

K-6 Curriculum Topics

Social & Emotional Health

- Managing feelings
- Showing respect and caring
- Accepting responsibility

Nutrition & Physical Activity

- Healthy eating and healthy physical activity
- Variety food groups
- Variety physical activity
- Balanced physical activity, rest and sleep
- Serving numbers and sizes
- Information labeling
- Influences
- Food safety
- Safe physical activity
- Plan for snacks, balanced meals, and physical activity
- Weight management
- Advocacy

Safety

- Pedestrian
- Vehicle seat belt use/vehicle occupant
- Wheeled recreational safety
- Fire safety
- Water and sun
- Home and public safety
- Internet safety
- Weapons/dangerous objects
- Child abuse prevention

Alcohol, Tobacco, & Other Drugs

- Medicines
- Poisons/inhalants
- Caffeine
- Tobacco
- Alcohol
- Marijuana

Personal Health & Wellness

- Hygiene
- Dental health
- Exercise and rest
- Sun, water and ice safety
- Safe food handling
- Medicines

HIV & Reproductive Health (Grades 4-6 only)

- General
- Puberty
- Friendships/relationships
- Influences
- Human reproduction
- HIV and other communicable disease prevention
- Abstinence

7-12 Curriculum Topics

Violence Prevention

“The Two “R’s” for Stopping Assault and Preventing Violence” - Grades 7-8

- Characteristics and impact of healthy and harmful relationships.
- Benefits of setting limits for self and others.
- Conflict resolution skills, including anger management and negotiation.
- Individual, group and societal influences which promote / discourage violence.
- Manage intimidation, avoid and escape violence, and maintain personal safety.
- Dealing effectively with sexual harassment and abusive relationships.
- Resources available to help stop assault and prevent violence.
- Skills to help others and to establish the norm of nonviolence.

“Managing Conflicts and Preventing Violence” - Grades 9-12

- How conflicts can become violent situations.
- Progression of behaviors which lead to violence.
- Impact of violence on perpetrators, victims, families, friends and communities.
- Impact of media on increase of violence.
- Factors which contribute to and prevent violence.
- Resolve and manage conflicts, prevent violence and maintain personal safety.
- Dealing with sexual harassment and abusive relationships.

Physical Activity

“It’s Time to Move!” - Grades 7-8

- Benefits of regular physical activity.
- Recommended amount/types of physical activity necessary to achieve health benefits.
- Barriers to being physically active and influences which encourage physical activity.
- Set personal goals for maintaining or increasing their physical activity.
- Monitor their progress toward being physically active.
- Promote physical activity among their peers.

“Stay Physically Active–For Life” - Grades 9-12

- Six components of wellness and contribution of physical activity to physical wellness.
- Recommended amount/types of physical activity necessary to achieve health benefits.
- Benefits of regular physical activity and the potential consequences of being active.
- Barriers to being physically active and develop ways to overcome the barriers.
- Assess current level of physical activity and set personal goals for incorporating physical activity into lives.
- Advocate for school and community support of physical activity.

Nutrition

“What’s Food Got to Do with It?” - Grades 7-8

- Health benefits of eating a variety of foods from the Five Food Groups.
- Select a diet that is balanced.
- Roles of heredity, food selection, and activity level in weight control.
- Evaluate nutritional information for accuracy.
- Advocating for the availability of nutritious foods.

“Help Yourself to Good Nutrition” - Grades 9-12

- How a person’s body image can influence eating patterns.
- Health benefits of eating a variety of foods from the five food groups, in the recommended number and size of servings.
- Identify myths regarding weight loss and create plans for healthy weight loss.
- Difference between healthy and unhealthy eating patterns.
- Nutrition affects physical activity, athletic performance, pregnancy, and fetal development.
- Plan nutritious meals within a budget and at fast food restaurants.

- Accurate, reliable information on nutrition-related topics.
- Where to locate help for concerns regarding nutrition issues.
- Reliable nutrition information to present research findings to peers.
- Formulate a plan for improving their personal nutrition.

Tobacco

“It’s No Mystery: Tobacco Is a Killer” - Grades 7-8

- Health benefits of abstaining from tobacco use.
- Health, legal, social and financial issues related to tobacco use.
- Influences to use tobacco and demonstrate ways to counter these negative influences.
- Promote the norm of abstinence from tobacco use.
- Abstain from tobacco use and support others who choose to abstain.
- Support others who want to quit.

“Teens Campaign Against Tobacco” - Grades 9-12

- Health benefits of abstaining from tobacco use.
- Preparing a campaign to reduce or eliminate tobacco use among peers, at youth activities and in the community.
- Abstain from tobacco use and encourage others to abstain.
- Skills needed to quit using tobacco and encourage others to quit.

Substance Abuse

“Protect A Friend–Share Your Skills” - Grades 7-8

- Rules and laws related to alcohol, tobacco, and other drugs and apply them in homes, schools, and communities.
- Influences that promote alcohol, tobacco, and other drug use in young people.
- Potential health, social, and legal consequences of alcohol, tobacco, & other drug use.
- Four important skills needed to live a drug-free lifestyle.
- Promoting drug-free messages to their peers.
- Reliable sources of information and assistance for drug-related issues.
- Personal commitments to living drug free.

“Teens Voice Solutions to the Problem of Alcohol, Tobacco, and Other Drugs” - Grades 9-12

- Physical, emotional, social, & economic consequences of alcohol, tobacco, & other drug use.
- Impact of the school and community on the problem of alcohol, tobacco, and other drug use.
- Legal issues related to alcohol, tobacco, and other drug use among adolescents.
- Research topics related to alcohol, tobacco, and other drug use by using print materials, interviews, and technology and will synthesize their findings.
- Apply assertive communication, refusal, and problem-solving skills to situations related to alcohol, tobacco, and other drug use.
- Apply problem-solving skills to the social problem of alcohol, tobacco, and other drug use among adolescents.
- Possible solutions for reducing alcohol, tobacco, & other drug use among adolescents.
- Possible solutions to the problem of alcohol, tobacco, and other drug use among adolescents to identify the solution most likely to succeed.
- Presenting a proposed solution to the problem of alcohol, tobacco, and other drug use to school and/or community representatives.

Gambling

“All Bets Are Off!” - Grades 7-8

- Risks and possible negative consequences associated with gambling.
- Different types of gamblers: social, problem and compulsive.
- Laws related to gambling.
- Signs of problem and compulsive gambling.
- When and how to get help for a gambling problem.
- Own level of risk and set guidelines that will help avoid gambling.

- Influences that encourage or discourage gambling.
- Refusal skills to avoid gambling.
- Create a gambling awareness campaign for peers.

“Don’t Bet On It!” - Grades 9-12

- Risks and possible negative consequences associate with gambling.
- Influences that encourage or discourage gambling.
- Laws related to gambling.
- Characteristics of different types of gamblers: social, problem, and compulsive.
- Warning signs of problem and compulsive gambling.
- When and how to get help for a gambling problem.
- Potential for addiction to gambling and the phases a compulsive gambler experiences.
- Own level of risk.
- Create a school media campaign informing peers of the dangers of gambling.

Sun Protection

“Take Control of Your Sun Exposure” - Grades 7-8

- Comprehend the health risks of ultraviolet radiation exposure both outdoors and indoors.
- Comprehend when and how ultraviolet radiation exposure is dangerous.
- Understand how to protect oneself from ultraviolet radiation exposure.
- Apply knowledge and skills for protecting oneself from ultraviolet radiation exposure to hypothetical and personal situations.
- Advocate for others to protect themselves from ultraviolet radiation exposure.
- Understand when and how to obtain medical advice for skin conditions related to ultraviolet radiation exposure.

“Look Young and Stay Healthy” - Grades 9-12

- Comprehend the health risks of ultraviolet radiation exposure both outdoors and indoors.
- Comprehend when and how ultraviolet radiation exposure is dangerous.
- Understand how to protect oneself from ultraviolet radiation exposure.
- Apply knowledge and skills for protecting oneself from ultraviolet radiation exposure to hypothetical and personal situations.
- Advocate for others to protect themselves from ultraviolet radiation exposure.
- Understand when and how to obtain medical advice for skin conditions related to ultraviolet radiation exposure.

Character Education

“Choosing Who I Am - Choosing Who I Become” - Grades 7-8

- six character traits essential for success and the well being of individuals and society.
- How the six character traits influence behavior and how they are demonstrated.
- Communication skills that demonstrate the six character traits.
- Increase behaviors consistent with the six character traits.
- Helping others demonstrates the six character traits.
- Helping themselves and others in a manner appropriate for the situation.
- Behavior in relationship to the six character traits.
- Demonstrate the six character traits more consistently.

“Building Character in Ourselves and Our School” - Grades 9-12

- Six character traits that are essential for the well being of individuals, the school community, and society.
- Impact the six character traits have on individuals, the school community, and society.
- Assess behavior to determine how they demonstrate the six character traits.
- When courage is required to demonstrate the character traits.
- How the character traits are demonstrated by students, staff, and school organizations.
- Improve the school community.
- Demonstrate traits more consistently.

Service Learning

“Building Character Through Service Learning” - Grades 7-12

- Apply knowledge of the six character traits while completing a service-learning project.
- Analyze needs in school or community.
- Apply planning skills to develop service-learning project.
- Apply knowledge and skills to implement service-learning project.
- Synthesize and evaluate what was learned from participating in a service-learning project.

HIV, AIDS, & Other STDs

“Curriculum Recommendations for HIV, AIDS and Other STDs” - Grades 7-8

- Facts about HIV and other STDs.
- How HIV and other STDs are and are not transmitted.
- Impact STDs can have on a person’s life.
- Evaluate the health risks involved with different behaviors.
- Advantages of waiting to have sexual intercourse.
- Skills needed to avoid and escape situations that place them at risk for becoming infected with HIV and other STDs.
- Importance of planning ways to stay safe, healthy, and free of HIV and other STDs.
- Become positive peer role models.
- How to locate resources and get help, if needed.

“Healthy and Responsible Relationships: HIV, Other STIs, and Pregnancy Prevention” - 9-12

- Concepts related to health promotion and disease prevention to enhance health.
- Analysis of influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Valid information and products to enhance health.
- Use of interpersonal communication skills to enhance health and avoid or reduce health risks.
- Use of decision-making skills to enhance health.
- Ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Ability to advocate for personal, family, and community health.