

Michigan Model for Health® Grades 7-12 Scope and Sequence Chart (Part 1 of 2)

Grades 7-8	Tobacco Use The Power Is Yours to Be Tobacco Free Content • Healthy ways to meet needs without tobacco use • Health, legal, social, and financial consequences of use Skills • Analyze influences to use tobacco • Use refusal skills to avoid tobacco use • Support those who abstain and those who are trying to quit • Identify risky situations that could lead to tobacco use • Solve problems • Avoid secondhand smoke • Access resources • Compose persuasive advice for peers on how to stay tobacco free	Drug and Alcohol Use Protect a Friend–Share Your Skills Content • Influences that promote drug* use in young people • Rules and laws related to drugs • Health, social, and legal consequences of drug use • Resources for drug-related information and help Skills • Evaluate internal and external pressures to use drugs • Express opinions, thoughts, and feelings • Solve problems • Refuse to use drugs • Identify trouble • Promote drug-free messages to peers • Apply a personal commitment to living drug free • Access resources * "Drug" refers to alcohol, tobacco, and other drugs.	Dietary Behaviors That Contribute to Nutrition-Related Coniditions Including Obesity A Winning Team: Healthy Eating and Physical Activity Content • Health benefits of healthy eating, hydration, and being physically active • Federal guidelines for diet and physical activity • Factors in weight control • Identify moderate-intensity physical activities • Healthy body image, body type and healthy body weight • Nutrition information on food labels, health claims, and advertisements Skills • Analyze personal food intake • Assess personal barriers to healthy eating and getting physical activity and develop solutions • Access resources for weight management and unhealthy eating patterns • Analyze influences of sedentary activities on physical activity • Select foods with most nutritional value • Analyze nutrition information to identify healthier food options when eating out • Persuade peers to eat healthy and be physically active • Set goals to improve healthy eating and increase physical activity	Physical Inactivity Stay Physically Active–For Life Content • Six components of wellness • Contribution of physical activity to physical wellness • Recommended amount and types of physical activity for health benefits • Benefits of regular physical activity • Consequences of being inactive • Strategies to overcome barriers Skills • Analyze barriers to being active • Assess current level of activity • Set personal physical activity goals • Advocate for school and community support of physical activity The model for healthy kids! MM Michigan Model for Health	Unintentional Injuries and Violence The Two “R’s” for Stopping Assault and Preventing Violence Content • Healthy and harmful relationships • Causes of conflict; how conflicts can escalate • Influences that promote and discourage violence • Characteristics and laws related to sexual harassment and abusive relationships • Resources to stop assault and prevent violence Skills • Resolve conflicts: – listen – express emotions and thoughts – show empathy – manage anger – respond appropriately to anger – solve problems and negotiate • De-escalate intimidation • Avoid and escape violence • Maintain personal safety • Deal with sexual harassment • Deal with abusive relationships • Help others • Advocate for nonviolence • Access resources	Sexual Behaviors That Contribute to Unintended Pregnancy and STDs, Including HIV Living Free of HIV, AIDS, and Other STIs (Replaces HIV, AIDS, and Other STDs? Curriculum Recommendations for Grades 7-8. Scheduled for release in 2010) Content • Consequences of infection with STIs* • How STIs are and are not transmitted • Health risks of various behaviors • Situations requiring professional health services Skills • Apply strategies to abstain from sex and/or reduce risk** • Access reliable sources of information and help • Avoid and escape risky situations • Communicate respectfully and assertively • Refuse pressure • Identify trouble • Set goals to stay free of STIs • Advocate for peers to live STI free * “STIs” includes HIV ** This module offers two tracks: abstinence-only or abstinence-plus-condoms.	Middle School
	Teens Campaign Against Tobacco Content • Factors that contribute to positive health behaviors • Health benefits of abstaining from use • Resources for information, help, and cessation • Financial, political, social, health, and legal issues related to tobacco • Messages that will encourage youth not to use or to quit Skills • Advocate for the prevention, reduction, or elimination of use among peers • Promote a tobacco-free environment • Abstain from use (refusal) • Encourage others to abstain • Encourage others to quit • Support others who want to quit • Access resources	Teens Voice Solutions Content • Scope of adolescent drug* use • Physical, emotional, social, and economic consequences of drug use • Impact of environment on the problem of drug use • Legal issues related to drug use among adolescents Skills • Evaluate internal and external pressures to use drugs • Synthesize and communicate research findings on reducing drug use • Communicate assertively • Refuse to use drugs • Solve personal and social problems • Propose and evaluate possible solutions for reducing drug use among adolescents • Communicate a proposed solution to the problem of drug use to school and/or community representatives • Access resources * "Drug" refers to alcohol, tobacco, and other drugs.	Help Yourself to Good Nutrition Content • Health benefits of eating: – foods from the five food groups – recommended number and size of servings from each food group • Weight management principles and myths regarding weight loss • Influence of body image on eating patterns • Healthy and unhealthy eating patterns Skills • Plan: – healthy weight loss or maintenance – nutritious meals within a budget – nutritious meals at fast food restaurants – for improved personal nutrition • Analyze effects of nutrition on: – physical activity – athletic performance – pregnancy – fetal development • Analyze nutrition information and resources • Synthesize and communicate research findings on nutrition	Stay Physically Active–For Life Content • Six components of wellness • Contribution of physical activity to physical wellness • Recommended amount and types of physical activity for health benefits • Benefits of regular physical activity • Consequences of being inactive • Strategies to overcome barriers Skills • Analyze barriers to being active • Assess current level of activity • Set personal physical activity goals • Advocate for school and community support of physical activity The model for healthy kids! MM Michigan Model for Health	Managing Conflicts and Preventing Violence Content • Healthy and harmful relationships • Causes of conflict; how conflicts can escalate • Factors that contribute to and prevent violence • Consequences of violence • Characteristics and laws related to sexual harassment and abusive relationships • Resources to prevent and avoid violence • Individual's responsibility for safety of self and others Skills • Resolve conflicts: – listen – express emotions and thoughts – show empathy – manage anger – respond appropriately to anger – solve problems and negotiate • De-escalate intimidation • Avoid and escape violence • Maintain personal safety • Prevent violence • Deal with sexual harassment • Deal with abusive relationships • Access resources	Healthy and Responsible Relationships Content • Characteristics of healthy relationships • Consequences of infection with STIs* • How STIs are and are not transmitted • Health risks of various behaviors • STI testing • Costs of pregnancy and teen parenting • Situations requiring professional health services Skills • Apply strategies to abstain from sex and/or reduce risk** • Access reliable sources of information and help • Avoid and escape risky situations • Communicate respectfully and assertively • Refuse pressure • Identify trouble • Analyze influences on sexual behaviors • Set goals to reach personal goals • Advocate for peers to prevent STIs and pregnancy * “STIs” includes HIV ** This module offers three tracks: abstinence-only, abstinence-plus-condoms, or abstinence-plus-contraceptives.	High School

***Michigan Model for Health®* Grades 7-12 Scope and Sequence Chart (Part 2 of 2)**

Grades 7-8	Character Education Choosing Who I Am – Choosing Who I Become Content - Six essential character traits - Core democratic values and the common good - Impact of character traits on individuals and society - Warning signs of stress - Resources for help with stress management Skills - Investigate the meanings of the character traits - Analyze situations for character traits - Advocate for behaviors that demonstrate character - Use assertive communication skills - Analyze situations that call for simple acts of caring and those requiring getting the help of a caring adult. - Make a self-assessment of character traits and develop a personal plan	Character Education The model for healthy kids! MM Michigan Model for Health	Service Learning Building Character Through Service-Learning Content - Six essential character traits - What service learning is and is not - Needs assessment - Project planning strategies Skills - Assess community needs - Apply planning skills to develop a service-learning project - Participate in teamwork with peers and community members - Interview people and present ideas - Reflect on personal experiences and learning	Gambling All “Bets” Are Off! Content - Possible health, social, and legal consequences of gambling - Different types of gamblers - Laws related to gambling - Influences that encourage or discourage gambling - Resources for gambling information and help - Assess personal risk Skills - Analyze influences and advertising related to gambling - Abstain from gambling, using refusal skills - Communicate concern for others - Access resources - Promote awareness of gambling risks	Sun Safety Take Control of Your Sun Exposure Content - Incidence and detection of skin cancer - Harmful versus helpful sun exposure - Consequences of sun exposure - Safe alternatives to UV ray exposure for a tanned appearance - Sunscreens, sunglasses, and fabrics that protect from UV rays Skills - Identify situations that pose risks from the sun's UV rays - Take protective steps when exposed to sun - Make a plan to stay safe in the sun	Middle School
	Grades 9-12 Building Character in Ourselves and Our School Content - Six essential character traits - Core democratic values - Impact of character traits on individuals, school, and society - The role of courage in demonstrating the character traits - Warning signs of stress - Resources for stress management - Positive character in the school community Skills - Research the meanings of character traits and behaviors - Analyze the impact of character traits on individuals, community and society - Analyze situations and behaviors for character traits - Make a self-assessment of character traits and develop a personal plan to demonstrate positive character - Assess the character needs of the school, related to character - Develop and implement a plan to build character at school	Managing Life in a Less-Than-Perfect World (Alternative Education) Content - Six essential character traits - Ways to manage emotions - Communication skills - Warning signs of stress and resources for stress management - Review of decision-making model - Focus on personal skills Skills - Analyze how character traits are demonstrated in behavior - Apply the character traits to situations - Communicate effectively: - listen - speak assertively - Develop an anger management plan - Examine respect for people in authority - Examine the importance of caring and citizenship - Make a self-assessment regarding character traits, and develop a personal plan to demonstrate positive character	Don't Bet On It! Content - Possible health, social, and legal consequences of gambling - Different types of gamblers - Warning signs of problem and compulsive gamblers - Phases compulsive gamblers experience - Laws related to gambling - Influences that encourage or discourage gambling - Resources for gambling information and help - Assess personal risk Skills - Analyze influences and advertising related to gambling - Communicate concern for others - Access resources - Advocate for abstinence from gambling by youth	Look Young and Stay Healthy-- Your Choice Content - Consequences of UV exposure on health and appearance - Incidence of skin cancer - Risk factors for and recognition of skin cancer - Safe alternatives to UV ray exposure for a tanned appearance - Selection and use of sunscreens Skills - Access help for skin problems - Use protective measures when exposed to sun - Make a personal plan to stay safe in the sun - Advocate for peers to avoid UV rays	High School	