National Standards
The following standards are incorporated into each instructional unit where appropriate:

Students will:
- Comprehend concepts related to health promotion and disease prevention to enhance health
- Analyze the influences of family, peers, culture, media, technology, and other factors on health behaviors
- Access valid information, products, and services to enhance health
- Use interpersonal communication skills to enhance health and avoid or reduce health risks
- Use decision-making skills to enhance health
- Use goal-setting skills to enhance health
- Practice health-enhancing behaviors and avoid or reduce risks
- Advocate for personal, family, and community health.

UNIT I: Social and Emotional Health

MSC Standard: Students will demonstrate the ability to use mental health knowledge, skills, and strategies to enhance one’s self-concept and one’s relationship with others.

Objectives- The student will be able to:
- Define the term “emotions” and identify words that express a variety of emotions
  - Other words for happy, upset, calm, and surprised
- Demonstrate appropriate methods of communication
  - Communication for specific situations
  - Communicating anger
- Describe effective stress management strategies
  - Family stressors
  - Reactions to stress
- Identify choices available when making a decision
  - Factors that influence decisions
- Identify qualities valued in friendship
  - Positive and negative traits of media characters
- Describe the physical, social, and emotional growth process
  - From baby to now
  - From one year ago to now
  - Something you will be able to do next year that you can’t do now

Enrichment
- Utilize strategies for nonviolent conflict resolution (compromising, talking it out, taking turns)
UNIT II:  Safety, First Aid and Injury Prevention

MSC Standard: Students will demonstrate the ability to apply prevention and intervention knowledge, skills, and processes to promote safe living in the home, school, and community.

Objectives- The student will be able to:
   a. Practice responding appropriately to emergency situations
   b. Identify ways to stay safe outdoors
      - Biking and skating
      - Helmet use
      - Playground equipment
      - Water safety
      - Sun safety
   c. Define the terms “stranger” and “acquaintance” and give examples of each
   d. Identify ways to stay safe around strangers and acquaintances
   e. Differentiate between good and bad secrets
   f. Identify adults who can help in an abusive situation

Enrichment
   g. Identify first aid steps used in the treatment of minor injuries
   h. Identify items that may cause an allergic reaction
      - Things we breathe
      - Things we eat
      - Things we touch.

UNIT III:  Nutrition and Fitness

MSC Standard: Students will demonstrate the ability to use nutrition and fitness knowledge, skills, and strategies to promote a healthy lifestyle.

Objectives- The student will be able to:
   a. Name the six major nutrients and a food source for each
      - Water
      - Fat
      - Vitamins
      - Minerals
      - Carbohydrates
      - Protein
   b. Utilize My Plate as a tool to plan a daily balanced diet
      - Identify an example of a single serving of a variety of foods from each food group
      - Explain the importance of breakfast to a healthy diet

Enrichment
   c. Identify factors that may affect food choices
      - Culture
      - Environment
      - Personal preference
− Cost
− Health Benefits
− Food Labels

d. Explain the relationship between fitness and a healthy lifestyle

e. Identify various physical activities in which students can participate that promote a healthy body.

UNIT IV: Disease Prevention and Control

MSC Standard: Students will demonstrate the ability to apply prevention and treatment knowledge, skills, and strategies to reduce susceptibility and manage disease.

Objectives- The student will be able to:
  a. Recognize the importance of healthy dental hygiene habits
     − Consequences of poor dental hygiene
     − Childhood tooth loss
  b. Identify and practice healthy dental hygiene habits
     − Brushing
     − Flossing
     − Regular dental check-ups
     − Eating healthy foods
  c. Explain how to improve or maintain personal health
     − Regular doctor visits
     − Exercising
     − Adequate nutrition
     − Practicing good hygiene
     − Avoiding hazards

Enrichment
  d. Show care, consideration, and respect to those who are affected with diseases
  e. Identify the consequences of healthy personal hygiene habits
     − Positive and negative consequences
     − The role of healthy hygiene habits in preventing diseases.

UNIT V: Tobacco, Alcohol and Other Drugs

MSC Standard: Students will demonstrate the ability to use drug knowledge, decision-making skills, and health-enhancing strategies to address the nonuse, use, and abuse of medications, alcohol, tobacco, and other drugs.

Objectives- The student will be able to:
  a. Recognize that drugs are substances that affect the way the mind and body work
     − Helpful drugs (prescription and over-the-counter medicines)
     − Harmful drugs (tobacco, caffeine)
     − Various forms of tobacco (chew, smoking, smokeless)
b. Identify safe ways of taking prescription and over-the-counter medicines
   – Functions of medicines
   – Prescription medicines
     ● As directed by a health care professional
     ● Administered by an adult
   – Over-the-counter medicines
     ● As directed by a product label
     ● Administered by an adult

c. Identify foods and drinks that contain caffeine and recognize their effects on the body
   – Suggest alternative products that do not contain caffeine

d. List products that contain tobacco

e. Identify the effects of tobacco use, exposure, and nonuse on the body
   – Use
     ● Diseases
     ● Difficulty breathing
     ● Bad breath
     ● Stained teeth and fingers
     ● Smell
     ● Early aging
     ● Habit forming
   – Exposure
     ● Asthma
     ● More frequent colds
     ● Smell
   – Benefits of not using tobacco

f. Identify and practice resistance skills for unsafe medicine or drug use
   – Difference between medicines and illegal drugs.