Grade:  K

Strand:  Alcohol, Tobacco & Other Drugs

1  **Topic:** Medicines (Safety Rules)
   **Standard:** Names and applies basic rules for taking medicine.

2  **Topic:** Poison (Safety Rules)
   **Standard:** Practices safe behaviors when finding unknown or dangerous substances or objects (e.g., medicines, unmarked containers)

Strand:  Disease Prevention

3  **Topic:** Hygiene
   **Standard:** Demonstrates the proper hand washing technique.

Strand:  Family Living

4  **Topic:** Roles
   **Standard:** Identifies family members and their responsibilities.

5  **Topic:** Roles
   **Standard:** Discusses different ways children can contribute to and benefit from their families.

Strand:  Growth and Development

6  **Topic:** Growth Patterns
   **Standard:** Identifies the human growth patterns of height and weight.

7  **Topic:** Physical Characteristics
   **Standard:** Compares individual differences and similarities in terms of physical characteristics.

8  **Topic:** Skin
   **Standard:** Relates how personal health practices affect the functions of the skin (nutrition and hygiene).

9  **Topic:** Skin
   **Standard:** Identifies the parts and major functions of the skin.

Strand:  Mental Health

10 **Topic:** Personal Respect
**Standard:** Illustrates knowledge that everyone is unique and special.

**Topic:** Self-Management  
**Standard:** Recognizes that there are consequences to actions and behaviors.

**Topic:** Stress Management  
**Standard:** Practices appropriate skills to manage anxiety and reduce stress.

**Topic:** Self-Management  
**Standard:** Recognizes emotions and appropriate ways to express them (including effective and ineffective ways to handle anger).

**Strand:** Nutrition

**Topic:** Foods  
**Standard:** Identifies various foods by name.

**Topic:** Foods  
**Standard:** Selects nutritious foods that contribute to good health.

**Topic:** Food Origins  
**Standard:** Recognizes agricultural origins of common foods.

**Strand:** Personal Health

**Topic:** Body Parts  
**Standard:** Identifies parts of the body and explains how they work.

**Topic:** Senses  
**Standard:** Identifies the five senses and explains ways to protect the body parts related to them.

**Topic:** Hygiene  
**Standard:** Recognizes the importance of basic personal hygiene habits required to maintain health and prevent illness or disease (e.g., proper hand washing and caring for teeth, gums, eyes, ears, nose, skin, hair and nails).

**Topic:** Germs  
**Standard:** Recognizes that germs can cause sickness.

**Topic:** Germs  
**Standard:** Describes how germs are passed.

**Topic:** Decision Making  
**Standard:** Describes how personal health decisions can affect self and others.

**Strand:** Safety

**Topic:** Environmental Safety  
**Standard:** Recognizes safe practices experienced in the home, at school, on the playground, in and around motor vehicles, on the street, in aquatic environments and around animals.

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

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

**26**

**Topic:** Dangers

**Standard:** Demonstrates knowledge of dangers and precautions that should be taken in special conditions (e.g., bad weather, staying home alone, fire, being approached by strangers, when lost and in darkness, etc.).
Grade: 1

Strand: Alcohol, Tobacco & Other Drugs

1. **Topic:** Medicines (Safety Rules)
   **Standard:** Explains the importance of the safe and appropriate use of medicines and vitamins (e.g. adult supervision, proper dosage, proper storage and reading the expiration date).

2. **Topic:** Effects
   **Standard:** Recognizes that alcohol and tobacco products are drugs that harm the body in many ways.

3. **Topic:** Poison (Safety Rules)
   **Standard:** Knows reasons for not eating or drinking potentially dangerous substances provided by strangers or others.

Strand: Disease Prevention

4. **Topic:** Exercise
   **Standard:** Explains that exercise strengthens bones and muscles.

Strand: Growth and Development

5. **Topic:** Lifestyle
   **Standard:** Explains that personal health, nutrition and safety practices affect growth and development.

6. **Topic:** Skeletal and Muscular System
   **Standard:** Identifies the parts and major functions of the skeletal and muscular systems.

7. **Topic:** Lifestyle
   **Standard:** Relates how personal health practices (nutrition, rest, regular checkups and disease prevention) affect the functions of the skeletal and muscular systems.

Strand: Mental Health

8. **Topic:** Conflict Resolution
   **Standard:** Describes appropriate ways to handle disagreements without fighting.

9. **Topic:** Conflict Resolution
   **Standard:** Identifies conflict and causes of conflict (personal and interpersonal conflict).

10. **Topic:** Reality
    **Standard:** Distinguishes between fact and fiction in media representation of life events (e.g., violence, family and self-image).

11. **Topic:** Friendship
**Standard:** Explains what it means to be a friend.

**Topic:** Conflict Resolution  
**Standard:** Demonstrates the ability to respect and cooperate with peers.

### Strand: Nutrition

**Topic:** Food Selection  
**Standard:** Recognizes the reasons people need variety, balance and moderation in selecting foods.

**Topic:** Food Guide Pyramid  
**Standard:** Classifies foods into appropriate food groups using the food guide pyramid.

**Topic:** Breakfast  
**Standard:** Explains the importance of a nutritious breakfast.

### Strand: Personal Health

**Topic:** Dental Care  
**Standard:** Recognizes practices for proper dental hygiene.

**Topic:** Habits  
**Standard:** Recognizes the importance of adequate rest, sleep and exercise.

**Topic:** Hygiene  
**Standard:** Explains reasons for keeping clean and well groomed.

**Topic:** Checkups  
**Standard:** Recognizes the importance of regular health checkups.

**Topic:** Germs  
**Standard:** Recognizes that there are different kinds of germs that cause different sicknesses.

**Topic:** Communicable Diseases  
**Standard:** Describes how some sicknesses are passed from one person to another.

### Strand: Safety

**Topic:** Accident Prevention  
**Standard:** Demonstrates ways to prevent and respond to accidents in and around the home.

**Topic:** Emergency Procedures  
**Standard:** Demonstrates correct emergency procedures in response to natural disasters.

**Topic:** Accident Prevention  
**Standard:** Differentiates between safe and unsafe practices when: riding in a car, riding a bicycle, playing on a playground, in aquatic environments or other outdoor environments.

**Topic:** Violence Prevention  
**Standard:** Identifies threats to personal safety (e.g., child abuse, 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).
Grade: 2

Strand: Alcohol, Tobacco & Other Drugs

1. **Topic:** Pressures  
   **Standard:** Discusses how to resist peer and media pressures to use alcohol, tobacco products, and other drugs.

2. **Topic:** Effects  
   **Standard:** Describes the harmful effects of alcohol and tobacco products on the health of a user and nonuser.

3. **Topic:** Persuasion  
   **Standard:** Interprets the persuasive influences of advertising, peer groups and adults.

Strand: Family Living

4. **Topic:** Coping Strategies  
   **Standard:** Explores effective strategies to cope with changes that may occur in families (pregnancy, birth, death, marriage, divorce, relocation and unemployment).

5. **Topic:** Roles  
   **Standard:** Explains the roles of parents and the extended family in supporting a strong family and promoting the health of children (e.g., the limits parents set for children, the values or religious beliefs parents teach, behaviors and values parents model).

Strand: Growth and Development

6. **Topic:** Heredity and Environment  
   **Standard:** Explains the effects of heredity and environment on growth and development.

7. **Topic:** Dental  
   **Standard:** Distinguishes between primary and permanent teeth.

Strand: Mental Health

8. **Topic:** Persuasion  
   **Standard:** Analyzes outside influences that can affect personal health decisions (e.g., TV, and peer pressure).

9. **Topic:** Personal Respect  
   **Standard:** Identifies the right to differ from others in many ways (Note: Does not include discussion about sexual orientation).

10. **Topic:** Personal Respect  
    **Standard:** Demonstrates ways to show respect for others (Note: Does not include discussion about sexual orientation).
**Topic:** Decision Making  
**Standard:** Defines and/or describes the relationship between choices and consequences.

**Topic:** Attitudes  
**Standard:** Relates how positive and negative attitudes influence behavior.

**Topic:** Friendships  
**Standard:** Analyzes consequences of healthy and harmful friendship choices.

**Topic:** Resistance Skills  
**Standard:** Expresses the ability to assertively refuse when others want him/her to act in ways that would harm others or self.

**Strand:** Nutrition

**Topic:** Nutrients  
**Standard:** Recognizes that food contains nutrients for energy, growth, and health.

**Topic:** Meal Planning  
**Standard:** Plans a nutritious meal based on the food guide pyramid (with emphasis on fruits and vegetables).

**Topic:** Snacks  
**Standard:** Distinguishes between nutritionally sound snacks and "junk food" (foods of minimal nutritional value).

**Topic:** Food Guide Pyramid  
**Standard:** Identifies the serving size and numbers of daily servings needed from each food group in the food guide pyramid (with emphasis on fruits and vegetables).

**Strand:** Personal Health

**Topic:** Communicable Diseases  
**Standard:** Describes the relationship between germs and communicable diseases.

**Topic:** Sanitation  
**Standard:** Recognizes ways to prevent disease by keeping the home, school, and community clean.

**Topic:** Communicable Diseases  
**Standard:** States and demonstrates health practices that prevent the spread of disease.

**Topic:** Communicable Diseases  
**Standard:** Identifies and discusses noncommunicable health problems and their care in children (e.g., asthma, diabetes, sickle cell, epilepsy, etc.).

**Strand:** Safety

**Topic:** Emergency Procedures  
**Standard:** Determines correct response in cases of accidents, sudden illness or hazardous weather conditions.

**Topic:** Environmental Safety  
**Standard:** Distinguishes between safe and unsafe places to play in the home, school, and neighborhood.

**Topic:** Practices  
**Standard:** Identifies safety skills for bicycling, skate boarding, skating, and rollerblading.
Topic: Violence Prevention

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

Topic: Resources

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

Grade: 3

Strand: Alcohol, Tobacco & Other Drugs

1. **Topic:** Alternatives
   **Standard:** Proposes healthy and enjoyable alternatives to using alcohol, tobacco products, and other drugs.

2. **Topic:** Consequences
   **Standard:** Assesses the physical, mental, and social consequences of using alcohol, tobacco products, and other drugs.

3. **Topic:** Decision Making
   **Standard:** Applies the decision-making steps to avoid threatening situations.

Strand: Disease Prevention

4. **Topic:** Heart/Lung
   **Standard:** Discusses circulatory and respiratory diseases/illnesses (e.g., tuberculosis, heart disease, stroke, emphysema, obesity, hypertension, asthma, bronchitis, ear infection, and lung cancer) and discusses methods of prevention.

Strand: Family Living

5. **Topic:** Cooperation
   **Standard:** Examines ways family members can work together to accomplish a task and resolve conflict.

6. **Topic:** Communication
   **Standard:** Recognizes the importance of discussing health issues with one's family.

Strand: Growth and Development

7. **Topic:** Circulatory and Respiratory System
   **Standard:** Identifies the parts of the circulatory and respiratory systems and summarizes how they work.

8. **Topic:** Lifestyle
   **Standard:** Relates personal health choices (involving nutrition, alcohol, tobacco products, and other drugs, and disease prevention) to the functions of the circulatory and respiratory systems.

Strand: Mental Health

9. **Topic:** Communication
   **Standard:** Demonstrates how listening skills can be used to build and maintain healthy relationships.
10 **Topic:** Self-Concept  
**Standard:** Explains why accepting responsibility and making positive choices (e.g., do legal things, don’t steal, don’t cheat) help develop a healthy self-concept.

11 **Topic:** Stress Management  
**Standard:** Recognizes causes of stress and applies effective problem-solving skills (e.g., deep breathing, exercising, talking to someone, and organization).

12 **Topic:** Resistance Skills  
**Standard:** Discusses the importance of refusing assertively (e.g., drugs, strangers).

13 **Topic:** Communication  
**Standard:** Demonstrates nonverbal communication.

Strand: Nutrition

14 **Topic:** Food Choices  
**Standard:** Associates influence of cultural background on food choices.

15 **Topic:** Calories  
**Standard:** Explains relationships among food, energy, and health.

Strand: Personal Health

16 **Topic:** Dental Care  
**Standard:** Explains the function and location of different types of teeth as well as proper dental care.

17 **Topic:** Hygiene  
**Standard:** Demonstrates procedures for good personal grooming (emphasizing prevention, intervention, and treatment of head lice).

Strand: Safety

18 **Topic:** Bicycle Safety  
**Standard:** Demonstrates knowledge of bicycle safety laws.

19 **Topic:** Accident Prevention  
**Standard:** Applies appropriate accident prevention strategies when around electricity, firearms, fireworks, and water.

20 **Topic:** First Aid  
**Standard:** Applies appropriate first-aid procedures for treating and reporting common injuries (e.g., wounds, choking, and poisoning).

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

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

Grade: 4

Strand: Alcohol, Tobacco & Other Drugs

1. **Topic:** Effects  
   **Standard:** Examines the effects of tobacco products on the respiratory and circulatory systems.

2. **Topic:** Effects  
   **Standard:** Examines the harmful effects of drugs such as inhalants, alcohol, hallucinogens, and marijuana.

3. **Topic:** Medicines (Safety Rules)  
   **Standard:** Explains the importance of safe and appropriate use of prescription and over-the-counter drugs, including vitamins.

4. **Topic:** Persuasion  
   **Standard:** Critiques advertisements and commercials that encourage the use of medicines, alcohol and tobacco products.

Strand: Disease Prevention

5. **Topic:** Digestive System  
   **Standard:** Recognizes digestive diseases/illnesses (e.g., ulcers, colon cancer, eating disorders, and diabetes) and discusses methods of prevention.

Strand: Growth and Development

6. **Topic:** Digestive System  
   **Standard:** Identifies the parts and major functions of the digestive system.

7. **Topic:** Lifestyle  
   **Standard:** Relates how personal health practices dealing with nutrition, disease prevention, alcohol, tobacco products, and other drug use affect the functions of the digestive system.

Strand: Mental Health

8. **Topic:** Peer Pressure  
   **Standard:** Identifies positive and negative peer pressures.

9. **Topic:** Peer Pressure  
   **Standard:** Explains how to assertively deal with negative peer pressure.

10. **Topic:** Conflict Resolution  
    **Standard:** Practices appropriate negotiation skills to resolve conflict (e.g., "I" messages, conflict resolution, active listening, restating, and effective communication skills).
Topic: Interpersonal Relationships
Standard: Names and practices skills that communicate care, consideration, and respect of self and others, including those with disabilities.

12 Topic: Friendships
Standard: Describes and debates consequences of healthy and harmful friendship choices.

Strand: Nutrition

13 Topic: Dietary Guidance
Standard: Identifies age-appropriate dietary guidelines.

14 Topic: Dietary Guidelines
Standard: Evaluates personal diet based on recommended dietary guidelines and the food guide pyramid.

15 Topic: Digestion
Standard: Concludes that foods must be digested before they can be used by the body.

16 Topic: Food Preparation
Standard: Recognizes the role of proper food storage and preparation in the prevention of illness.

Strand: Personal Health

17 Topic: Lifestyle
Standard: Relates the influence of rest, food choices, exercise, sleep, and recreation on a person's well being.

18 Topic: Lifestyle
Standard: Sets a personal health goal based on an individual health risk assessment, and makes progress toward its achievement.

Strand: Safety

19 Topic: Accident Prevention
Standard: Predicts the consequences of individual behavior related to accidents and injuries.

20 Topic: Emergency Planning
Standard: Formulates a responsible personal safety plan for emergencies that occur in the home and/or school.

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

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

Grade: 5

Strand: Alcohol, Tobacco & Other Drugs

1. **Topic:** Effects  
   **Standard:** Summarizes the dangers of taking medicines or drugs.

2. **Topic:** Terms  
   **Standard:** Discusses terms: side effect, overdose, dependence, tolerance, addiction, drug misuse, drug abuse, legal, and illegal drugs.

3. **Topic:** Persuasion  
   **Standard:** Identifies ways various forms of media, such as movies, glorify drug use.

4. **Topic:** Resources  
   **Standard:** Locates sources of help for individuals who have problems with alcohol, tobacco products, and other drugs.

5. **Topic:** Health  
   **Standard:** Discusses and practices how to resist peer pressure.

6. **Topic:** Leadership Skills  
   **Standard:** Practices peer leadership skills by creating healthy alternatives to drug use.

Strand: Disease Prevention

7. **Topic:** Endocrine/Immune System  
   **Standard:** Recognizes diseases/illnesses (e.g., diabetes, growth hormone abnormalities, and hepatitis) that affect the endocrine/immune system and discusses methods of prevention.

8. **Topic:** Communicable and Noncommunicable Diseases  
   **Standard:** Describes the difference between communicable and noncommunicable diseases.

9. **Topic:** Communicable Diseases  
   **Standard:** Identifies some of the ways to prevent the spread of communicable diseases (e.g., inoculation, and quarantine).

10. **Topic:** Immune System  
    **Standard:** Recognizes the basic concept of how our immune system works.

Strand: Family Living

11. **Topic:** Puberty  
    **Standard:** Understands that the most important change of puberty is that young people become capable of childbearing.

12. **Topic:** Roles  
    **Standard:** Recognizes the importance of the role that both mothers and fathers play in the nurturing, guidance, care and support of a child.
13 **Topic:** Parental Responsibilities

**Standard:** Recognizes that having a child involves a commitment on the part of both mother and father to nurture, guide, care for and support the child.

**Strand:** Growth and Development

14 **Topic:** Endocrine System

**Standard:** Identifies the parts and major functions of the endocrine system.

15 **Topic:** Lifestyle

**Standard:** Relates how personal health practices affect the functions of the endocrine system.

16 **Topic:** Puberty

**Standard:** Describes the changes that occur during puberty (physical, emotional, and social).

**Strand:** Mental Health

17 **Topic:** Stress

**Standard:** Defines stress and identifies its causes and physiological and psychological effects.

18 **Topic:** Stress Management

**Standard:** Demonstrates and/or proposes ways to manage stress and adapt to change.

**Strand:** Nutrition

19 **Topic:** Food Labels

**Standard:** Interprets USDA nutritional facts on food labels.

20 **Topic:** Nutrients

**Standard:** Determines the functions and sources of each of the six nutrients (carbohydrates, proteins, fats, vitamins, minerals, and water).

21 **Topic:** Marketing Strategies

**Standard:** Distinguishes between fact, fiction, and opinion about nutrition and discusses how marketing affects our perceptions of the facts.

22 **Topic:** Dietary Imbalance

**Standard:** Explains dietary disorders and health problems associated with nutrient deficiencies and excesses.

23 **Topic:** Dietary Guidelines

**Standard:** Creates a one-day food plan based on the food guide pyramid and the USDA dietary guidelines.

**Strand:** Personal Health

24 **Topic:** Heart Health

**Standard:** Describes risk factors for heart disease and proposes strategies for their prevention and techniques for controlling them.

25 **Topic:** Hygiene

**Standard:** Develops strategies and skills for maintaining an adequate level of personal hygiene, emphasizing changes during puberty.
26  **Topic:** First Aid  
**Standard:** Applies appropriate first-aid procedures to common injuries occurring in the home, school and community (e.g., proper responses to breathing and choking problems, bleeding, shock, poisoning, and minor burns, and universal precautions to be taken when dealing with other people's blood).

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

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