

# Grade Six

## Injury Prevention and Safety

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### Standard 1: Essential Concepts

- 1.1.S Explain methods to reduce conflict, harassment, and violence.
  - 1.2.S Describe basic first aid and emergency procedures, including those for accidental loss of or injuries to teeth.
  - 1.3.S Describe the risks of gang involvement.
  - 1.4.S Examine disaster preparedness plans for the home and school.
  - 1.5.S Examine the risks of possessing a weapon at home, at school, and in the community.<sup>1</sup>
  - 1.6.S Examine safety procedures when using public transportation and traveling in vehicles.
  - 1.7.S Discuss safety hazards related to Internet usage.
  - 1.8.S Describe hazards related to sun, water, and ice.
  - 1.9.S Describe how the presence of weapons increases the risk of serious violent injuries.<sup>2</sup>
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### Standard 2: Analyzing Influences

- 2.1.S Analyze the role of self and others in causing or preventing injuries.
  - 2.2.S Analyze influences on both safe and violent behaviors.
  - 2.3.S Analyze personal behaviors that may lead to injuries or cause harm.
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### Standard 3: Accessing Valid Information

- 3.1.S Identify rules and laws intended to prevent injuries.
  - 3.2.S Demonstrate the ability to ask a trusted adult for help when feeling personally threatened or unsafe, including while using the Internet.
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### Standard 4: Interpersonal Communication

- 4.1.S Practice effective communication skills to prevent and avoid risky situations.
- 4.2.S Explain the importance of immediately reporting a weapon that is found or is in the possession of peers.<sup>3</sup>

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<sup>1</sup> See *Education Code (EC)* Section 49330 and the Glossary for the legal definition of a weapon.

<sup>2</sup> *EC* Section 49330.

<sup>3</sup> *EC* Section 49330.

- 4.3.S Demonstrate escape strategies for situations in which weapons or other dangerous objects are present.<sup>4</sup>
  - 4.4.S Practice communication and refusal skills to avoid gang involvement.
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### **Standard 5: Decision Making**

- 5.1.S Use a decision-making process to determine a safe course of action in risky situations.
  - 5.2.S Use a decision-making process to determine appropriate strategies for responding to bullying and harassment.
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### **Standard 6: Goal Setting**

- 6.1.S Develop a personal plan to remain safe and injury-free.
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### **Standard 7: Practicing Health-Enhancing Behaviors**

- 7.1.S Practice ways to resolve conflicts nonviolently.
  - 7.2.S Practice safe use of technology.
  - 7.3.S Practice positive alternatives to gang involvement.
  - 7.4.S Practice basic first aid and emergency procedures.
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### **Standard 8: Health Promotion**

- 8.1.S Support injury prevention at school, at home, and in the community.
- 8.2.S Promote a bully-free school and community environment.
- 8.3.S Encourage others to practice safe behaviors, including the proper use of safety belts when riding in cars, wearing helmets when riding bicycles, and wearing mouth guards when participating in athletic activities.

## **Alcohol, Tobacco, and Other Drugs**

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### **Standard 1: Essential Concepts**

- 1.1.A Explain short- and long-term effects of alcohol, tobacco, inhalant, and other drug use, including social, legal, and economic implications.
- 1.2.A Identify positive alternatives to alcohol, tobacco, and other drug use.
- 1.3.A Differentiate between the use and misuse of prescription and nonprescription medicines.
- 1.4.A Identify the benefits of a tobacco-free environment.

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<sup>4</sup>Ibid.

- 1.5.A Explain the dangers of secondhand smoke.
  - 1.6.A Explain the stages of drug dependence and addiction and the effects of drugs on the adolescent brain.
  - 1.7.A Identify the effects of alcohol, tobacco, and other drug use on physical activity, including athletic performance.
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### **Standard 2: Analyzing Influences**

- 2.1.A Describe internal influences that affect the use of alcohol, tobacco, and other drugs.
  - 2.2.A Analyze the influence of marketing and advertising techniques, including the use of role models and how they affect use of alcohol, tobacco, and other drugs.
  - 2.3.A Analyze how impaired judgment and other effects of using alcohol or marijuana impact personal safety, relationships with friends and families, school success, and attainment of present and future goals.
  - 2.4.A Explain how culture and media influence the use of alcohol and other drugs.
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### **Standard 3: Accessing Valid Information**

- 3.1.A Identify sources of valid information regarding alcohol, tobacco, and other drug use and abuse.
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### **Standard 4: Interpersonal Communication**

- 4.1.A Use effective verbal communication skills to avoid situations where alcohol, tobacco, and other drugs are being used.
  - 4.2.A Demonstrate effective verbal and nonverbal refusal skills to resist the pressure to use alcohol, tobacco, and other drugs.
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### **Standard 5: Decision Making**

- 5.1.A Analyze how decisions to use alcohol, tobacco, and other drugs will affect relationships with friends and family.
  - 5.2.A Analyze the kinds of situations involving alcohol, tobacco, and other drugs for which help from an adult should be requested.
  - 5.3.A Analyze the legal, emotional, social, and health consequences of using alcohol and other drugs.
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### **Standard 6: Goal Setting**

- 6.1.A Develop personal goals to remain drug-free.
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### **Standard 7: Practicing Health-Enhancing Behaviors**

7.1.A Practice positive alternatives to using alcohol, tobacco, and other drugs.

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### **Standard 8: Health Promotion**

8.1.A Practice effective persuasion skills for encouraging others not to use alcohol, tobacco, and other drugs.

## **Mental, Emotional, and Social Health**

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### **Standard 1: Essential Concepts**

- 1.1.M Describe the signs, causes, and health effects of stress, loss, and depression.
  - 1.2.M Summarize feelings and emotions associated with loss and grief.
  - 1.3.M Discuss how emotions change during adolescence.
  - 1.4.M Describe the importance of being aware of one's emotions.
  - 1.5.M Describe the importance of being empathetic to individual differences, including people with disabilities and chronic diseases.
  - 1.6.M Explain why getting help for mental, emotional, and social health problems is appropriate and necessary.
  - 1.7.M Describe the importance of setting personal boundaries for privacy, safety, and expressions of emotions and opinions.
  - 1.8.M Describe the similarities between types of violent behaviors (e.g., bullying, hazing, fighting, and verbal abuse).
  - 1.9.M Discuss the harmful effects of violent behaviors.
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### **Standard 2: Analyzing Influences**

- 2.1.M Analyze the external and internal influences on mental, emotional, and social health.
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### **Standard 3: Accessing Valid Information**

- 3.1.M Identify sources of valid information and services for getting help with mental, emotional, and social health problems.
  - 3.2.M Discuss the importance of getting help from a trusted adult when it is needed.
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### **Standard 4: Interpersonal Communication**

- 4.1.M Practice asking for help with mental, emotional, or social health problems from trusted adults.
- 4.2.M Describe how prejudice, discrimination, and bias can lead to violence.

4.3.M Demonstrate ways to communicate respect for diversity.

4.4.M Demonstrate the ability to use steps of conflict resolution.

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### **Standard 5: Decision Making**

5.1.M Apply a decision-making process to enhance health.

5.2.M Describe situations for which someone should seek help with stress, loss, and depression.

5.3.M Compare and contrast being angry and angry behavior, and discuss the consequences.

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### **Standard 6: Goal Setting**

6.1.M Make a plan to prevent and manage stress.

6.2.M Describe how personal goals can be affected if violence is used to solve problems.

6.3.M Make a personal commitment to avoid persons, places, or activities that encourage violence or delinquency.

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### **Standard 7: Practicing Health-Enhancing Behaviors**

7.1.M Carry out personal and social responsibilities appropriately.

7.2.M Practice strategies to manage stress.

7.3.M Practice appropriate ways to respect and include others who are different from oneself.

7.4.M Demonstrate how to use self-control when angry.

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### **Standard 8: Health Promotion**

8.1.M Encourage a school environment that is respectful of individual differences.

8.2.M Object appropriately to teasing or bullying of peers that is based on personal characteristics and perceived sexual orientation.

# Grades Seven and Eight

## Nutrition and Physical Activity

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### Standard 1: Essential Concepts

- 1.1.N Describe the short- and long-term impact of nutritional choices on health.
  - 1.2.N Identify nutrients and their relationships to health.
  - 1.3.N Examine the health risks caused by food contaminants.
  - 1.4.N Describe how to keep food safe through proper food purchasing, preparation, and storage practices.
  - 1.5.N Differentiate between diets that are health-promoting and diets linked to disease.
  - 1.6.N Analyze the caloric and nutritional value of foods and beverages.
  - 1.7.N Describe the benefits of eating a variety of foods high in iron, calcium, and fiber.
  - 1.8.N Identify ways to prepare food that are consistent with current research-based guidelines for a nutritionally balanced diet.
  - 1.9.N Analyze the harmful effects of engaging in unscientific diet practices to lose or gain weight.
  - 1.10.N Identify the impact of nutrition on chronic disease.
  - 1.11.N Analyze the cognitive and physical benefits of eating breakfast daily.
  - 1.12.N Examine the role of lifelong fitness activities in maintaining personal fitness, blood pressure, weight, and percentage of body fat.
  - 1.13.N Explain how to use a Body Mass Index (BMI) score as a tool for measuring general health.
  - 1.14.N Identify ways to increase daily physical activity.
  - 1.15.N Explain that incorporating daily moderate or vigorous physical activity into one's life does not require a structured exercise plan or special equipment.
  - 1.16.N Differentiate between physical activity and exercise and health-related and skill-related fitness.
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### Standard 2: Analyzing Influences

- 2.1.N Describe the influence of culture and media on body image.
  - 2.2.N Evaluate internal and external influences on food choices.
  - 2.3.N Analyze the impact of nutritional choices on future reproductive and prenatal health.
  - 2.4.N Analyze the influence of technology and media on physical activity.
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### Standard 3: Accessing Valid Information

- 3.1.N Distinguish between valid and invalid sources of nutrition information.
- 3.2.N Evaluate the accuracy of claims about dietary supplements and popular diets.

- 3.3.N Describe how to access nutrition information about foods offered in restaurants in one's community.
  - 3.4.N Identify places where youths and families can be physically active.
  - 3.5.N Identify trusted adults in one's family, school, and community for advice and counseling regarding healthy eating and physical activity.
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#### **Standard 4: Interpersonal Communication**

- 4.1.N Demonstrate the ability to use effective skills to model healthy decision making and prevent overconsumption of foods and beverages.
  - 4.2.N Practice effective communication skills with parents, guardians, or trusted adults regarding healthy nutrition and physical activity choices.
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#### **Standard 5: Decision Making**

- 5.1.N Use a decision-making process to evaluate daily food intake for nutritional requirements.
  - 5.2.N Identify recreational activities that increase physical activity.
  - 5.3.N Contrast healthy and risky approaches to weight management.
  - 5.4.N Analyze the physical, mental, and social benefits of physical activity.
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#### **Standard 6: Goal Setting**

- 6.1.N Make a personal plan for improving one's nutrition and incorporating physical activity into daily routines.
  - 6.2.N Set a goal to increase daily physical activity.
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#### **Standard 7: Practicing Health-Enhancing Behaviors**

- 7.1.N Make healthy food choices in a variety of settings.
  - 7.2.N Explain proper food handling safety when preparing meals and snacks.
  - 7.3.N Assess personal physical activity levels.
  - 7.4.N Examine ways to be physically active throughout a lifetime.
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#### **Standard 8: Health Promotion**

- 8.1.N Encourage nutrient-dense food choices in school.
- 8.2.N Support increased opportunities for physical activity at school and in the community.
- 8.3.N Encourage peers to eat healthy foods and to be physically active.

### **Growth, Development, and Sexual Health**

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**Standard 1: Essential Concepts**

- 1.1.G Explain physical, social, and emotional changes associated with adolescence.
  - 1.2.G Summarize the human reproduction cycle.
  - 1.3.G Explain the effectiveness of abstinence in preventing HIV, other STDs, and unintended pregnancy.<sup>5</sup>
  - 1.4.G Explain how conception occurs, the stages of pregnancy, and the responsibilities associated with parenting.
  - 1.5.G Explain the effectiveness of FDA-approved condoms and other contraceptives in preventing HIV, other STDs, and unintended pregnancy.<sup>6</sup>
  - 1.6.G Identify the short- and long-term effects of HIV, AIDS, and other STDs.<sup>7</sup>
  - 1.7.G Identify ways to prevent or reduce the risk of contracting HIV, AIDS, and other STDs.<sup>8</sup>
  - 1.8.G Recognize that there are individual differences in growth and development, physical appearance, gender roles, and sexual orientation.<sup>9</sup>
  - 1.9.G Explain why individuals have the right to refuse sexual contact.
  - 1.10.G Describe the emotional, psychological, and physical consequences of rape and sexual assault.
  - 1.11.G Explain why rape and sexual assault should be reported to authorities and trusted adults.
  - 1.12.G Describe responsible prenatal and child care, including California's Safely Surrendered Baby Law.<sup>10</sup>
  - 1.13.G Evaluate the benefits to mother, father, and child when teenagers wait until adulthood to become parents.
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**Standard 2: Analyzing Influences**

- 2.1.G Analyze how internal and external influences affect growth and development, relationships, and sexual behavior.
- 2.2.G Evaluate how culture, media, and other people influence our perceptions of body image, gender roles, sexuality, attractiveness, relationships, and sexual orientation.<sup>11</sup>
- 2.3.G Analyze the influence of alcohol and other drugs on sexual behaviors.<sup>12</sup>
- 2.4.G Describe situations that could lead to pressure for sexual activity and to the risk of contracting HIV and other STDs.<sup>13</sup>
- 2.5.G Recognize that there are individual, family, and cultural differences in relationships.
- 2.6.G Explain how sexual exploitation can occur through the Internet.

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<sup>5</sup>See *Education Code (EC)* sections 51930(b)(1), 51933(b)(8), and 51934(b)(3).

<sup>6</sup>*EC* sections 51933(b)(10), 51934(b)(3).

<sup>7</sup>*EC* Section 51934(b)(1).

<sup>8</sup>*EC* Section 51934(b)(2), (b)(3), (b)(4).

<sup>9</sup>*EC* Section 51930(b)(2).

<sup>10</sup>*EC* Section 51933(b)(12).

<sup>11</sup> *EC* Section 51930(b)(2).

<sup>12</sup>*EC* sections 51933(b)(11), 51934(b)(6).

<sup>13</sup>*Ibid.*

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**Standard 3: Accessing Valid Information**

- 3.1.G Identify trusted adults in one's family, school, and community for advice and counseling regarding reproductive and sexual health.
  - 3.2.G Locate medically and scientifically accurate sources of information on reproductive health.<sup>14</sup>
  - 3.3.G Identify health care providers for reproductive and sexual health services.<sup>15</sup>
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**Standard 4: Interpersonal Communication**

- 4.1.G Practice effective communication skills with parents, guardians, health care providers, or other trusted adults by discussing issues related to reproductive and sexual health.<sup>16</sup>
  - 4.2.G Use effective verbal and nonverbal communication skills to prevent sexual involvement, HIV, other STDs, and unintended pregnancy.<sup>17</sup>
  - 4.3.G Use healthy and respectful ways to express friendship, attraction, and affection.
  - 4.4.G Analyze the benefits of respecting individual differences in growth and development, physical appearance, gender roles, and sexual orientation.<sup>18</sup>
  - 4.5.G Demonstrate how to ask for help from parents, other trusted adults, or friends when pressured to participate in sexual behavior.
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**Standard 5: Decision Making**

- 5.1.G Analyze why abstinence is the most effective method for the prevention of HIV, STDs, and pregnancy.<sup>19</sup>
- 5.2.G Use a decision-making process to examine the characteristics of healthy relationships.<sup>20</sup>
- 5.3.G Use a decision-making process to evaluate individual differences in growth and development, physical appearance, gender roles, and sexual orientation.<sup>21</sup>
- 5.4.G Analyze the responsibilities and privileges of becoming a young adult.
- 5.5.G Identify how good health practices in adolescence affect lifelong health and the health of future children.
- 5.6.G Explain the immediate physical, social, and emotional risks and consequences associated with sexual activity.
- 5.7.G Use a decision-making process to evaluate the value of using FDA-approved condoms for pregnancy and STD prevention.

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<sup>14</sup>EC sections 51931(f), 51933(b)(8), 51934(b)(5).

<sup>15</sup>EC sections 51933(b)(9), 51934(b)(5).

<sup>16</sup>EC Section 51933(b)(6).

<sup>17</sup>EC sections 51933(b)(11), 51934(b)(6).

<sup>18</sup>EC Section 51930(b)(2).

<sup>19</sup>EC sections 51933(b)(8), (b)(11), 51934(b)(3).

<sup>20</sup>EC Section 51933(b)(11).

<sup>21</sup>EC sections 51930(b)(2), 51933(b)(11), 51934(b)(6).

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**Standard 6: Goal Setting**

- 6.1.G Develop a plan to avoid HIV, AIDS, other STDs, and pregnancy.<sup>22</sup>
- 6.2.G Describe how HIV, AIDS, other STDs, or pregnancy could impact life goals.<sup>23</sup>
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**Standard 7: Practicing Health-Enhancing Behaviors**

- 7.1.G Describe strategies for refusing unwanted sexual activity.<sup>24</sup>
- 7.2.G Demonstrate the ability to anticipate and minimize exposure to situations that pose a risk to sexual health.<sup>25</sup>
- 7.3.G Describe personal actions that can protect reproductive and sexual health.<sup>26</sup>
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**Standard 8: Health Promotion**

- 8.1.G Support and encourage safe, respectful, and responsible relationships.<sup>27</sup>
- 8.2.G Promote respect for and dignity of persons living with HIV or AIDS.<sup>28</sup>

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**Injury Prevention and Safety**

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**Standard 1: Essential Concepts**

- 1.1.S Describe the differences between physical, verbal, and sexual violence.
- 1.2.S Explain how witnesses and bystanders can help prevent violence by reporting dangerous situations.
- 1.3.S Describe how the presence of weapons increases the risk of serious violent injuries.<sup>29</sup>
- 1.4.S Discuss the importance of reporting weapon possession.<sup>30</sup>
- 1.5.S Explain how violence, aggression, bullying, and harassment affect health and safety.
- 1.6.S Identify trusted adults to whom school or community violence should be reported.
- 1.7.S Describe possible legal consequences of sexual harassment and violence.
- 1.8.S Describe types of sexual harassment and ways to report them.
- 1.9.S Describe the behavioral and environmental factors associated with major causes of death in the United States.
- 1.10.S Identify basic safety guidelines for emergencies and natural disasters.

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<sup>22</sup>EC sections 51933(b)(8), (b)(10), 51934(b)(3).

<sup>23</sup>EC sections 51933(b)(11), 51934(b)(6).

<sup>24</sup>Ibid.

<sup>25</sup>Ibid.

<sup>26</sup>Ibid.

<sup>27</sup>EC Section 51933(b)(7), (b)(11), (d)(2).

<sup>28</sup>EC Section 51934(b)(7).

<sup>29</sup>See EC Section 49330 and the Glossary for the legal definition of a weapon.

<sup>30</sup>EC Section 49330.

- 1.11.S Identify ways to prevent climate-related physical conditions such as exhaustion, sunburn, heat stroke, and hypothermia.
  - 1.12.S Explain safety hazards associated with Internet usage.
  - 1.13.S Explain ways to prevent fires and reduce the risk of fire-related injuries.
  - 1.14.S Explain ways to reduce the risk of injuries in and around water.
  - 1.15.S Explain ways to reduce the risk of injuries (including oral injuries) that can occur during sports and recreational activities.
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### **Standard 2: Analyzing Influences**

- 2.1.S Analyze how the media portray fire and explosives.
  - 2.2.S Evaluate individual, group, and societal influences that promote cooperation and respectful behaviors and those that promote violence and disrespectful behaviors.
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### **Standard 3: Accessing Valid Information**

- 3.1.S Analyze sources of information regarding injury and violence prevention.
  - 3.2.S Demonstrate the ability to access accurate sources of information about abuse, violence, and bullying.
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### **Standard 4: Interpersonal Communication**

- 4.1.S Report to a trusted adult situations that could lead to injury or harm.
  - 4.2.S Use communication and refusal skills to avoid violence, gang involvement, and risky situations.
  - 4.3.S Describe ways to manage interpersonal conflicts nonviolently.
  - 4.4.S Demonstrate ways to ask a parent or other trusted adult for help with a threatening situation.
  - 4.5.S Describe characteristics of effective communication.
  - 4.6.S Differentiate between passive, aggressive, and assertive communication.
  - 4.7.S Locate resources in school, in the community, and on the Internet for first aid information and training, and assess the validity of the resources.
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### **Standard 5: Decision Making**

- 5.1.S Use a decision-making process to examine risky social and dating situations.
- 5.2.S Apply a decision-making process to avoid potentially dangerous situations, such as gang activities, violence in dating, and other social situations.
- 5.3.S Use a decision-making process to analyze the consequences of gang involvement.
- 5.4.S Evaluate why some students are bullies.
- 5.5.S Apply decision-making or problem-solving steps to hypothetical situations involving assault and intimidation, including sexual harassment.

**Standard 6: Goal Setting**

- 6.1.S Make a personal commitment to avoid persons, places, or activities that encourage violence or delinquency.
  - 6.2.S Create a personal-safety plan.
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**Standard 7: Practicing Health-Enhancing Behaviors**

- 7.1.S Practice first aid and emergency procedures.
  - 7.2.S Practice ways to resolve conflicts nonviolently.
  - 7.3.S Practice the safe use of technology.
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**Standard 8: Health Promotion**

- 8.1.S Support changes to promote safety in the home, at school, and in the community.
- 8.2.S Design a campaign for preventing violence, aggression, bullying, and harassment.
- 8.3.S Demonstrate the ability to influence others' safety behaviors (e.g., wearing bicycle helmets and seat belts).

**Alcohol, Tobacco, and Other Drugs**

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**Standard 1: Essential Concepts**

- 1.1.A Describe the harmful short- and long-term effects of alcohol, tobacco, and other drugs, including steroids, performance-enhancing drugs and inhalants.
  - 1.2.A Describe the relationship between using alcohol, tobacco, and other drugs and engaging in other risky behaviors.
  - 1.3.A Explain the dangers of drug dependence and addiction.
  - 1.4.A Describe the consequences of using alcohol, tobacco, and other drugs during pregnancy, including fetal alcohol spectrum disorders.
  - 1.5.A Analyze the harmful effects of using diet pills without physician supervision.
  - 1.6.A Explain the short- and long-term consequences of using alcohol and other drugs to cope with problems.
  - 1.7.A Explain why most youths do not use alcohol, tobacco, or other drugs.
  - 1.8.A Explain school policies and community laws related to the use, possession, and sale of alcohol, tobacco, and illegal drugs.
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**Standard 2: Analyzing Influences**

- 2.1.A Analyze internal influences that affect the use and abuse of alcohol, tobacco, and other drugs.
  - 2.2.A Evaluate the influence of marketing and advertising techniques and how they affect alcohol, tobacco, and other drug use and abuse.
  - 2.3.A Analyze family and peer pressure as influences on the use of alcohol, tobacco, and other drugs.
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### **Standard 3: Accessing Valid Information**

- 3.1.A Analyze the validity of information, products, and services related to the use of alcohol, tobacco, and other drugs.
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### **Standard 4: Interpersonal Communication**

- 4.1.A Use effective refusal and negotiation skills to avoid risky situations, especially where alcohol, tobacco, and other drugs are being used.
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### **Standard 5: Decision Making**

- 5.1.A Use a decision-making process to avoid using alcohol, tobacco, and other drugs in a variety of situations.
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### **Standard 6: Goal Setting**

- 6.1.A Develop short- and long-term goals to remain drug-free.
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### **Standard 7: Practicing Health-Enhancing Behaviors**

- 7.1.A Use a variety of effective coping strategies when there is alcohol, tobacco, or other drug use in group situations.
  - 7.2.A Practice positive alternatives to the use of alcohol, tobacco, and other drugs.
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### **Standard 8: Health Promotion**

- 8.1.A Participate in school and community efforts to promote a drug-free lifestyle.

## **Mental, Emotional, and Social Health**

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### **Standard 1: Essential Concepts**

- 1.1.M Explain positive social behaviors (e.g., helping others, being respectful to others, cooperation, consideration).

- 1.2.M Identify a variety of nonviolent ways to respond when angry or upset.
  - 1.3.M Identify qualities that contribute to a positive self-image.
  - 1.4.M Describe how emotions change during adolescence.
  - 1.5.M Recognize diversity among people, including disability, gender, race, sexual orientation, and body size.
  - 1.6.M Describe the changing roles and responsibilities of adolescents as members of a family and community.
  - 1.7.M Describe the benefits of having positive relationships with trusted adults.
  - 1.8.M Analyze the harmful effects of using diet pills without physician supervision.
  - 1.9.M Identify the signs of various eating disorders.
  - 1.10.M Describe signs of depression, potential suicide, and other self-destructive behaviors.
  - 1.11.M Describe common mental health conditions and why seeking professional help for these conditions is important.
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## **Standard 2: Analyzing Influences**

- 2.1.M Analyze internal and external influences on mental, emotional, and social health.
  - 2.2.M Analyze techniques that are used to pressure someone to engage in or be a target of violent behavior.
  - 2.3.M Analyze the influence of culture on family values and practices.
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## **Standard 3: Accessing Valid Information**

- 3.1.M Access accurate sources of information and services about mental, emotional, and social health.
  - 3.2.M Describe situations for which adult help is needed, including intimidating and dangerous situations, and how to access help for oneself and others.
  - 3.3.M Identify trusted adults to report to if people are in danger of hurting themselves or others.
  - 3.4.M Analyze situations to determine whether they call for acts of caring among friends or require getting the help of trusted adults.
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## **Standard 4: Interpersonal Communication**

- 4.1.M Seek help from trusted adults for oneself or a friend with an emotional or social health problem.
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## **Standard 5: Decision Making**

- 5.1.M Apply decision-making processes to a variety of situations that impact mental, emotional, and social health.
- 5.2.M Monitor personal stressors and assess techniques for managing them.
- 5.3.M Describe healthy ways to express caring, friendship, affection, and love.

- 5.4.M Describe situations for which someone would seek help with stress, loss, an unrealistic body image, or depression.
  - 5.5.M Analyze the importance of setting personal boundaries for privacy, safety, and expressions of emotions and opinions.
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### **Standard 6: Goal Setting**

- 6.1.M Develop achievable goals for handling stressors in healthy ways.
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### **Standard 7: Practicing Health-Enhancing Behaviors**

- 7.1.M Demonstrate effective coping mechanisms and strategies for managing stress.
  - 7.2.M Practice respect for individual differences and diverse backgrounds.
  - 7.3.M Participate in clubs, organizations, and activities in the school and community that offer opportunities for student and family involvement.
  - 7.4.M Practice personal boundaries in a variety of situations.
  - 7.5.M Demonstrate skills to avoid or escape from potentially violent situations, including dating.
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### **Standard 8: Health Promotion**

- 8.1.M Promote a positive and respectful school environment.
- 8.2.M Object appropriately to teasing of peers and community members that is based on perceived personal characteristics or sexual orientation.

## **Personal and Community Health**

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### **Standard 1: Essential Concepts**

- 1.1.P Describe the importance of health-management strategies (e.g., those involving adequate sleep, ergonomics, sun safety, hearing protection, and self-examination).
- 1.2.P Identify the importance of age-appropriate medical services.
- 1.3.P Identify Standard (Universal) Precautions and why they are important.<sup>31</sup>
- 1.4.P Examine the causes and symptoms of communicable and non-communicable diseases.
- 1.5.P Discuss the importance of effective personal and dental hygiene practices for preventing illness.
- 1.6.P Identify effective brushing and flossing techniques for oral care.
- 1.7.P Identify effective protection for teeth, eyes, head, and neck during sports and recreational activities.
- 1.8.P Identify ways to prevent vision or hearing damage.

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<sup>31</sup>27 See the Glossary for the definitions of Standard and Universal Precautions.

- 1.9.P Identify ways that environmental factors, including air quality, affect our health.
  - 1.10.P Identify human activities that contribute to environmental challenges (e.g., air, water, and noise pollution).
  - 1.11.P Describe global influences on personal and community health.
  - 1.12.P Identify ways to reduce exposure to the sun.
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### **Standard 2: Analyzing Influences**

- 2.1.P Analyze a variety of influences that affect personal health practices.
  - 2.2.P Analyze how environmental pollutants, including noise pollution, affect health.
  - 2.3.P Analyze the relationship between the health of a community and the global environment.
  - 2.4.P Analyze the influence of culture, media, and technology on health decisions.
  - 2.5.P Analyze the social influences that encourage or discourage sun-safety practices.
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### **Standard 3: Accessing Valid Information**

- 3.1.P Demonstrate the ability to access information about personal health products (e.g., deodorant, shampoo, sunscreen, and dental care products), and evaluate the information's validity.
  - 3.2.P Access valid information about preventing common communicable diseases.
  - 3.3.P Locate resources in school, in the community, and on the Internet for first aid information and training, and assess the validity of the resources.
  - 3.4.P Demonstrate how to access school and community health services.
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### **Standard 4: Interpersonal Communication**

- 4.1.P Practice how to make a health-related consumer complaint.
  - 4.2.P Use assertive communication skills to avoid situations that increase risk of communicable disease or illness.
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### **Standard 5: Decision Making**

- 5.1.P Apply a decision-making process to determine safe and healthy strategies for dealing with personal health problems.
  - 5.2.P Apply a decision-making process when selecting health care products.
  - 5.3.P Analyze the characteristics of informed health choices.
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### **Standard 6: Goal Setting**

- 6.1.P Establish goals for improving personal and community health.

- 6.2.P Design a plan to minimize environmental pollutants, including noise at home and in the community.
  - 6.3.P Create a plan to incorporate adequate rest and sleep into daily routines.
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### **Standard 7: Practicing Health-Enhancing Behaviors**

- 7.1.P Practice and take responsibility for personal and dental hygiene practices.
  - 7.2.P Describe situations where Standard (Universal) Precautions are appropriate.
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### **Standard 8: Health Promotion**

- 8.1.P Promote the importance of regular screenings and medical examinations.
- 8.2.P Demonstrate the ability to be a positive peer role model in the school and community.
- 8.3.P Demonstrate ways to accept responsibility for conserving natural resources.