

<p>Trusted Adults</p> <p>Stress and Anxiety</p> <p>Depression Awareness and Suicide Prevention</p> <p>Teasing, bullying, harassment, discrimination, and violence</p>	<p>Describe the value of others' talents and strengths. 1a.5.7</p> <p>Describe the characteristics of healthy and unhealthy relationships among friends and with family members. 1a.5.8</p> <p>Explain how a trusted adult can support you or someone else with difficult emotions or situations. 1a.5.9</p> <p>.</p> <p>Differentiate between positive and negative ways of dealing with stress and anxiety. 1a.5.10</p> <p>Explain that long-lasting troublesome feelings should be discussed with a trusted adult. 1a.5.11</p> <p>Demonstrate how to tell a trusted adult if someone is in danger of hurting themselves or others. 1a.5.12</p>	<p>How can you recognize strength and talent in others?</p> <p>What are characteristics of healthy and unhealthy relationships with peers and family?</p> <p>Who are the trusted adults in your life?</p> <p>How can trusted adults support you or someone else with difficult emotions, troublesome feelings, and situations?</p> <p>How can you positively cope with stress and anxiety?</p> <p>What are negative ways of coping with stress and anxiety?</p> <p>How can you tell a trusted adult if you or a friend is in danger of hurting yourself/yourself or others?</p>
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	<p>Body Image</p> <p>Grief and Loss</p>	<p>Explain why it is wrong to tease or bully others based on personal characteristics such as body type, race, gender, sexuality, appearance, mannerisms, and the way one dresses or acts. 1a.5.13</p> <p>Demonstrate how to be a positive bystander in situations of conflict. 1a.5.14</p> <p>Explain the impact of conflict, discrimination, and violence on mental and emotional health. 1a.5.15</p> <p>Practice using non-violent means to solve interpersonal conflict. 1a.5.16</p> <p>Explain how peers, media, family, society, and culture influence ideas about body. 1a.5.17</p> <p>Identify that all people in a wide range of situations commonly experience feelings and emotions associated with loss and grief. 1a.5.18</p>	<p>Why is it wrong to tease or bully others?</p> <p>What is a bystander?</p> <p>How can a bystander help in a bullying situation?</p> <p>What is the impact of conflict, discrimination, and violence on mental and emotional health?</p> <p>What are some non-violent ways to resolve a conflict?</p> <p>How do peers, media, family, society, and culture influence body image?</p> <p>How do people grieve?</p> <p>Where can you go for help if you are dealing with loss and grief?</p>
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		<p>Identify the negative consequences of using alcohol, nicotine products, marijuana products, opioids (including the lethal effects of fentanyl), and other drugs. 1b.5.5</p> <p>Identify the benefits of being free from alcohol, opioid, nicotine products, marijuana products, and other drugs. 1b.5.6</p> <p>Identify refusal skills that you can use to keep yourself safe from risky or dangerous situations.</p>	<p>What are the short and long term effects of using marijuana products?</p> <p>What are some negative consequences of using alcohol?</p> <p>What are some negative consequences of using nicotine products?</p> <p>What are some negative consequences of using marijuana?</p> <p>What are some negative consequences of using opioids?</p> <p>What are the benefits of being drug free?</p> <p>What are refusal skills that you can use to keep yourself safe from risky or dangerous situations?</p>
	<p><u>Healthy Eating:</u></p> <p>Nutritious Foods and Beverages</p>	<p>Identify nutrients that should be consumed daily. 1e.5.1</p>	<p><u>Healthy Eating Essential Questions:</u></p> <p>What are the essential nutrients?</p>

	<p>Water</p> <p>Moderation and “all foods fit”</p>	<p>Describe how different types of food work together to deliver nutrients to parts of the body. 1e.5.2</p> <p>Construct a nutritious eating plan utilizing school lunch and restaurant menus. 1e.5.4</p> <p>Summarize the benefits of drinking water versus other beverages. 1e.5.3</p> <p>Evaluate the benefits of eating in moderation and in line with the idea that “all foods fit.” 1e.5.5</p>	<p>What nutrients should be consumed each day?</p> <p>How do different types of food work together to deliver nutrients to the body?</p> <p>What foods can I select to create a balanced meal?</p> <p>What are the benefits of drinking water?</p> <p>What is moderation and how does it fit into my life?</p>
	<p><u>Safety and Violence Prevention:</u></p> <p>Safety and Injuries</p>	<p>Summarize safety rules for the home, vehicles, and community. 1d.5.1</p>	<p><u>Safety and Violence Prevention Unit Essential Questions:</u></p> <p>What are some safety rules for home, vehicles, and community?</p>

	<p>Bystander Intervention and Compassion for Victims</p>	<p>Identify strategies to respond to sexual mistreatment, grooming, harassment, abuse, assault, and exploitation. 1d.5.15</p> <p>Demonstrate what to say and do when witnessing or experiencing potentially harmful or unsafe situations. 1d.5.16</p> <p>Explain that sexual mistreatment, grooming, harassment, abuse, assault, and exploitation are never the fault of the victim. 1d.5.17</p>	<p>Where can you go for help if someone is making you feel uncomfortable?</p> <p>What do the terms mistreatment, grooming, harassment, abuse, assault, and exploitation mean?</p> <p>What can you do to respond to mistreatment grooming, harassment, abuse, assault, and exploitation?</p> <p>How can you protect yourself or others from harm or mistreatment?</p> <p>Understand that a victim is never at fault if they are mistreated, abused, assaulted, or exploited.</p>
	<p><u>Disease Prevention and Control:</u></p> <p>Disease Prevention</p>	<p>Explain how universal precautions are effective ways to prevent many infectious diseases. 1f.5.1</p>	<p>How can using Universal Precautions prevent the spread of germs?</p>

		<p>accurate names for internal and external genitalia functions 1c.5.5</p> <p>Describe how puberty prepares human bodies for the potential to reproduce. 1c.5.6</p> <p>Identify that reproduction requires that a sperm and egg join and implant. 1c.5.7</p>	<p>Understand that your body will develop and mature at a rate that is right for you.</p> <p>What are the parts of the reproductive system?</p> <p>What is the purpose of puberty?</p> <p>What is reproduction?</p>
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	<p>Human Body</p> <p>Body Systems</p>	<p>Describe the function and parts of the skeletal system.</p> <p>Describe the function and parts of the circulatory system.</p> <p>Describe the function and parts of the digestive system.</p> <p>Describe the function and parts of the digestive system.</p> <p>Describe the function and parts of the muscular system.</p> <p>Describe the function and parts of the respiratory system.</p>	<p>What are the parts of the digestive system?</p> <p>What is the function of the muscular system?</p> <p>What are the parts of the muscular system?</p> <p>What is the function of the respiratory system?</p> <p>What are the parts of the respiratory system?</p> <p>How can you take care of each of your body systems?</p>
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