

# Grades K, 1, 2, 3, 4, 5

Adopted 2003

## Alcohol and Other Drugs

### 1. Short-Term and Long-Term Benefits and Risks of Medicinal Drugs

- 1.1 differences between medicinal and non-medicinal drug use
  - 1.2 benefits and correct use of medicine
  - 1.3 risks of incorrect use of medicines
  - 1.4 school rules for taking medicine at school
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### 2. Short-Term and Long-Term Effects of AOD Use

- 2.1 differences between dependence and addiction
  - 2.2 physical, social, and emotional effects
  - 2.3 risks of inhalants
  - 2.4 signs and behaviors of AOD use
  - 2.5 benefits of not using AOD (physical, social, emotional, legal, financial)
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### 3. Positive and Negative Influences on AOD Use

- 3.1 pressures to use
  - 3.2 internal influences
  - 3.3 family influences
  - 3.4 peer influences
  - 3.5 cultural influences
  - 3.6 legal factors
  - 3.7 influences on different types of AOD use
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### 4. Healthful Choices about AOD Use

- 4.1 how to accept personal responsibility for choices about alcohol and other non-medicinal drug use
- 4.2 how to make a personal commitment not to use

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## **5. Communicating Healthful Choices about AOD Use**

- 5.1 techniques to refuse AOD use
  - 5.2 how to get help to deal with pressure to use
  - 5.3 how to encourage others not to use
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## **Injury Prevention**

### **1. Fire Safety**

- 1.1 strategies to prevent fires
  - 1.2 escape plans
  - 1.3 how to get help
  - 1.4 strategies to stay safe around electricity
  - 1.5 how to stop, drop, and roll
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### **2. Water Safety**

- 2.1 importance of adult supervision
  - 2.2 buddy systems
  - 2.3 precautions when entering or being around water
  - 2.4 how to use personal flotation devices
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### **3. First Aid Care and Prevention**

- 3.1 how to get help
  - 3.2 steps for helping others
  - 3.3 universal precautions (infection control procedures)
  - 3.4 how to prevent animal bites
  - 3.5 how to prevent choking
  - 3.6 how to prevent poisoning
  - 3.7 practices for medicine cabinet safety
  - 3.8 how to treat minor wounds and burns
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### **4. Traffic Safety**

- 4.1 importance of using bicycle helmets
- 4.2 importance of using safety belts
- 4.3 being safe in cars (riding in the back seats)
- 4.4 strategies for safe walking
- 4.5 strategies for bicycle safety
- 4.6 school bus safety practices
- 4.7 dangers of riding with impaired driver

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## **5. Personal Safety**

- 5.1 how to recognize child abuse and get help
  - 5.2 safety techniques for dealing with strangers
  - 5.3 about appropriate and inappropriate touch
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## **6. Violence Prevention**

- 6.1 conflict resolution techniques
  - 6.2 ways to avoid threatening situations
  - 6.3 ways to deal with bullying
  - 6.4 ways to avoid weapons
  - 6.5 how to report weapons
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## **Nutrition**

### **1. Healthful Eating**

- 1.1 benefits of healthful eating (short-term and long-term benefits and risks)
  - 1.2 how to select variety and proportions of foods (consistent with Food Guide Pyramid)
  - 1.3 benefits of consuming more water, fruits, vegetables, grains, and calcium-rich foods
  - 1.4 benefits of decreasing fat intake
  - 1.5 benefits of moderating sugar intake
  - 1.6 healthful strategies for dealing with personal food preferences, restrictions, and barriers
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### **2. Accessing Nutrition Information and Products**

- 2.1 how to read food nutrition labels
  - 2.2 features of the Food Guide Pyramid
  - 2.3 Dietary Guidelines
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### **3. Influences on Food Choices**

- 3.1 how to assess personal likes and dislikes
- 3.2 family influences
- 3.3 peer influences
- 3.4 cultural influences
- 3.5 how marketing, packaging, and advertising influence food choices

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#### **4. Balancing Food Intake and Physical Activity**

- 4.1 that energy is expended during exercise
  - 4.2 energy available from foods (calories)
  - 4.3 relationship between physical activity, eating, and health
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#### **5. Food Safety**

- 5.1 food sanitation (hands, food, utensils, surfaces)
  - 5.2 techniques for safe food preparation, serving, and storage
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### **Physical Activity**

#### **1. Healthful Physical Activity**

- 1.1 benefits and risks of physical activity, including mental and social benefits
  - 1.2 phases of a workout: warmup, work out, cool down
  - 1.3 types of exercise: aerobic, stretching, strengthening
  - 1.4 how to develop personal plans that include a variety of types and amounts of activity
  - 1.5 how to develop personal plans that account for personal preferences, restrictions, and barriers
  - 1.6 strategies for protection from cold, heat, and sun during activity, e.g, sunscreen
  - 1.7 importance of healthful eating
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#### **2. Influences on Physical Activity**

- 2.1 internal influences
  - 2.2 family influences
  - 2.3 peer influences
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#### **3. Prevention of Sports and Exercise Injuries**

- 3.1 importance of using protective equipment
  - 3.2 how to evaluate unsafe settings or weather conditions
  - 3.3 signs of physical exhaustion
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### **Family Life and Sexuality**

#### **1. Families and Relationships**

- 1.1 how to be a responsible family member
- 1.2 diversity of family structures
- 1.3 ways to communicate respect for self and others
- 1.4 effects of changes in families, e.g., birth, marriage, divorce, death

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## **2. Growth and Development**

- 2.1 emotional changes
  - 2.2 physical changes
  - 2.3 social changes
  - 2.4 about puberty and adolescence
  - 2.5 about growing and aging
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## **Tobacco**

### **1. Tobacco Harms Health**

- 1.1 that nicotine is a drug
  - 1.2 harmful effects of tobacco
  - 1.3 risks of different types of tobacco
  - 1.4 second-hand smoke risks
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### **2. Influences on Tobacco Use**

- 2.1 internal influences
  - 2.2 family influences
  - 2.3 peer influences
  - 2.4 advertising
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### **3. Choosing to Be Tobacco Free**

- 3.1 how to make a personal commitment not to use
  - 3.2 ways to resist pressure to use
  - 3.3 ways to encourage others not to use
  - 3.4 that most people do not use tobacco
  - 3.5 the difficulty of stopping tobacco use
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### **4. Benefits of Being Tobacco Free**

- 4.1 long-term and short-term health benefits
  - 4.2 social benefits
  - 4.3 financial benefits
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## **Mental Health**

### **1. Positive Self-Image**

- 1.1 personal assets and strengths
- 1.2 characteristics of positive role models
- 1.3 actions that show sense of belonging (connectiveness)
- 1.4 actions that show sense of power (empowerment)

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## **2. Emotional Health**

- 2.1 how to express needs, wants, and feelings
- 2.2 positive ways to handle emotions, e.g., fear, anger, happiness, sadness
- 2.3 ways to manage and reduce anger
- 2.4 ways to deal with frustration
- 2.5 ways to manage conflict
- 2.6 how to identify stressors
- 2.7 ways to reduce stress

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## **3. Interpersonal Relationships and Communication**

- 3.1 strategies to build and maintain healthy friendships
- 3.2 ways to communicate respect for diversity, e.g., mental and physical disabilities, culture, race/ethnicity
- 3.3 strategies that build relationships with family members and other adults
- 3.4 how to speak effectively, e.g., I-statements, eye contact, assertiveness
- 3.5 effective listening skills, e.g., reflective listening
- 3.6 characteristics of nonverbal communication
- 3.7 how to identify abuse

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## **4. Resources and Support**

- 4.1 when to get help
- 4.2 why to get help
- 4.3 how to get help and support
- 4.4 whom to ask for help

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## **Personal and Consumer Health**

### **1. Personal Health Care**

- 1.1 effective techniques for hand washing
- 1.2 importance of bathing
- 1.3 importance of clean clothing
- 1.4 importance of clean hair
- 1.5 effective techniques for tooth care: brushing and flossing
- 1.6 importance of regular dental cleaning and checkups
- 1.7 proper eye and ear care
- 1.8 body changes that occur during growth and development

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## **2. Preventing Disease and Infection**

- 2.1 importance of immunizations
  - 2.2 techniques for preventing disease transmission, e.g., covering sneezes and coughs, frequent hand washing
  - 2.3 ways to avoid contact with infectious agents
  - 2.4 strategies to prevent head lice and other parasitic infections
  - 2.5 benefits of using sunscreen
  - 2.6 benefits of wearing protective clothing
  - 2.7 ways to manage diabetes, asthma, and allergies
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## **3. Selecting and Using Health Care Products and Services**

- 3.1 value of regular health care screenings
  - 3.2 how to use prescribed medicines appropriately
  - 3.3 how to use over-the-counter vitamins and other drugs appropriately
  - 3.4 roles of various health care providers
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## **Community and Environmental Health**

### **1. Community Health Services**

- 1.1 resources for health information, e.g., library, health department, Internet, voluntary agencies
  - 1.2 school and community health providers, e.g., EMTs, environmentalists, public health nurses, pharmacists
  - 1.3 public health services in the community
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### **2. Environmental Health and Resource Conservation**

- 2.1 strategies to prevent hazardous exposures, e.g., UV light, lead, asbestos, pesticides, unclean water
- 2.2 professionals who protect the health and safety of the community/neighborhood, e.g., public health professionals, public safety professionals, environmentalists
- 2.3 how individual behavior affects the environment and the community, e.g., recycling
- 2.4 environmentally safe ways to discard waste materials
- 2.5 types of waste materials that can be reduced, reused, or recycled
- 2.6 environmentally safe options for using natural resources