

Critical Cognitive Content:

Health and Wellness (Mental and Emotional Health)

- Components of Personal Well-being
- Wellness Wheel
- Health Skills
 - Communication
 - Decision-Making
- Conflict Resolution
- Bullying and Harassment (verbal, physical, social/cyber)
- Stress Management
 - Eustress and Distress
 - Coping and Avoiding Stress

Alcohol, Tobacco and Other Drugs

- Tobacco
 - Chemicals
 - Forms (smokeless and regular)
 - Consequences of Tobacco Use
 - Second and Third Hand Smoke
 - Long and Short Term Effects
 - Analyzing Media Messages
 - Laws

Personal and Consumer Health

- Personal Health Maintenance
 - Risk/Consequence
 - Personal Hygiene Habits (cleanliness of body and clothing)
 - Responsible Consumer Choices
 - Assessment and Evaluation of Health Information

Safety Injury and Prevention

- Safety Rules and Procedures
 - Home
 - School
 - Community
 - Weather Emergencies