

Unit: Mental and Emotional Health	Topic	Indicator
	Emotions	<p>Identify characteristics of positive emotional health. 1a.3.1</p> <p>Practice appropriate ways to express emotions. 1a.3.2</p> <p>Describe your physical responses to strong emotions. 1a.3.3</p>
	Self and social awareness	<p>Recognize and label a variety of complex emotions in self and others. 1a.3.4</p> <p>Identify how personal choices and behaviors impact self-worth. 1a.3.5</p>
	Relationships	<p>Identify characteristics of healthy relationships. 1a.3.6</p> <p>Identify how relationships and interactions with others affect emotions. 1a.3.7</p>
	Teasing, bullying, and harassment	<p>Describe the difference between bullying, teasing, and conflict. 1a.3.10</p> <p>Describe what to do if you or someone else is being bullied. 1a.3.11</p> <p>Identify the impact of conflict, discrimination, and violence on mental and emotional health. 1a.3.12</p> <p>Identify nonviolent ways to manage anger. 1a.3.13</p>

	Body Image	Identify body image and how peers, media, family, society, and culture influence ideas about body. 1a.3.14
	Grief and Loss	Identify feelings and emotions associated with loss and grief. 1a.3.15
	Trusted adult	Identify the benefits of talking with trusted adults about emotions. 1a.3.8
	Stress and Anxiety	Identify personal stressors. 1a.3.9
Substance Use Prevention	Topic	Indicator
	Medicine	Summarize how to use medicines correctly. 1b.3.1
	Alcohol, nicotine products, caffeine	Explain the harmful effects of alcohol and nicotine products, including electronic smoking devices. 1b.3.2
Safety and Violence Prevention	Topic	Indicator
	Safety and Injuries	Identify examples of dangerous or risky behaviors that might lead to injuries. 1d.3.1 Explain what to do if someone is injured or suddenly ill. 1d.3.2 List ways to prevent injuries at home. 1d.3.3
	Accessing Trusted Adults	Explain the importance of sharing all information with parents, guardians, or trusted adults. 1d.3.4

		Identify words and actions that appropriately express affection or other positive feelings toward trusted adults and other important people or people of authority. 1d.3.5
	Discrimination and violence	Explain strategies to avoid physical fighting and violence. 1d.3.12
	Safety, Abuse, and Assault	<p>Describe strategies to follow when approached by a stranger in a variety of situations. 1d.3.13</p> <p>Explain how familiar people or people in authority can help or harm children. 1d.3.14</p> <p>Identify behaviors that constitute sexual mistreatment, grooming, harassment, abuse, assault, and exploitation. 1d.3.15</p>
	Bystander intervention and compassion for victims	<p>Demonstrate how a positive bystander is able to access help from a police officer, teacher, nurse, school counselor, parent, guardian, or another trusted adult to help a friend who is feeling unsafe, uncomfortable, or disrespected. 1d.3.16</p> <p>Explain that it is never a person's fault if someone causes them to feel unsafe. 1d.3.17</p>

Nutrition	Topic	Indicator
	Nutritious foods and beverages	<p>Identify the food groups and nutritious food choices from each. 1e.3.1</p> <p>Identify the roles that nutrients play in a person's body. 1e.3.2</p> <p>Describe the benefits of eating a variety of nutritious foods. 1e.3.3</p>
	Water/Eating Patterns	<p>State the benefits of drinking water versus other beverages. 1e.3.4</p> <p>Describe nutritious eating patterns and the importance of consistent meals and snacks. 1e.3.5</p>
	Moderation and all foods fit	Explain the benefits of eating in moderation and in line with the idea that "all foods fit." 1e.3.6
Disease Prevention and Control	Topic	Indicator
	Disease Prevention	Describe ways to prevent the spread of germs that cause infectious diseases. 1f.3.1
	Hygiene	Recognize the benefits of personal health care practices. 1f.3.2
	Teeth	Recognize the benefits of personal health care practices. 1f.3.2
	Sun	Describe ways to prevent harmful effects of the sun. 1f.3.3
Analyzing Influences		Indicator
		Describe how the family influences personal health

		<p>practices and behaviors. 2.E2.a</p> <p>Identify the influence of culture on health practices and behaviors. 2.E2.b</p> <p>Identify how peers can influence healthy and unhealthy behaviors. 2.E2.c</p> <p>Describe how the school and community can support personal health practices and behaviors. 2.E2.d</p> <p>Explain how media influences thoughts, feelings, and health behaviors. 2.E2.e</p> <p>Describe ways that technology can influence personal health. 2.E2.f</p>
Accessing Information		Indicator
		<p>Identify characteristics of valid health information, products, and services. 3.E2.a</p> <p>Locate resources from home, school, and community that provide valid health information. 3.E2.b</p>
Interpersonal Communication		Indicator
		<p>Demonstrate effective verbal and non-verbal communication skills to enhance health. 4.E2.a</p>

		<p>Demonstrate refusal skills to avoid or reduce health risks. 4.E2.b</p> <p>Demonstrate non-violent strategies to manage or resolve conflict. 4.E2.c</p> <p>Demonstrate how to ask for assistance to enhance personal health. 4.E2.d</p>
Decision-Making		Indicator
		<p>Identify health-related situations that might require a thoughtful decision. 5.E2.a</p> <p>Analyze when assistance is needed when making a health-related decision. 5.E2.b</p> <p>List healthy options for health-related issues or problems. 5.E2.c</p> <p>Predict the potential outcomes of each option when making a health-related decision. 5.E2.d</p> <p>Choose a healthy option when making a decision. 5.E2.e</p> <p>Describe the outcomes of a health-related decision. 5.E2.f</p>
Goal-Setting		Indicator
		<p>Set a personal health goal and track progress toward its achievement. 6.E2.a</p>

		Identify resources to assist in achieving a personal health goal. 6.E2.b
Self-Management		Indicator
		<p>Identify responsible personal health behaviors. 7.E2.a</p> <p>Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health. 7.E2.b</p> <p>Demonstrate a variety of behaviors that avoid or reduce health risks. 7.E2.c</p>
Advocacy		Indicator
		<p>Express opinions and give accurate information about health issues. 8.E2.a</p> <p>Encourage others to make positive health choices. 8.E2.b</p>