

Unit: Mental and Emotional Health	Topic	Indicator
	Emotions	Identify role models who demonstrate positive emotional health. 1a.4.1 Describe situations that trigger strong emotions and safe and unsafe ways to respond. 1a.4.2
	Self and social awareness	Identify respectful ways to show empathy to others. 1a.4.3 Describe how personal choices and behaviors impact self-worth. 1a.4.4 Identify how to recognize and build on personal strengths. 1a.4.5
	Relationships	Describe the benefits of healthy peer relationships. 1a.4.6 Describe how relationships and interactions with others affect emotions. 1a.4.7
	Teasing, bullying, and harassment	Identify when to report aggression, bullying, or violence. 1a.4.13 Demonstrate what to do if you or someone else is being bullied. 1a.4.14 Describe the impact of conflict, discrimination, and violence on mental and emotional health. 1a.4.15 Describe how to use non-violent means to solve

		interpersonal conflict. 1a.4.16
	Body Image	Describe how peers, media, family, society, and culture influence ideas about body. 1a.4.17
	Grief and Loss	Describe feelings and emotions associated with loss and grief. 1a.4.18
	Trusted adult	Identify ways trusted adults can help you or someone else deal with difficult emotions or situations. 1a.4.8
	Stress and Anxiety	Explain physical and emotional reactions to stress. 1a.4.9
	Depression Awareness	Identify the need to discuss long-lasting troublesome feelings with a trusted adult. 1a.4.10 Identify troublesome feelings and signals for support for which someone should seek help. 1a.4.11 Explain the importance of telling a trusted adult if someone is in danger of hurting themselves or others. 1a.4.12
Substance Use Prevention	Topic	Indicator
	Medicine	Explain the benefits and risks of medicines 1b.4.1 Describe potential risks associated with inappropriate use of over-the-counter and prescription medicines including addiction. 1b.4.2

		Explain the difference between medicines, legal drugs, and illegal drugs. 1b.4.3
	Household Products	Recognize that products can be harmful to self and others if absorbed, inhaled, or ingested. 1b.4.4
	Alcohol, nicotine products, caffeine	Identify short and long-term effects of alcohol, nicotine, and caffeine. 1b.4.5
Safety and Violence Prevention	Topic	Indicator
	Safety and Injuries	List ways to prevent injuries in the community. 1d.4.1 Identify ways to reduce injuries from animals and insect bites and stings. 1d.4.2 Identify safety precautions for playing and working outdoors in different kinds of weather and climates. 1d.4.3
	Accessing Trusted Adults	Explain the importance of sharing all information with parents, guardians, or trusted adults. 1d.4.4 Create a list of trusted people/community resources to notify or contact if sexual mistreatment, grooming, harassment, abuse, assault, and/or exploitation occur. 1d.4.5 Demonstrate verbal and nonverbal ways to ask

		trusted adults for help, including how to report unsafe, scary or harmful situations in the home, school, or community. 1d.4.6 Identify words and actions that appropriately express affection or other positive feelings toward trusted adults and other important people. 1d.4.7
	Discrimination and violence	Describe safety procedures to follow if in the presence of a firearm. 1d.4.16
	Safety, Abuse, and Assault	Explain how familiar people or people in authority can help or harm children. 1d.3.14
	Bystander intervention and compassion for victims	Demonstrate what to say and do when witnessing or experiencing something that feels uncomfortable, unsafe, or disrespectful. 1d.4.17 Explain that it is never a person's fault if someone causes them to feel unsafe. 1d.4.18
Nutrition	Topic	Indicator
	Nutritious foods and beverages	Explain the importance of eating a variety of nutritious foods. 1e.4.1 Identify the benefits of eating a wide variety of foods as they relate to nutrient categories. 1e.4.2

		Summarize the benefits of eating a variety of nutritious foods. 1e.4.3
	Water/Eating Patterns	Explain the benefits of drinking water versus other beverages. 1e.4.4 Explain nutritious eating patterns and the importance of consistent meals and snacks. 1e.4.5
	Moderation and all foods fit	Analyze the benefits of eating in moderation and in line with the idea that “all foods fit.” 1e.4.6
Disease Prevention and Control	Topic	Indicator
	Disease Prevention,	Describe ways to prevent the spread of germs that cause infectious diseases. 1f.3.1
	Hygiene	Describe the benefits of personal health care practices. 1f.4.1
	Teeth	Recognize the benefits of personal health care practices. 1f.3.2
	Sleep	Explain why sleep and rest are important for proper growth and good health. 1f.4.3
	Disease	Identify symptoms that are associated with common childhood chronic diseases or conditions such as asthma, allergies, diabetes, and others. 1f.4.4
Analyzing Influences		Indicator
		Describe how the family influences personal health

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

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

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