-image (e.g., accepting responsibility; respect for self, authority and others; self-discipline, self-control and the right to be assertive).

13 **Topic:** Persuasion  
**Standard:** Recognizes how sexual decisions are influenced by group pressures (e.g., community, media, and peer).

14 **Topic:** Refusal Skills  
**Standard:** Identifies ways of resisting persuasive tactics regarding sexual involvement (e.g., saying "no," negotiation, using refusal and decision-making skills).

15 **Topic:** Decision Making  
**Standard:** Recognizes that having children is best undertaken in marriage.

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**Strand: Growth and Development**

16 **Topic:** Nervous System  
**Standard:** Identifies the parts and major functions of the nervous system.

17 **Topic:** Lifestyle  
**Standard:** Relates how personal health practices dealing with nutrition, alcohol, tobacco products, and other drug use affects the functions of the nervous system.

18 **Topic:** Reproductive System  
**Standard:** Identifies basic anatomy of the male and female reproductive systems.

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**Strand: Mental Health**

19 **Topic:** Interpersonal Relationships  
**Standard:** Expresses appropriate ways to build and maintain healthy relationships with peers, parents, and others.

20 **Topic:** Conflict Resolution  
**Standard:** Explains factors that could escalate and reduce conflict.

21 **Topic:** Peer Pressure  
**Standard:** Describes how to deal with negative "peer pressure" by expressing strong feelings peaceably.

22 **Topic:** Suicide  
**Standard:** Recognizes signs and symptoms associated with suicide and identifies appropriate sources for help.

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**Strand: Nutrition**

23 **Topic:** Caloric Balance  
**Standard:** Chooses eating patterns that enhance energy, growth, and health.

24 **Topic:** Dietary Choices  
**Standard:** Demonstrates awareness of personal food choices on future health.
Topic: Hygiene
Standard: Develops strategies and skills for maintaining an adequate level of personal grooming and hygiene, emphasizing changes during adolescence.

Topic: Dental Care
Standard: Determines dental care necessary to prevent gingivitis (emphasis on how smokeless tobacco use leads to this disease).

Strand: Safety

Topic: First Aid
Standard: Identifies and explains the causes of extreme temperature emergencies (e.g., hypothermia, heat exhaustion, and heat stroke) and the appropriate strategies for prevention and treatment.

Topic: Violence Prevention
Standard: Identifies threats to personal safety (e.g., child abuse, sexual and physical abuse, neglect and emotional abuse).

Topic: Resources
Standard: Identifies local support system concerning personal safety (e.g., family, teacher, religious advisor, friend, and counselor).
Subject: Health

Grade: 7

Strand: Alcohol, Tobacco & Other Drugs

1. **Topic:** Effects  
   **Standard:** Analyzes the effects of alcohol, tobacco products, and other drugs on the immune, nervous, and reproductive systems.

2. **Topic:** Consequences  
   **Standard:** Evaluates the harmful consequences of anabolic steroid use.

3. **Topic:** Persuasion  
   **Standard:** Analyzes alcohol, tobacco products, and other drug advertisements and promotional products and develops counter arguments.

4. **Topic:** Resources  
   **Standard:** Names information, treatment, and rehabilitation resources available in the community.

Strand: Disease Prevention

5. **Topic:** HIV/AIDS  
   **Standard:** Recognizes that STDs, including HIV/AIDS, are communicable diseases.

6. **Topic:** HIV/AIDS  
   **Standard:** Recognizes that HIV/AIDS is caused by a virus and is currently incurable and fatal.

7. **Topic:** HIV/AIDS  
   **Standard:** Identifies HIV/AIDS as a sexually transmitted disease and explains the ways HIV is transmitted.

8. **Topic:** HIV/AIDS  
   **Standard:** Describes the effects of the AIDS virus on the immune system.

9. **Topic:** Abstinence  
   **Standard:** Recognizes abstaining from sexual activity and refraining from intravenous drug use as the most effective methods of preventing HIV/AIDS.

10. **Topic:** Abstinence  
    **Standard:** Recognizes abstinence from sexual activity as the most effective method of preventing pregnancy and sexually transmitted diseases.

11. **Topic:** Pregnancy/STD Prevention  
    **Standard:** Identifies methods of preventing pregnancy and sexually transmitted diseases and discusses whether or not they are effective.

12. **Topic:** Goal Setting  
    **Standard:** Identifies the benefits of setting personal goals for maintaining a healthy body.

Strand: Family Living
Topic: Self Concept

**Standard:** Identifies factors that promote a positive self-image (e.g., accepting responsibility; respect for self, authority and others; self-discipline, self-control, and the right to be assertive).

Topic: Persuasion

**Standard:** Recognizes how sexual decisions are influenced by group pressure (e.g., community, media, peer).

Topic: Refusal Skills

**Standard:** Identifies ways of resisting persuasive tactics regarding sexual involvement (e.g., saying "no," negotiation, and using refusal and decision-making skills).

Topic: Relationships

**Standard:** Identifies characteristics of genuine friendship that enhance the good of the individual.

Topic: Roles

**Standard:** Identifies roles and responsibilities of children in the family.

Topic: Roles

**Standard:** Identifies parental roles and responsibilities.

Topic: Parental Responsibilities

**Standard:** Analyzes changes in the prospective parents' lifestyles and responsibilities before and after the birth of their baby.

Topic: Decision Making

**Standard:** Recognizes that having children is best undertaken in marriage.

Strand: Growth and Development

Topic: Reproductive System

**Standard:** Lists the parts of the male and female reproductive systems and describes their functions.

Strand: Mental Health

Topic: Stress Management

**Standard:** Discusses strategies to manage stress and feelings caused by disappointment, separation, and loss.

Topic: Prejudice

**Standard:** Discusses prejudices, its roots, and its effects.

Topic: Conflict Resolution

**Standard:** Describes necessary elements of conflict resolution (e.g., nature of conflict, feelings, active listening, "I" messages, and restating), and shows effective communication skills, in general.

Strand: Nutrition

Topic: Fast Foods

**Standard:** Investigates the nutritional value of various fast foods.

Topic: Food Preparation

**Standard:** Compares the effects of various cooking and food preparation methods on the nutritive value of foods.

Topic: Resources
Standard: Identifies various local, state, and national health resources that promote acceptable nutritional practices (e.g., American Heart Association, American Cancer Society, National Dairy Council, Local Cooperative Extension, National Institutes of Health, American Dietetic Association, etc.).

Strand: Personal Health

28 Topic: Hygiene
Standard: Develops strategies and skills for maintaining an adequate level of personal grooming and hygiene, emphasizing changes during adolescence.

Strand: Safety

29 Topic: Accident Prevention
Standard: Examines factors contributing to accidents (e.g., carelessness, fatigue, emotions, and drugs).

30 Topic: First Aid
Standard: Identifies and explains the causes of choking and the appropriate strategies for prevention and treatment.

31 Topic: Violence Prevention
Standard: Identifies threats to personal safety (e.g., child abuse, sexual and physical abuse, neglect and emotional abuse).

32 Topic: Resources
Standard: Identifies local support system concerning personal safety (e.g., family, teacher, religious advisor, friend, counselor).
Subject: Health

Grade: 8

Strand: Alcohol, Tobacco & Other Drugs

1. **Topic:** Consequences
   **Standard:** Assesses the consequences on the fetus and child (birth through age 19) of using alcohol, tobacco products, and other drugs.

2. **Topic:** Effects/Resources
   **Standard:** Recognizes signs and symptoms of chemical dependency and identifies appropriate sources for help and support.

3. **Topic:** Consequences
   **Standard:** Describes the consequences associated with the use of alcohol, tobacco products, and other drugs in teen relationships (e.g., physical abuse, date rape, violence, teen pregnancy, and drinking and driving).

4. **Topic:** Refusal Skills
   **Standard:** Practices countering aggressive behavior and intimidation by refusing to use tobacco products, alcohol and other drugs.

5. **Topic:** Alternatives
   **Standard:** Proposes alternatives to using alcohol, tobacco products, and other drugs (including involvement in groups such as S.A.A.D., ALANON, ALATEEN).

Strand: Disease Prevention

6. **Topic:** Communicable Diseases
   **Standard:** Describes causes, effects and prevention of communicable diseases.

7. **Topic:** HIV/AIDS
   **Standard:** Recognizes that sexually transmitted diseases, including HIV/AIDS, are communicable diseases.

8. **Topic:** HIV/AIDS
   **Standard:** Recognizes that HIV/AIDS is caused by a virus and is currently incurable and fatal.

9. **Topic:** HIV/AIDS
   **Standard:** Identifies and explains the ways in which HIV/AIDS is transmitted and identifies behaviors that increase the risk of contracting HIV/AIDS.

10. **Topic:** HIV/AIDS
    **Standard:** Lists misconceptions about the virus that causes HIV/AIDS and its transmission.

11. **Topic:** Abstinence
    **Standard:** Recognizes the importance of individuals abstaining from premarital sex and intravenous drug use to prevent the spread of HIV/AIDS and other sexually transmitted diseases.

12. **Topic:** Pregnancy/STD Prevention
    **Standard:** Identifies methods of preventing pregnancy and sexually transmitted diseases and discusses whether or not they are effective.

13. **Topic:** Abstinence
    **Standard:** Recognizes that abstaining from sexual activity and refraining from intravenous drug use are the most effective
methods of preventing HIV/AIDS.

14 **Topic:** Abstinence  
**Standard:** Recognizes abstinence from sexual activity as the only sure method of preventing pregnancy and sexually transmitted diseases.

15 **Topic:** Goal Setting  
**Standard:** Identifies the benefits of setting personal goals for maintaining a healthy body.

Strand: Family Living

16 **Topic:** Self Concept  
**Standard:** Identifies factors that promote a positive self-image (e.g., accepting responsibility; respect for self, authority, and others; self-discipline, self-control, and the right to be assertive).

17 **Topic:** Persuasion  
**Standard:** Recognizes how sexual decisions are influenced by group pressures (e.g., community, media, peer).

18 **Topic:** Refusal Skills  
**Standard:** Identifies ways of resisting persuasive tactics regarding sexual involvement (e.g., saying "no," negotiation, using refusal, and decision-making skills).

19 **Topic:** Dating  
**Standard:** Identifies social, emotional, intellectual, and economic effects of dating.

20 **Topic:** Decision-Making  
**Standard:** Recognizes that having children is best undertaken in marriage.

Strand: Growth and Development

21 **Topic:** Maturation  
**Standard:** Analyzes physical, social, and emotional changes that occur during the process of maturing.

Strand: Mental Health

22 **Topic:** Self-Esteem  
**Standard:** Assesses personal characteristics associated with positive self-esteem.

23 **Topic:** Friendships  
**Standard:** Discusses the influence of self-identity and group acceptance in choosing friends.

24 **Topic:** Conflict Resolution  
**Standard:** Analyzes possible causes of conflict among youth and styles/strategies to handle them (e.g., gangs).

25 **Topic:** Suicide  
**Standard:** Analyzes causes of suicide, prevention, and its effects on survivors.

Strand: Nutrition

26 **Topic:** Risk Reduction  
**Standard:** Analyzes the relationship between nutrition and disease prevention.
27 **Topic:** Dietary Imbalance  
**Standard:** Identifies disorders associated with malnutrition and obesity.

Strand: Personal Health

28 **Topic:** Lifestyle  
**Standard:** Sets a personal goal for improving health and lifestyle based on an individual health risk assessment and makes progress toward its achievement.

29 **Topic:** Hygiene  
**Standard:** Develops strategies and skills for maintaining an adequate level of personal grooming and hygiene, emphasizing changes during adolescence.

Strand: Safety

30 **Topic:** Accident Prevention  
**Standard:** Analyzes safety factors for motorized and nonmotorized vehicles and equipment for land and water purposes.

31 **Topic:** First Aid  
**Standard:** Demonstrates appropriate first-aid procedures for shock, bleeding, and muscular and skeletal injuries.

32 **Topic:** Violence Prevention  
**Standard:** Identifies threats to personal safety (e.g., incest, rape, date rape).

33 **Topic:** Resources  
**Standard:** Identifies local support system concerning personal safety (e.g., family, teacher, religious advisor, friend, and counselor).