SCOPE AND SEQ	UENCE TEEN HEALTH	
Content Strands	Module 0 Your Health and Wellness	Module 1 Social Health
Personal Health	Recognizing health and wellness (1) Balancing the health triangle (1) Making decisions and practicing behaviors to maintain wellness (1) Being aware of physical, mental, emotional, and social changes during adolescence (1) Understanding the mind-body connection and how emotions affect physical and overall health (1) Analyzing internal and external influences that affect personal health decisions (2) Understanding consequences of safe, risky, or harmful behavior to personal health (2) Avoiding cumulative risks (2) Choosing abstinence to prevent unwanted consequences (2) Developing good health habits to enhance personal health (2,3) Practicing healthful behaviors for improving and maintaining personal health (3) Assuming responsibility for personal health behaviors (3) Understanding short-term and long-term consequences of decisions you make (4) Following the steps of the decision-making process to make responsible decisions (4) Setting realistic goals to improve your physical, mental/emotional, and social health (4) Developing health skills that positively affect your physical.	Using communication skills to maintain healthy relationships with family (HSA) Developing good character traits, such as trustworthiness, respect, responsibility, fairness, caring, and being a good citizen (1) Understanding how body language impacts communications in a positive or negative way (2) Using nonverbal communication skills (2) Developing listening and speaking skills for effective verbal communication (2) Understanding the importance of listening skills to good communications (2) Recognizing the differences between assertive, aggressive, and passive communications styles (2) Understanding what defines a family and the role that a family plays in healthy communications (3) Recognizing changes in family structure and how to cope with those changes (3) Identifying abuse within a family how to seek help to stop abuse (3) Developing relationships with friends (4) Recognizing influences of peer pressure (4) Using refusal skills to say no to negative peer pressure (4)

providers and settings (5)  Understand the different methods of paying for health care (5)  Recognizing types of health care settings and providers (4)  Making positive contributions community through community set trusticing elements of good of trustworthiness, respect, respect, respect, and providers (4)	ervice (1) haracter: ponsibility, ship (1)
Recognizing types of health care settings trustworthiness, respect, respect,	ponsibility, ship (1)

	Seeking emotional help from family and	Using communication skills to maintain
	friends (2)	healthy relationships with family (HSA)
	Maintaining positive relationships with	Developing social skills by learning to
	family and friends (2)	care for and share with others (1)
	Understand cultural influences on choices	Practicing elements of good character:
	that might affect health status (2)	trustworthiness, respect, responsibility,
	Recognize how heredity affects health	fairness, caring, and citizenship (1)
	status (2)	Understanding the role that a family plays
		in healthy communications (3)
		Recognizing changes in family structure and
		how to cope with those changes (3)
Family Life		Meeting family needs for mental/emotional
		well-being (3)
		Dealing with changes in family roles and
		responsibilities (3)
		Recognizing and seeking help for physical
		abuse, mental and emotional abuse, and
		sexual abuse (3)

Making decisions and practicing behaviors Practicing traits of good character to care to maintain wellness (4) for relationships: trust, respect, Dealing with changes in mental and patience, and tolerance (1) emotional development in adolescence (2) Identifying positive and negative Developing relationships with others (2) influences of cliques (2) Analyzing positive peer influences (2) Distinguishing between positive and Choosing abstinence to protect your mental negative peer pressure (2) and emotional health (2) Analyzing roles and responsibilities of Analyzing internal and external influences family members to meet mental and emotional that affect decisions (2) needs of family members (3) Mental and Emotional Health

Making decisions and practicing healthful Analyzing how respect for yourself and behaviors to maintain wellness (1) others is shown by getting regular physical Avoiding risky behavior of sedentary activity and eating nutritious foods. (1) lifestyle in favor of physical activity (2) Understanding that each individual is Understanding how family and culture can responsible for maintaining his or her own affect nutritional choices (2) health by getting regular physical activity Understanding how decision-making and goal- and eating nutritious foods. (1) setting skills can enhance health. (4) Nutrition and Physical Activity

	Avoiding risky behaviors of using alcohol,	Demonstrating responsibility by avoiding
	tobacco, or other drugs (2)	the use of tobacco, alcohol, and drugs in
		order to maintain health (1)
	associated with using alcohol, tobacco, and	Understand how to avoid negative peer
	other drugs (2)	pressure to use tobacco, alcohol, or other
		drugs (4)
		Using refusal skills to avoid negative peer
		pressure (4)
Tobacco,		
Alcohol, and		
Other Drugs		
Other brugs		

	Taking precautions to avoid risks (2)	Understanding how being responsible can
	Choosing abstinence to prevent injury and	reduce the likelihood of injury (1)
	to be safe (2)	Recognizing abuse in the family and knowing
		how to seek help for abuse (3)
		<u> </u>
T		
Injury		
Prevention		
and Safety		

might impact the likelihood for certain diseases (2) Getting regular medical and dental checkups to prevent some diseases (5)	being responsible can avoid disease (1)

	Protecting the environment as a good citizen (1)  Demonstrating a commitment to keeping your community safe by advocating for tolerance of others (HSA)
Environmental Health	

Module 3 Bullying and Cyberbullying	Module 4 Emotional Health
Recognizing bullying and cyberbullying behavior (1, 2) Recognizing harassment (1) Understanding why teens become bullies and cyberbullies (1, 2) Understanding the effects of bullying and cyberbullying (1, 2) Knowing where bullying behaviors are likely to occur (1) Knowing strategies to prevent and stop bullying and cyberbullying (3,4,HSA) Avoiding bullying situations or helping someone else escape bullies (4) Recognizing when bullying situations can become personally dangerous and seeking help from adults (4)	Taking responsibility for expressing emotions in healthy ways (2) Practicing healthful behaviors to manage anger (HSA) Recognizing that mood swings are a normal part of teen development (2) Dealing with excessive stress to improve personal health (3) Practicing healthful behaviors to manage stress (3, HSA) Using time-management skills to cope with stress (BHS) Recognizing that grief is natural feeling after loss (4) Understanding the stages of grief (4)

Knowing how harassment affects the	
community (1)	
<u> </u>	

Understanding why people become bullies	Helping family members cope with loss and
(1,3)	grief (4)
Knowing strategies to prevent or stop	
yourself from bullying and cyberbullying	
(3,4)	
Knowing strategies to prevent or stop	
others from bullying and cyberbullying	
(3,4,HSA)	
Helping others who are being bullied (4)	
Knowing when to tell adults about bullying	
situations (4)	

Recognizing the link between bullying behaviors and low self-esteem (1)
Understanding the effect that bullying has on the person being bullied and the bully (1,2)

(1)
Expressing earner in hear

Developing a positive self-concept and personality (1)

Building self-esteem and resilience (1) Understanding and managing your feelings (1)

Expressing emotions of anxiety, fear, and anger in healthy ways (2)

Practicing healthful behaviors in managing anger (HSA)

Meeting your emotional needs in healthy ways (2)

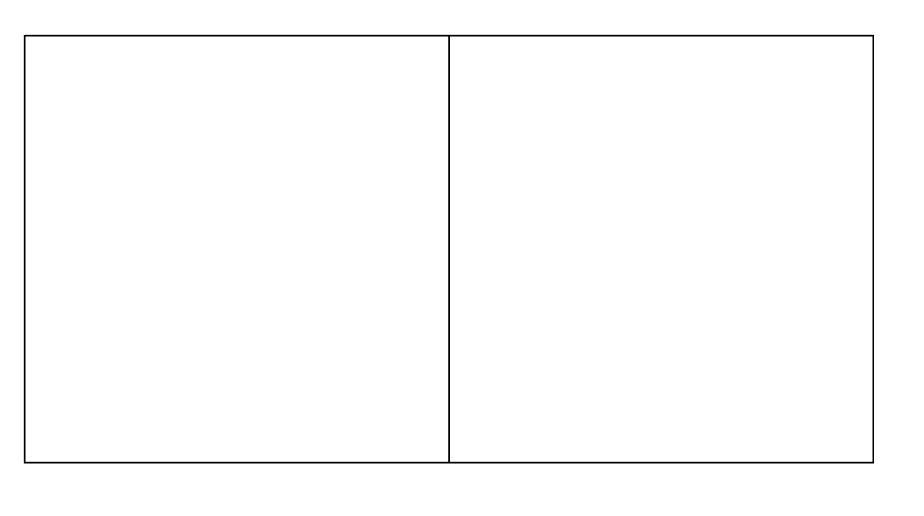
Identifying and managing stress in healthy ways (3) (HSA)

Using time-management strategies to manage stress (3)

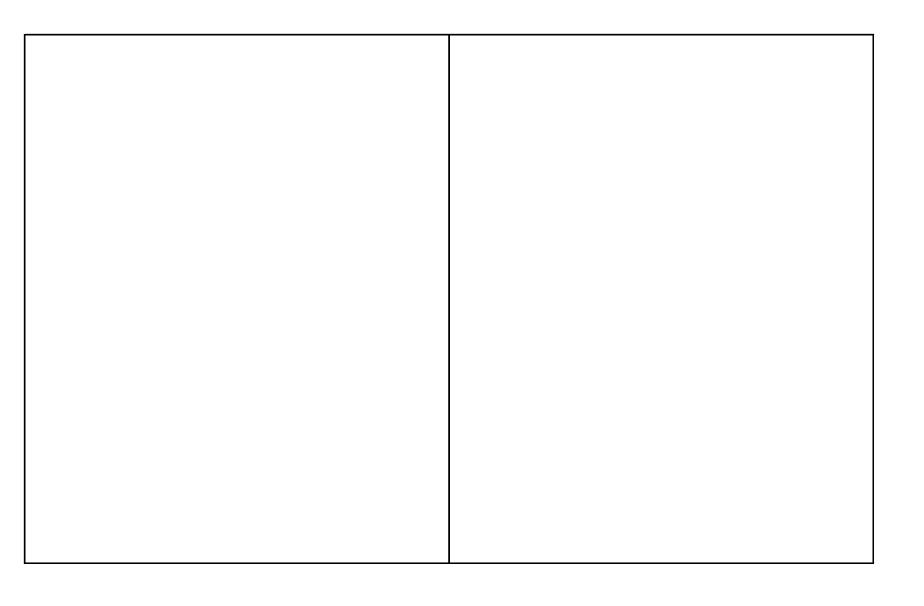
Developing strategies for coping with loss or grief (4)

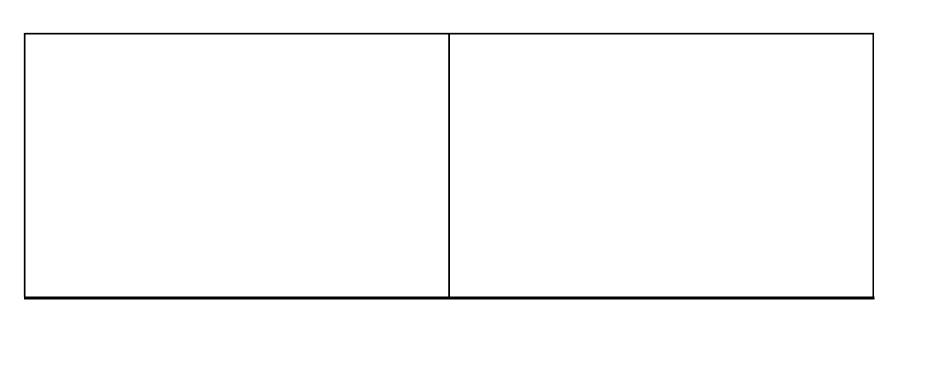
Developing stress-management skills (BHS)

	Understanding the need for physical
	activity to manage stress (3)
L	



Recognizing where bullying behaviors are Practicing healthful behaviors to manage likely to occur (1) anger and avoid injury (HSA) Knowing how to respond to harassment (1) Dealing with excessive stress to improve Understanding the effects of bullying and personal health (3) cyberbullying on physical, Practicing healthful behaviors to manage mental/emotional, and social health (1,2) stress (3, HSA) Knowing strategies to stop bullies and cyberbullies (3, HSA) Recognizing when bullying situations may become dangerous to yourself or others (4)





Module 5 Mental and Emotional Problems	Module 6 Conflict Resolution
Understanding when to get help for mental and emotional disorders (1) Knowing when to share feelings with parents or trusted adults (1) Understanding when to seek help with feelings of depression or suicide (2) Getting help to reduce risks related to adolescent health problems (3) Recognizing what community resources are available for help with suicidal thoughts and other mental and emotional health problems (3)	Recognizing the types of conflict (1) Using decision-making skills to manage conflicts (HSA) Recognizing physical and emotional signs of growing conflict (2) Managing stress by dealing with anger (HSA) Using the T.A.L.K. strategy to resolve conflicts (3,BHS)

Accessing information about mental and emotional disorders (1) Seeking appropriate treatment for emotional problems (3)

Seeking help for or giving support for people with symptoms of suicide or depression (2,3)

Seeking counseling from mental health providers (3)

Advocating help for mental and emotional problems (3)

Recognizing how to handle with conflicts with peers (1)

Understanding the causes of conflict (1) Using decision-making skills to resolve conflicts (HSA)

Understanding when to share your feelings	Recognizing the need for parents to set
with parents and friends (1)	limits and expectations (1)
Recognizing the need to obtain family	Developing positive relationships with
therapy for troubled family relationships	family members (1)
(3)	Using the T.A.L.K. strategy to resolve
	conflicts within the family (3)
	Confided within the family (3)

Acknowledging the need to get help to reduce risks of mental and emotional problems (1)

Recognizing the need to manage anxiety disorders (1)

Demonstrating compassion for people with mental and emotional problems (1)
Identifying personality disorders, mood disorders, and schizophrenia (1)

Recognizing and dealing with symptoms of suicide (2)

Providing emotional support for persons who need it (2)

Developing communication skills to help people who need emotional support (HSA) Using communication skills to listen to people with emotional needs (BHS) Understanding how to manage conflicts with peers (1)

Developing positive relationships with people in authority, peers, and other friends (1)

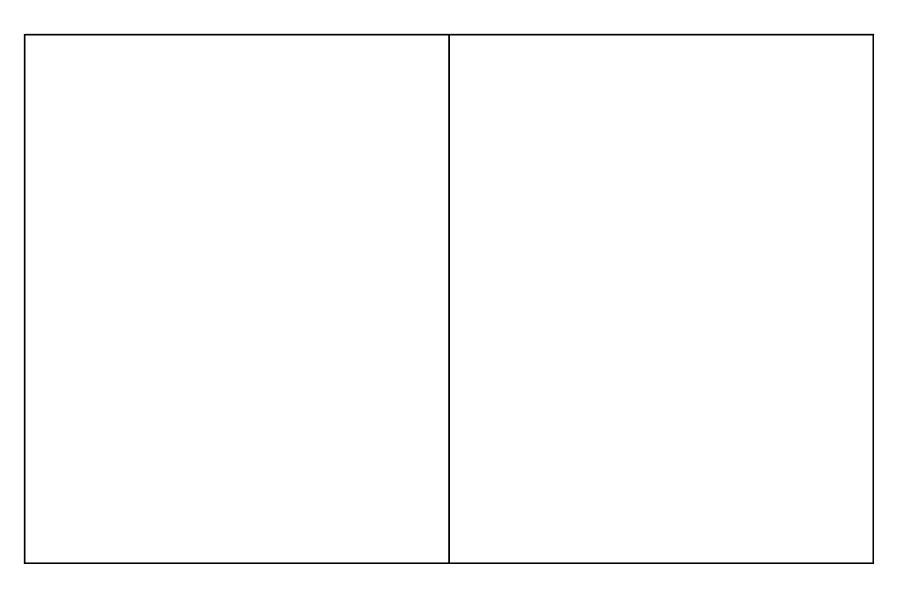
Using decision-making skills to resolve conflicts (HSA)

Dealing with anger and jealousy in appropriate ways (2)

Dealing with problems to prevent conflicts from escalating (2) Practicing healthful behaviors to prevent conflicts from growing (2)

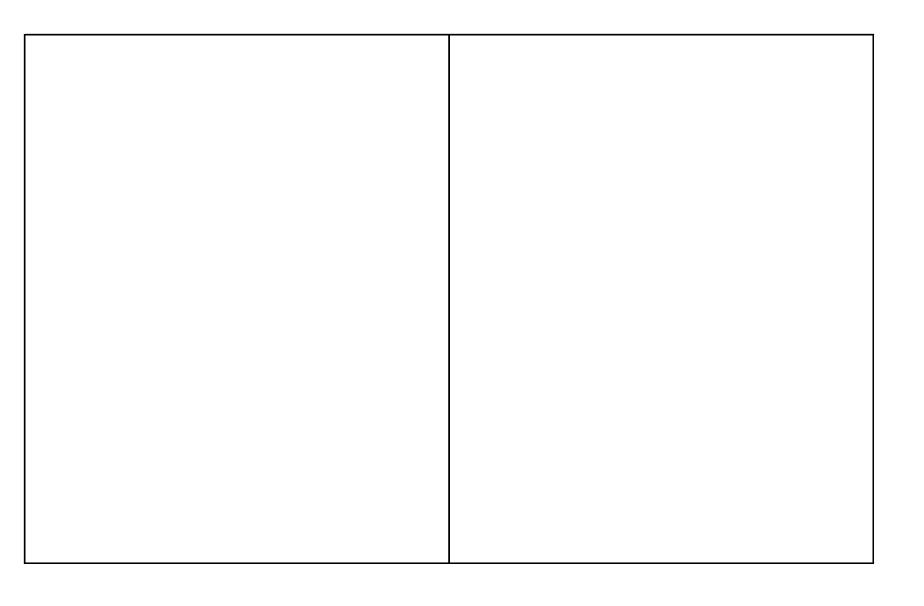
Managing stress by releasing anger (HSA)
Practicing conflict-resolution skills (3)
Using the mediation process to resolve
conflicts (3)

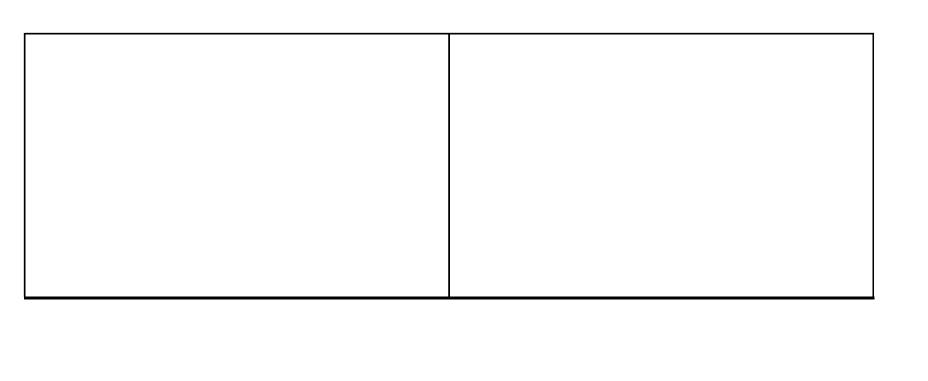
Resolving conflicts by using the T.A.L.K. strategy (BHS)



Understanding how alcohol and drug use may	Avoiding use of alcohol and drugs to
contribute to suicidal feelings (2)	prevent conflicts from growing (2)
Conclidate to salcidat feelings (2)	prevent confirmed from growing (2)

Knowing how to obtain help for suicidal	Understanding how conflict resolution
thoughts or mental health disorders in	skills can help prevent injury from
order to avoid injury (2,3)	conflict (3)





Mod	ule 7
Violence	Prevention

Avoiding unsafe situations to protect self from violence (1)

Seeking help for dealing with physical and emotional consequences of violence (2) Avoiding unsafe situations that could lead to violence (2)

Communicating appropriately to express feelings (HSA)

Recognizing and dealing with abuse (4,5) Using decision-making strategies to deal with harassment (BHS)

## Module 8 Nutrition for Health

Understanding the role of nutrients in a healthy diet (1)

Recognizing that a high-fiber diet can reduce the risk of certain types of cancer and heart disease (1)

Recognizing that foods with protein help the body build, repair, and maintain cells and tissues (1)

Understanding the role of fats in a healthy and unhealthy diet. (1)

Understanding the role of vitamins and minerals in maintaining good health (2)
Using the MyPlate food guidance system to help you make healthful food choices (2)
Recognizing the difference between hunger and appetite (2)

Recognizing what influences food choices (2)

Understanding how being overweight or underweight can impact overall health (3)
Accessing information to help you determine your body mass index (3)

Demonstrating ways to create a healthy eating plan (2,3)

Setting goals to develop healthy eating habits (BHS)

Recognizing the dangers of fad diets (3)
Identifying eating disorders (4)
Understanding how to seek help for an

Analyzing factors that cause teen violence (1)

Advocating zero tolerance to deal with school violence (1)

Advocating the prevention of youth violence (2)

Advocating for safety and victims' rights (2)

Understanding how to seek help when dealing with physical, emotional, and sexual abuse and neglect (4)

Advocating professional help to break the cycle of physical, emotional, and sexual abuse and neglect (5)

Taking steps to ensure foods are handled carefully and are safe for consumption (2)
Knowing how to obtain help for body image and eating disorders (4)

Participate in community neighborhood watch	Understanding when to seek help from family
programs with family members and others (1)	or friends for an eating disorder (4)
Recognize the importance of obtaining	
treatment for the physical and emotional	
effects of violence and abuse (1,2)	
Seeking help for dealing with emotional,	
physical, and sexual abuse and neglect (4)	

Recognize the importance of obtaining treatment for the physical and emotional effects of violence and abuse (1,2) Seeking help for dealing with emotional, physical, and sexual abuse and neglect (4) Managing feelings associated with physical, emotional, and sexual abuse and neglect (4)

Understanding how a poor body image may lead to low self-esteem (4).
Recognizing that disorders associated with body image are mental health disorders, and how they begin (4, HSA)

Eating well-balanced meals to promote good health and prevent diseases (1) Choosing foods with nutrients you need for a healthy body and good nutrition (1) Analyzing influences that determine your food choices (2) Practicing healthy behaviors that include choosing foods with nutrients you need, such as whole-grain foods (HSA) Recognizing the body's need for water to function properly (2) Using the MyPlate food guidance system to help you to develop healthy eating habits and increase your level of activity (2) Demonstrating ways to avoid fad diets (3) Using nutrition and physical activity to help you reach and maintain a healthy weight (3) Recognizing that eating disorders contribute to poor nutrition (4)

Analyzing the impact of alcohol and drug	
use on violent behavior (1)	

Recognizing factors that contribute to violence (1) Avoiding gangs, weapons, and drugs to prevent violence (1) Advocating for zero tolerance to protect from violence (1)	Understanding that body image disorders can lead to poor health and possibly death (4)

Developing healthy eating habits to help
prevent certain diseases (1,4)
Making sure foods are handled safely to
prevent foodborne illnesses (2)
Recognizing that eating disorders could
lead to serious medical problems and
diseases (2)
diseases (2)

Advocating nonviolence in schools and	
community (1)	
Dealing with bullying to keep the community	
safe (3)	
Advocating safety in family and community	
environments (4)	
` '	

Modu	le 9
Physical	Activity

## Module 11 Personal Health Care

Practicing healthful behaviors to ensure a balanced physical health triangle (HSA)
Practicing healthful behaviors by participating in activity daily (1)
Using exercise to promote overall health and fitness (1)

Understanding how regular physical activity promotes strength, flexibility, endurance, and a healthy body composition (1)

Understanding how to set fitness goals with strategies to improve and maintain the health triangle (2)

Developing and following a written fitness plan for meeting fitness goals (2)

Using the F.I.T.T. formula to build fitness levels (2)

Demonstrating the need to include a warm-up and cool-down in a workout (3)

Understanding how to determine target heart rate (3)

Practicing proper conditioning exercises to avoid injury (3)

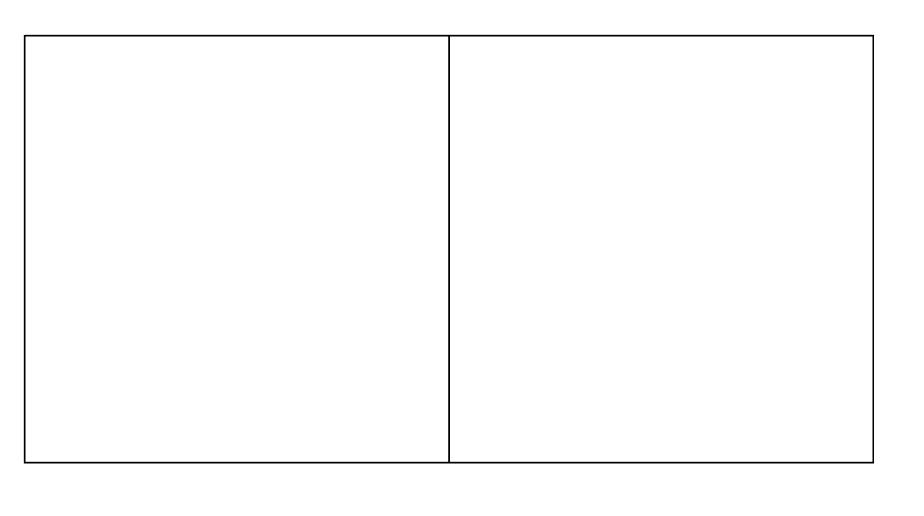
Following healthy eating habits and drinking plenty of water while participating in sports (3)
Using proper clothing and gear to prevent injuries (4)

Practicing healthful behaviors by taking actions to stay healthy and avoid risky

Understanding how personal hygiene affects your overall health (1)
Practicing healthful behaviors by taking

care of your skin, hair, nails, teeth, eyes, and ears (2,3,4)

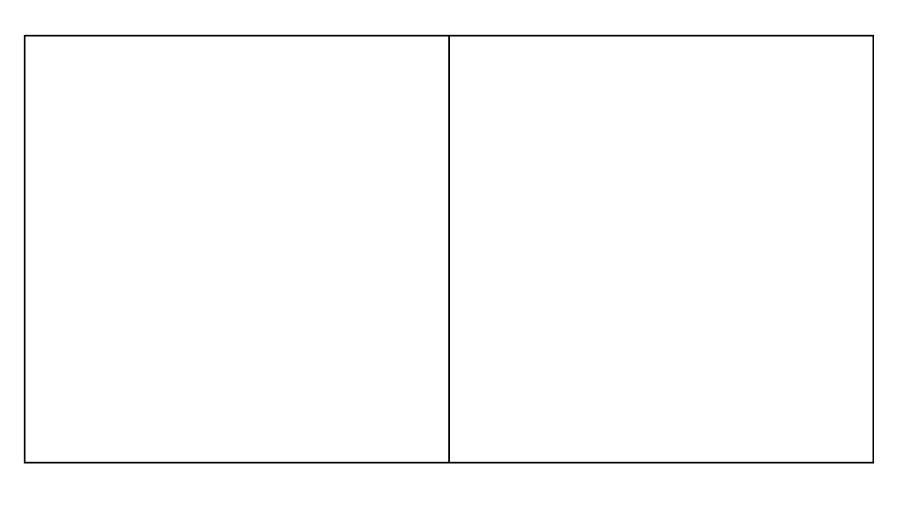
Advocating for physical activity (1)	Making wise choices when choosing health
Advocating ways to avoid injury and	care products (1)
minimize injury while being physically	Learning and practicing consumer skills to
active (4)	be an informed consumer (1)
	Analyzing influences before making consumer
	purchases (1)
	Managing consumer problems, including
	fraud, dealing with defective products, and
	online shopping (1)



Recognizing the importance of physical activity to mental and emotional health (1)	
-	

Recognizing the importance of physical activity to personal, mental and emotional, and social health (1) Practicing healthful behaviors to ensure a balanced physical health triangle (HSA) Recognizing exercise as an important part of physical fitness (1) Advocating physical activity for everyone (1) Using exercise to build heart and lung endurance, muscle strength and muscle endurance, flexibility, and body composition (2) Using a well-balanced diet to improve body composition (2) Using the F.I.T.T. principle to build fitness levels (2) Setting fitness goals with strategies to improve and maintain all three sides of the health triangle (3) Choosing activities and exercises to help meet your goals (3) Developing and following a written fitness plan to keep on task for meeting fitness goals (3) Accessing information for measuring heart rate (3) Using proper nutrition, including eating habits and drinking plenty of water, while playing sports (3)

Advocating ways to avoid injury and



Using the F.I.T.T. principle to build Practicing healthful behaviors and wearing fitness levels safely and to avoid injury protective gear to prevent injuries to body (2) (1)Choosing warm-up and cool-down activities to avoid injuries to muscles (3) Practicing appropriate conditioning exercises and techniques to avoid injury (3) Using proper clothing and gear to protect from injuries (4) Taking appropriate action when dealing with injuries (4)

Recognizing how getting regular physical	Practicing healthy behaviors to protect the
activity can help prevent certain diseases	body from spread of diseases (1)
(1)	Using medicines appropriately to prevent or
	cure diseases or to relieve pain (3)
	_

Protecting (1)	the	skin	from	the	sun's	UV	rays

#### Module 12 Your Body Systems

Understanding the functions and potential problems of the skeletal system (1) Understanding the functions and potential problems of the muscular system (1) Practicing healthful behaviors to protect the skeletal system (1) (HSA) Understanding the functions of the nervous system (2) Understanding the functions of the circulatory system (3) Practicing healthful behaviors to keep your circulatory system healthy including getting regular physical activity, avoiding tobacco use, and managing stress (3) Understanding the functions of the respiratory system (3) Recognizing and properly treating problems of the respiratory system (3) Practicing healthful behaviors to care for your respiratory system, including proper hygiene and avoiding tobacco smoke and polluted air (3)

Understanding the functions of the digestive and excretory systems (4)
Setting goals for developing healthy habits to care for your digestive and excretory systems (4)

Understanding the functions of the endocrine system (5) Practicing healthful

### Module 13 Tobacco

Analyzing the harmful effects of using tobacco products on personal health (1,2,3) Using the decision-making process to advocate for a smoke-free environment (BHS) Taking steps to break the habit of using tobacco (3) Saying no to using tobacco (3) Recognizing dangers of being exposed to secondhand smoke (4) Committing to staying tobacco free (4) Using goal-setting steps to say no to

tobacco (BHS)

Accessing information about caring for the reproductive system (5) Accessing viable information about the body's systems (BHS)	Analyzing influences on teens to use tobacco products (4) Analyzing costs to society for people using tobacco (4) Advocating for the reduction in tobacco use to reduce costs to society (4) Analyzing influences of tobacco use (4)

Recognizing effects of tobacco use on pregnant mothers and unborn babies, and to others exposed to secondhand smoke (4) Analyzing influences and effects of family members who smoke on teen tobacco use (4)	T
others exposed to secondhand smoke (4) Analyzing influences and effects of family	
Analyzing influences and effects of family	pregnant mothers and unborn babies, and to
Analyzing influences and effects of family	others exposed to secondhand smoke (4)
members who shoke on teen tobacco use (4)	
	members who shoke on teen tobacco use (4)
	1

Managing stress to keep your	circulatory	Analyzing	why	teens	use	tobacco	(4)
and nervous systems healthy	(2,3)						

Consuming nutritious foods to care of the Understanding the effects of tobacco use on skeletal system (1) physical activity (2) Practicing healthful behaviors by consuming calcium-rich foods (HSA) Practicing healthful behaviors to care for the muscular system, including proper nutrition and regular physical activity (1) Practicing good nutrition and keeping physically active to keep the circulatory system healthy (3) Eating healthy foods, exercising regularly, and drinking plenty of water to care for your digestive and excretory systems (4) Practicing good health habits to care for the endocrine system (5)

Protecting the nervous system by avoiding Analyzing harmful effects of using tobacco the use of harmful substances like alcohol products (1,2) and drugs (2) Analyzing influences on teens to use Avoiding using tobacco to keep the tobacco products (4) circulatory and respiratory systems healthy Analyzing effects of being addicted to tobacco (3) (3) Recognizing ways to break the habit of tobacco use (3) Recognizing costs to society for people using tobacco (4) Choosing to stay tobacco free (4)

Practicing healthful behaviors and wearing	
protective gear to prevent injuries to the	
skeletal system (1)	
Practicing healthful behaviors to keep the	
muscular system healthy and to prevent	
injuries (1)	
Protecting the nervous system from injuries	
by using protective gear properly (2)	
Practicing healthful behaviors to protect	
the reproductive system (5)	
lene reproducerve system (3)	

Practicing healthful behaviors to prevent diseases in the body (1) Protecting the nervous system from diseases Committing to staying tobacco free to by practicing healthy behaviors (2) Practicing healthful behaviors to prevent problems with the circulatory system (3) Practicing healthful behaviors to take care of the respiratory system (3) Advocating for strategies to prevent or control diabetes (5) Practicing healthy habits to prevent or control diseases (5)

Analyzing harmful effects of using tobacco products (1,2)

prevent some deadly diseases (4)

Advocating for good air quality and a clean environment to protect the circulatory and respiratory systems (3)	Analyzing harmful effects of using tobacco products on the environment (2) Using the decision-making process to advocate for a smoke-free environment (HSA) Advocating for nonsmokers' rights (4)

Module	14
Alcoho	7

Analyzing how alcohol use affects personal health (1,2)

Recognizing reasons to avoid using alcohol (1)

Using refusal skills to say no to using alcohol (HSA)

Recognizing that using alcohol can lead to participating in risky behaviors, resulting personal health (2) in serious health consequences (1) Setting personal go

Analyzing symptoms and consequences of alcoholism and alcohol abuse (3)

Recognizing the costs of alcoholism and alcohol abuse to personal health and well-being (3)

Choosing to be alcohol free (3)
Using decision-making skills to help someone be alcohol free (BHS)

# Module 15 Drugs

Recognizing that abusing medicines and drugs is harmful to all parts of your health triangle (1,2,3)

Accessing information on how to use drugs safely(HSA)

Analyzing the effects of abusing narcotics, stimulants, and depression drugs on personal health (2)

Setting personal goals to remain drug free (4)

Analyzing the effects of using hallucinogens and inhalants on personal health (2)

Using refusal skills to say no to using drugs inappropriately (3, BHS)

Advocating for teens to choose alternatives	Advocating for professional help for
to alcohol use (1)	persons who may be abusing drugs (3)
Recognizing the costs of alcoholism and	Advocating the positive benefits for being
alcohol abuse to consumers and community	drug free (3)
health (3)	
Getting help for people who have problems	
with alcohol use (3)	
Making decisions to help someone stay	
alcohol free (BHS)	
, ,	

Recognizing how alcohol use can lead to unwanted pregnancies (2)

Recognizing that alcohol use can seriously damage unborn babies (2)

Analyzing how alcohol use affects family life (3)

Recognizing the costs of alcoholism and alcohol abuse to family life (3)
Getting help for family members with problems related to alcohol use (3)
Using communication skills to help family members who have problems with using alcohol (BHS)

Recognizing the consequences of drug use on family life. (1)

Engaging in healthful activities with the family to avoid pressure to use drugs (3) Being observant of family members who may be abusing drugs (3)

Recognizing how alcohol use affects mental and emotional health (1,2)
Analyzing how alcohol addiction affects mental and emotional health (2,3)
Recognizing the costs of alcoholism and alcohol abuse to mental and emotional health (3)

Analyzing psychological effects of using narcotics, stimulants, and depressants (2)
Analyzing mental and emotional effects of using hallucinogens and inhalants (2)
Recognizing benefits to mental and emotional health for choosing to be drug free (3)

Recognizing how using alcohol affects the	
body's ability to absorb and use nutrients	
(2)	
Analyzing effects of alcoholism on	
nutrition (3)	

Analyzing the affects of using alcohol on personal, mental, and emotional health (1) Analyzing why teens use alcohol (1) Analyzing reasons to refuse using alcohol (1)

Understanding how to deal with emotions in a healthy way (HSA)

Analyzing the effects of alcohol use on physical health (2,3)

Analyzing how alcohol use may lead to alcohol addiction (3)

Recognizing symptoms and consequences of alcohol addiction (3)

Recognizing the costs of alcoholism and alcohol abuse (3)

Recognizing ways to help others stay alcohol free (3)

Understanding the effects of alcohol use and abuse (3)

Recognizing the danger of drug use (1)
Analyzing the effects of using illegal
drugs, including marijuana, club drugs, and
anabolic steroids (2)

Accessing Information on the effects of drug use on pregnancy (HSA)

Accessing Information on the effects of marijuana use (2)

Analyzing effects of using hallucinogens and inhalants (4)

Advocating for professional help for people abusing drugs (3)

Analyzing why alcohol use can lead to risky	
behavior (1,2)	lead to accidental injury or death (1,2)
Avoiding use of alcohol to help prevent	Recognizing the short- and long-term
deadly accidents (2,3)	effects of drug use on personal health (2)
<u>I</u>	

Avoiding use of alcohol to prevent some	Analyzing the short- and long-term effects
deadly diseases (2,3)	of drug use on physical health (2)

Analyzing how people who use alcohol affect the health of the community (2,3) Recognizing ways to help others who abuse alcohol (3)

### Module 16 Using Medicines Wisely

Administration (FDA) and Department of Health and Human Services (HHS) in regulating and approving medicines (1) Recognizing types of medicines and how they the risks of getting some cancers (2) work effectively (1)

Using the decision-making process to take drugs responsibly (1)

Understanding how vaccines help protect vour bodv from disease (2)

Recognizing the need for safety information on medicines (2) Using Decision-Making skills to determine how to use medicines wisely, including prescription and OTC medicines (HSA)

Recognizing risks and side effects caused by some medicines (2)

Practicing Health Behaviors by using medicines safety at home (HSA)

#### Module 18 Noncommunicable Diseases

Understanding the role of the Food and Drug Practicing healthful behaviors and making healthy lifestyle choices to avoid getting some noncommunicable diseases (1) Practicing healthful behaviors to reduce Seeking help for diagnosing and treating cancer (2)

Practicing healthful behaviors to reduce

the risk of heart disease and other cardiovascular diseases (3) Seeking treatment for heart disease (3) Practicing healthful behaviors to reduce the risks of getting diabetes and arthritis (4) Practicing healthful behaviors to manage the symptoms of diabetes and arthritis (4)

Understanding the importance of seeking treatment for allergic reactions and asthma (5)

Practicing behaviors to manage allergies and asthma (5)

Setting goals to establish lifelong health habits to control diabetes (BHS)

Understanding the role of the Food and Drug Advocating for a healthy environment to Administration (FDA) and Department of Health and Human Services (HHS) in regulating and approving medicines (1) Recognizing the need for safety information Advocating for making healthy choices to on medicines (2)

Recognizing how the use of medicines can enhance or harm health (1, 2)

avoid some serious health problems (1) Advocating for early diagnosis and treatment of cancer (2) reduce the risks of getting some cancers (HSA)

Understanding how heredity increases risks of getting some diseases (1) Practicing healthful behaviors to reduce risks of heart disease (3) Following guidelines for proper nutrition and physical activity to reduce risks of getting diabetes and arthritis (4) Practicing healthful behaviors to manage symptoms of diabetes and arthritis (4)

Understanding how drug interactions can	Managing stress and making healthy
cause mental/emotional consequences (2)	lifestyle choices to prevent getting some
	noncommunicable diseases (1)
Recognizing that using medicines correctly	noncommunicable diseases (1)
can maintain your mental/emotional health	
(2)	

Eating nutritious foods and getting physical activity to prevent some noncommunicable diseases (1) Engaging in physical activity to reduce risks of getting cancer (2) Making healthful food choices to reduce the risk of heart disease (3) Analyzing influences for making healthy food choices (HSA) Following guidelines for proper nutrition and physical activity to reduce risks of getting diabetes and arthritis (4) Practicing healthful behaviors to manage diabetes and arthritis (4)

Understanding how medicines are regulated (1)

Recognizing that medicines can prevent, cure, or manage disease (1)
Understanding the difference between overthe-counter and prescription medicines (1)
Recognizing that medicines can have positive and negative effects on the human body (2)

Know how to use medicines safely (2)
Understanding how to use medicines
correctly (2)

Avoiding use of tobacco, alcohol, and some drugs to prevent getting some noncommunicable diseases (1)
Avoiding use of tobacco to reduce the risks of cancer (2) Avoiding use of tobacco to reduce the risks of the risks of heart disease (3)

Understanding	that	medicine	misuse	can	harm	
the body (2)						
<u> </u>						

Understanding that medicines are developed to prevent, manage, or cure disease (1) Recognizing that medicines may have interactions and other side effects that need to be reported to a doctor (2) Knowing that medicine misuse can lead to injury and even death (2)

Recognizing noncommunicable diseases, including chronic diseases, degenerative diseases, and congenital diseases (1)
Recognizing that some risk factors contribute to a person getting a noncommunicable disease (1)
Recognizing that making healthy lifestyle choices may help a person resist getting a disease (1)

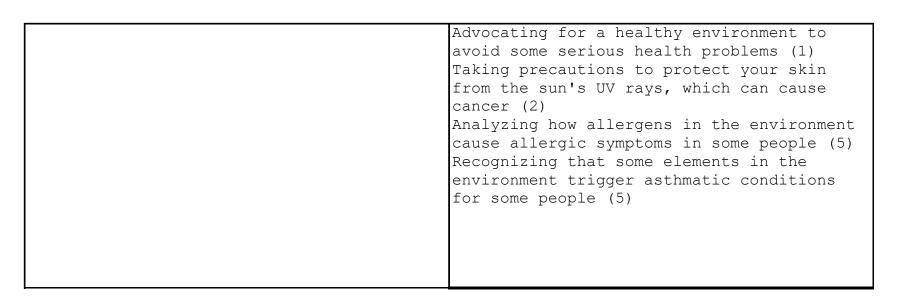
Understanding how you can protect yourself from some cancers (2)

Practicing healthful behaviors to reduce risks of getting some cancers (2) Practicing healthful lifestyle choices to reduce the risk of heart disease and other cardiovascular diseases (3)

Understanding how diabetes and arthritis affect a person's health (4)
Practicing healthful behaviors to reduce

Practicing healthful behaviors to reduce the risks of getting diabetes and arthritis (4)

Understanding the importance of managing allergies and asthma (5)



Module 19	Module 20
Safety	Green Schools and Environmental Health
Developing safe habits to avoid accidents and prevent injuries at home and school (1) Learning and following strategies to be safe at home and at school (1) Using good decision-making skills and following safety rules when traveling in a car (2) Understanding the risks of participating in activities using bicycles, skates, skateboards, scooters, and motorized vehicles (2) Following guidelines to keep you safe while walking or running (3) Practicing safety procedures when participating in outdoor activities (3) Understanding how to protect personal safety (4) Recognizing ways to protect your safety while online (4) Practicing safety rules in weather emergencies (5) Being prepared to give basic first aid in emergencies (6) Knowing and taking universal precautions when giving first aid (6) Calling for help in emergencies (1,6)	Practicing behaviors to protect the environment, including reducing, reusing, and recycling (2) (HSA)

Recognizing and taking steps to prevent home accidents, including falls, poisoning, electrical shock, fire hazards, and gun accidents (1) Advocating safety rules in the home (1)

Accessing information about safety rules and equipment for outdoor sports and activities (2)

Recognizing that road rules help to keep us protect health (2) safe (3)

Advocating for green

Understanding how to protect yourself from online attacks and cyberbullying (4)
Recognizing ways to stay safe when home alone (4)

Understanding safety rules for weather emergencies (5)

Advocating for first-aid training in the community (5)

Understanding the role that pollution plays in harming the environment and health (1) Recognizing the role that the Environmental Protection Agency (EPA) and Occupational Safety and Health Administration (OSHA) play in protecting the environment and health (2)

Advocating for a clean environment to protect health (2)

Advocating for green schools and participating in helping schools protect the environment (3)

Recognizing and taking steps to prevent home accidents, including falls, poisonings, electrical shocks, fire hazards, and gun accidents (2) Practicing safety rules on the road and outdoors (3)

Understanding safety rules and strategies to use in weather emergencies (5)
Practicing Healthful Behaviors during weather emergencies (HSA)
Being prepared to administer basic first

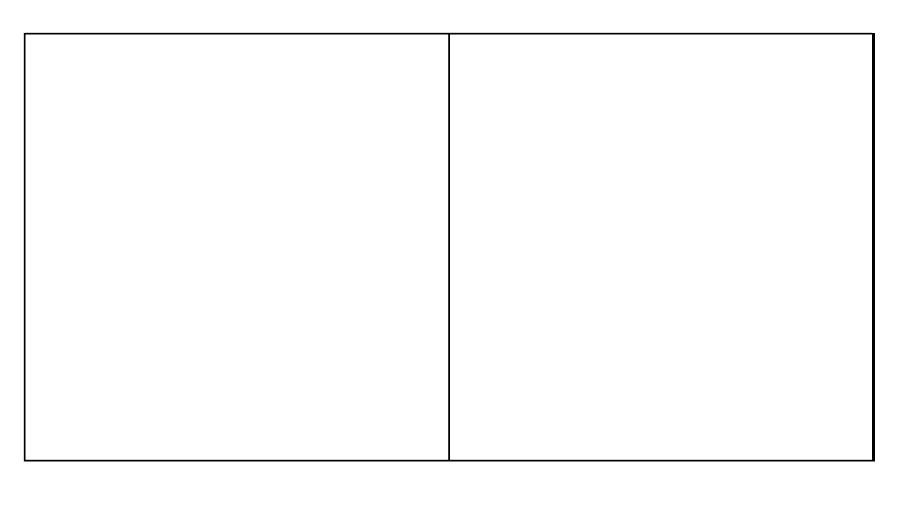
aid in emergencies (5)
Knowing and taking universal precautions

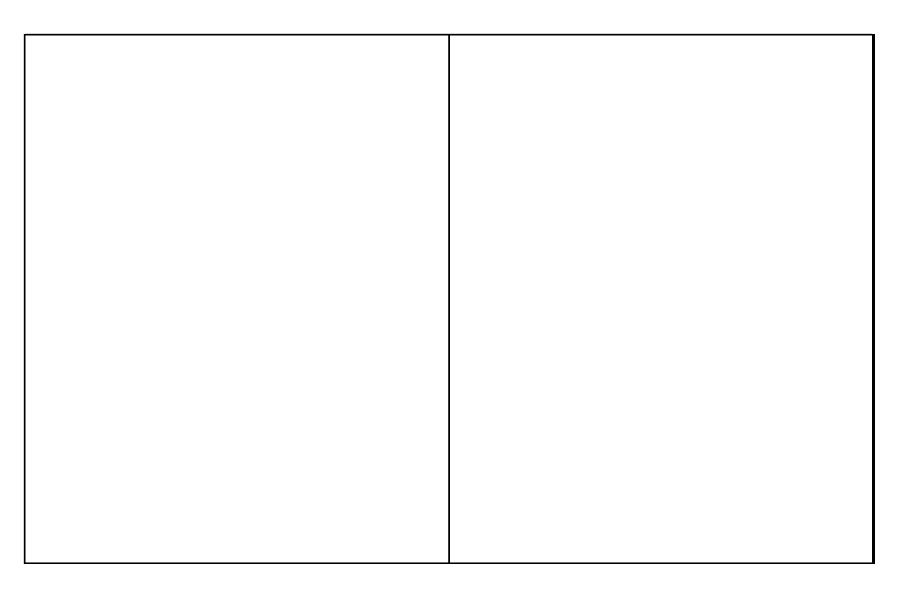
when administering first aid (5) Calling

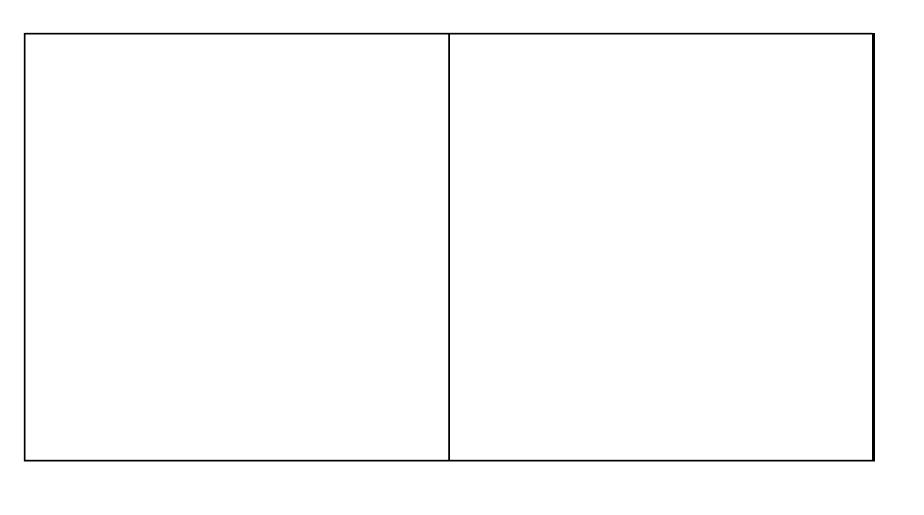
for help in emergencies (5)
Setting family goals to be prepared in emergencies (5)

Leading family efforts to protect the environment by recycling and conserving resources (2)

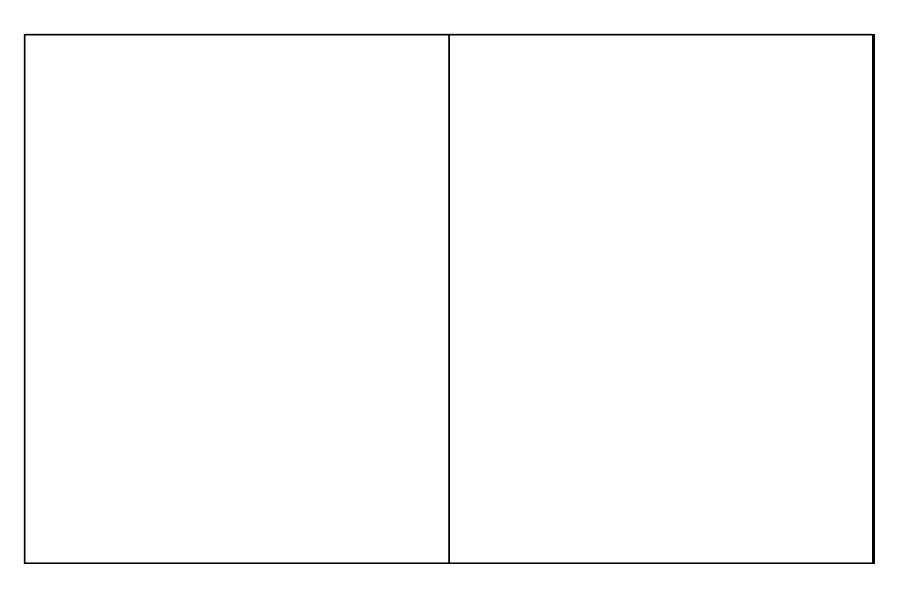
Setting family goals to improve rates of reducing, reusing, and recycling (2)
Practicing healthful behaviors by thinking of ways to reduce wastes and help the environment (BHS)







Developing safe habits to avoid accidents and prevent injuries (1) Recognizing and taking steps to prevent home accidents, including falls, poisonings, electrical shocks, fire hazards, and gun accidents (2) Following strategies to prevent accidents at school (2) Using good decision-making skills and following safety rules when traveling in a car (3) Understanding the risks of participating in activities using bicycles, skates, skateboards, scooters, and motorized vehicles (3) Following guidelines to be safe while walking or running (4) Taking preventive actions to be safe when participating in outdoor activities (4) Understanding and practicing safety rules and strategies in weather emergencies (5) Knowing basic first aid in emergencies (6) Knowing and taking universal precautions when administering first aid (6) Calling for help in emergencies (6) Handling common emergencies (6) Knowing when to call for help in emergencies (6)



Taking preventive actions to be safe when participating in outdoor activities (2)
Understanding and practicing safety rules and strategies in weather emergencies (3)

Understanding the elements of a healthy environment (1) Analyzing effects of air, water, and land pollution on the environment (1)

Protecting the environment by reducing, reusing, and recycling (2)

Practicing behaviors to protect the air and water (2) Understanding how recycling and precycling conserve energy and natural resources (2)

Advocating for conservation at school and for green schools (3)