Unit: Mental and Emotional Health	Topic	Indicator
	Emotions	Explain the relationship between emotions and behavior. 1a.1.1 Describe appropriate ways to express one's emotions and practice positive coping skills. 1a.1.2
	Self and social awareness	Identify a variety of own emotions and ways the body signals these emotions. 1a.1.3 Identify how others may be feeling based on verbal and nonverbal cues and respond in a healthy way. 1a.1.4 Identify and describe skills and activities that are done well and those that require help. 1a.1.5
	Relationships	Describe healthy ways to express affection, love, friendship, and
	Teasing, bullying, and harassment	Identify why it is hurtful to tease or bully others. 1a.1.7
	Trusted adult	Describe the importance of talking with trusted adults about emotions and concerns. 1a.1.8
Substance Use Prevention	Topic	Indicator
	Medicine	Describe how to use medicine safely. 1b.1.1 Explain the harmful effects of medicine when used incorrectly. 1b.1.2

	Household Products	Describe how products can be harmful if inhaled, absorbed, or ingested. 1b.1.3
Safety and Violence Prevention	Topic	Indicator
	Physical Safety	Recognize and follow basic safety rules related to sharp objects, bodily fluids, playgrounds, water, and electricity. 1d.1.1 Describe the function of safety equipment (e.g. helmets, knee pads, and elbow pads.) 1d.1.2 Identify safety hazards in the community. 1d.1.3
	Relationships	Identify words and actions that appropriately express affection or other positive feelings toward trusted adults and other important people. 1d.1.4
	Safety Around People	Practice actions that help one to stay safe around strangers. 1d.1.5 Identify how familiar people or people in authority can help or harm children. 1d.1.6 Demonstrate refusal skills and other ways to take action if someone is making you feel uncomfortable, unsafe, or disrespected. 1d.1.7 Explain the difference between secrets and surprises. 1d.1.8

	Trusted Adults	Identify and access adults who can help children. 1d.1.9 Explain the importance of sharing all information with parents/guardians/trusted adults. 1d.1.10
	Technology Safety	Identify appropriate boundaries when using technology and the internet. 1d.1.11
	Boundaries and Consent	Analyze age-appropriate privacy as well as setting and respecting healthy boundaries online and face-to-face. 1d.1.12 Explain that everyone has the right to tell others not to touch their body when they do not want to be touched and to have those boundaries respected by others. 1d.1.13
	Bodily Autonomy	Identify parts of the body that are private of self or others. 1d.1.14
	Compassion for Victims	Explain that it is never a person's fault if someone causes them to feel unsafe. 1d.2.18
Nutrition	Topic	Indicator
	Nutritious foods and beverages	Identify the benefits of drinking water. 1e.1.1 Describe the benefits of trying new foods and the importance of respecting

		the food choices of others. 1e.1.2 Identify nutritious choices from each food group. 1e.1.3
	Eating Patterns	Summarize signals that a person is hungry and full. 1e.1.4
	Moderation and all foods fit	Identify eating patterns that provide energy and help the body grow, develop and perform different jobs. 1e.1.5 Describe the benefits of eating breakfast. 1e.1.6 Define the concept of moderation and the idea that "all foods fit." 1e.1.7
Disease Prevention and Control	Topic	Indicator
	Disease Prevention	Describe the importance of handwashing and covering a cough or sneeze to prevent the spread of germs. 1f.1.1
	Hygiene	Identify why hygiene is important to health. 1f.1.2
	Food and Illness	Identify food safety practices. 1f.1.3
	Teeth	Describe the proper steps for daily brushing and flossing teeth. 1f.1.4
	Sun	List ways to prevent harmful effects of the sun. 1f.1.5
	Sleep	Identify why sleep and rest are important for proper growth and good health. 1f.1.6

Analyzing Influences		Indicator
		Identify how the family influences personal health practices and behaviors. 2.E1.a Identify what the school can do to support personal health practices and behaviors. 2.E1.b Describe how the media can influence health behaviors. 2.E1.c
Accessing Information		Indicator
		Identify trusted adults and professionals who can help promote health. 3.E1.a Identify ways to locate school and community health helpers. 3.E1.b
Interpersonal Communication		Indicator
		Demonstrate healthy ways to express needs, wants and feelings. 4.E1.a Demonstrate listening skills to enhance health. 4.E1.b Demonstrate ways to respond when in an unwanted, threatening or dangerous situation. 4.E1.c Demonstrate ways to tell a trusted adult if one is threatened or harmed. 4.E1.d
Decision-Making		Indicator

		Identify situations when a health-related decision is needed. 5.E1.a Differentiate between situations when a health-related decision can be made individually and when assistance is needed. 5.E1.b
Goal-Setting		Indicator
		Identify a short-term personal health goal and take action toward achieving the goal. 6.E1.a Identify who can help when assistance is needed to achieve a personal health goal. 6.E1.b
Self-Management		Indicator
		Demonstrate healthy practices and behaviors to maintain or improve personal health. 7.E1.a Demonstrate behaviors that avoid or reduce health risks. 7.E1.b
Advocacy		Indicator
		Make requests to promote personal health. 8.E1.a Encourage peers to make positive health choices. 8.E1.b