

SCOPE AND SEQUENCE 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)

**Consumer and
Community
Health**

Understand how to obtain health care (5)
Differentiate between types of health care providers and settings (5)
Understand the different methods of paying for health care (5)
Recognizing types of health care settings and providers (4)
Covering the costs of health care (4)
Recognizing the responsibility of protecting public health and regulating health agencies (5)
Advocating for public awareness of public health agencies (5)

Advocating building healthy relationships in the community (1)
Making positive contributions to your community through community service (1)
Practicing elements of good character: trustworthiness, respect, responsibility, fairness, caring, and citizenship (1)
Advocating positive health behaviors (1)

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

Making decisions and practicing behaviors to maintain wellness (4)
Dealing with changes in mental and emotional development in adolescence (2)
Developing relationships with others (2)
Analyzing positive peer influences (2)
Choosing abstinence to protect your mental and emotional health (2)
Analyzing internal and external influences that affect decisions (2)

Practicing traits of good character to care for relationships: trust, respect, patience, and tolerance (1)
Identifying positive and negative influences of cliques (2)
Distinguishing between positive and negative peer pressure (2)
Analyzing roles and responsibilities of family members to meet mental and emotional needs of family members (3)

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

Avoiding risky behaviors of using alcohol, tobacco, or other drugs (2)
Choosing abstinence to avoid risks associated with using alcohol, tobacco, and other drugs (2)

Demonstrating responsibility by avoiding the use of tobacco, alcohol, and drugs in order to maintain health (1)
Understand how to avoid negative peer pressure to use tobacco, alcohol, or other drugs (4)
Using refusal skills to avoid negative peer pressure (4)

<p>Injury Prevention and Safety</p>	<p>Taking precautions to avoid risks (2) Choosing abstinence to prevent injury and to be safe (2)</p>	<p>Understanding how being responsible can reduce the likelihood of injury (1) Recognizing abuse in the family and knowing how to seek help for abuse (3)</p>
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<p>Disease Prevention</p>	<p>Understanding how culture and heredity might impact the likelihood for certain diseases (2) Getting regular medical and dental checkups to prevent some diseases (5)</p>	<p>Recognizing how showing good character and being responsible can avoid disease (1)</p>
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**Environmental
Health**

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

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)

Understanding why people become bullies (1,3) 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)	Helping family members cope with loss and grief (4)
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<p>Recognizing the link between bullying behaviors and low self-esteem (1)</p> <p>Understanding the effect that bullying has on the person being bullied and the bully (1,2)</p>	<p>Developing a positive self-concept and personality (1)</p> <p>Building self-esteem and resilience (1)</p> <p>Understanding and managing your feelings (1)</p> <p>Expressing emotions of anxiety, fear, and anger in healthy ways (2)</p> <p>Practicing healthful behaviors in managing anger (HSA)</p> <p>Meeting your emotional needs in healthy ways (2)</p> <p>Identifying and managing stress in healthy ways (3) (HSA)</p> <p>Using time-management strategies to manage stress (3)</p> <p>Developing strategies for coping with loss or grief (4)</p> <p>Developing stress-management skills (BHS)</p>
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	Understanding the need for physical activity to manage stress (3)
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Recognizing where bullying behaviors are likely to occur (1) Knowing how to respond to harassment (1) Understanding the effects of bullying and cyberbullying on physical, mental/emotional, and social health (1,2) Knowing strategies to stop bullies and cyberbullies (3, HSA) Recognizing when bullying situations may become dangerous to yourself or others (4)	Practicing healthful behaviors to manage anger and avoid injury (HSA) Dealing with excessive stress to improve personal health (3) Practicing healthful behaviors to manage stress (3,HSA)
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Module 5 <i>Mental and Emotional Problems</i>	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)
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Understanding when to share your feelings with parents and friends (1) Recognizing the need to obtain family therapy for troubled family relationships (3)	Recognizing the need for parents to set limits and expectations (1) Developing positive relationships with family members (1) Using the T.A.L.K. strategy to resolve conflicts within the family (3)
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<p>Acknowledging the need to get help to reduce risks of mental and emotional problems (1)</p> <p>Recognizing the need to manage anxiety disorders (1)</p> <p>Demonstrating compassion for people with mental and emotional problems (1)</p> <p>Identifying personality disorders, mood disorders, and schizophrenia (1)</p> <p>Recognizing and dealing with symptoms of suicide (2)</p> <p>Providing emotional support for persons who need it (2)</p> <p>Developing communication skills to help people who need emotional support (HSA)</p> <p>Using communication skills to listen to people with emotional needs (BHS)</p>	<p>Understanding how to manage conflicts with peers (1)</p> <p>Developing positive relationships with people in authority, peers, and other friends (1)</p> <p>Using decision-making skills to resolve conflicts (HSA)</p> <p>Dealing with anger and jealousy in appropriate ways (2)</p> <p>Dealing with problems to prevent conflicts from escalating (2)</p> <p>Practicing healthful behaviors to prevent conflicts from growing (2)</p> <p>Managing stress by releasing anger (HSA)</p> <p>Practicing conflict-resolution skills (3)</p> <p>Using the mediation process to resolve conflicts (3)</p> <p>Resolving conflicts by using the T.A.L.K. strategy (BHS)</p>
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Understanding how alcohol and drug use may contribute to suicidal feelings (2)	Avoiding use of alcohol and drugs to prevent conflicts from growing (2)
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Knowing how to obtain help for suicidal thoughts or mental health disorders in order to avoid injury (2,3)	Understanding how conflict resolution skills can help prevent injury from conflict (3)
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Module 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

<p>Analyzing factors that cause teen violence (1)</p> <p>Advocating zero tolerance to deal with school violence (1)</p> <p>Advocating the prevention of youth violence (2)</p> <p>Advocating for safety and victims' rights (2)</p> <p>Understanding how to seek help when dealing with physical, emotional, and sexual abuse and neglect (4)</p> <p>Advocating professional help to break the cycle of physical, emotional, and sexual abuse and neglect (5)</p>	<p>Taking steps to ensure foods are handled carefully and are safe for consumption (2)</p> <p>Knowing how to obtain help for body image and eating disorders (4)</p>
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Participate in community neighborhood watch programs with family members and others (1) 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)	Understanding when to seek help from family or friends for an eating disorder (4)
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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)
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	<p>Eating well-balanced meals to promote good health and prevent diseases (1)</p> <p>Choosing foods with nutrients you need for a healthy body and good nutrition (1)</p> <p>Analyzing influences that determine your food choices (2)</p> <p>Practicing healthy behaviors that include choosing foods with nutrients you need, such as whole-grain foods (HSA)</p> <p>Recognizing the body's need for water to function properly (2)</p> <p>Using the MyPlate food guidance system to help you to develop healthy eating habits and increase your level of activity (2)</p> <p>Demonstrating ways to avoid fad diets (3)</p> <p>Using nutrition and physical activity to help you reach and maintain a healthy weight (3)</p> <p>Recognizing that eating disorders contribute to poor nutrition (4)</p>
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Analyzing the impact of alcohol and drug use on violent behavior (1)	
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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)
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	<p>Developing healthy eating habits to help prevent certain diseases (1,4)</p> <p>Making sure foods are handled safely to prevent foodborne illnesses (2)</p> <p>Recognizing that eating disorders could lead to serious medical problems and diseases (2)</p>
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Advocating nonviolence in schools and community (1) Dealing with bullying to keep the community safe (3) Advocating safety in family and community environments (4)	
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Module 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) Advocating ways to avoid injury and minimize injury while being physically active (4)	Making wise choices when choosing health care products (1) Learning and practicing consumer skills to 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)
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Recognizing the importance of physical activity to mental and emotional health (1)	
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<p>Recognizing the importance of physical activity to personal, mental and emotional, and social health (1)</p> <p>Practicing healthful behaviors to ensure a balanced physical health triangle (HSA)</p> <p>Recognizing exercise as an important part of physical fitness (1) Advocating physical activity for everyone (1)</p> <p>Using exercise to build heart and lung endurance, muscle strength and muscle endurance, flexibility, and body composition (2)</p> <p>Using a well-balanced diet to improve body composition (2)</p> <p>Using the F.I.T.T. principle to build fitness levels (2)</p> <p>Setting fitness goals with strategies to improve and maintain all three sides of the health triangle (3)</p> <p>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)</p> <p>Accessing information for measuring heart rate (3)</p> <p>Using proper nutrition, including eating habits and drinking plenty of water, while playing sports (3)</p> <p>Advocating ways to avoid injury and</p>	
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<p>Using the F.I.T.T. principle to build fitness levels safely and to avoid injury (2)</p> <p>Choosing warm-up and cool-down activities to avoid injuries to muscles (3)</p> <p>Practicing appropriate conditioning exercises and techniques to avoid injury (3)</p> <p>Using proper clothing and gear to protect from injuries (4) Taking appropriate action when dealing with injuries (4)</p>	<p>Practicing healthful behaviors and wearing protective gear to prevent injuries to body (1)</p>
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Recognizing how getting regular physical activity can help prevent certain diseases (1)	Practicing healthy behaviors to protect the body from spread of diseases (1) Using medicines appropriately to prevent or cure diseases or to relieve pain (3)
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	Protecting the skin from the sun's UV rays (1)
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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)
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	<p>Recognizing effects of tobacco use on pregnant mothers and unborn babies, and to others exposed to secondhand smoke (4)</p> <p>Analyzing influences and effects of family members who smoke on teen tobacco use (4)</p>
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Managing stress to keep your circulatory and nervous systems healthy (2,3)	Analyzing why teens use tobacco (4)
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<p>Consuming nutritious foods to care of the skeletal system (1)</p> <p>Practicing healthful behaviors by consuming calcium-rich foods (HSA)</p> <p>Practicing healthful behaviors to care for the muscular system, including proper nutrition and regular physical activity (1)</p> <p>Practicing good nutrition and keeping physically active to keep the circulatory system healthy (3)</p> <p>Eating healthy foods, exercising regularly, and drinking plenty of water to care for your digestive and excretory systems (4)</p> <p>Practicing good health habits to care for the endocrine system (5)</p>	<p>Understanding the effects of tobacco use on physical activity (2)</p>
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Protecting the nervous system by avoiding the use of harmful substances like alcohol and drugs (2) Avoiding using tobacco to keep the circulatory and respiratory systems healthy (3)	Analyzing harmful effects of using tobacco products (1,2) Analyzing influences on teens to use tobacco products (4) Analyzing effects of being addicted to tobacco (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)
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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)

<p>Practicing healthful behaviors to prevent diseases in the body (1)</p> <p>Protecting the nervous system from diseases by practicing healthy behaviors (2)</p> <p>Practicing healthful behaviors to prevent problems with the circulatory system (3)</p> <p>Practicing healthful behaviors to take care of the respiratory system (3)</p> <p>Advocating for strategies to prevent or control diabetes (5)</p> <p>Practicing healthy habits to prevent or control diseases (5)</p>	<p>Analyzing harmful effects of using tobacco products (1,2)</p> <p>Committing to staying tobacco free to prevent some deadly diseases (4)</p>
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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)
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Module 14
Alcohol

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 in serious health consequences (1)
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)

<p>Advocating for teens to choose alternatives to alcohol use (1)</p> <p>Recognizing the costs of alcoholism and alcohol abuse to consumers and community health (3)</p> <p>Getting help for people who have problems with alcohol use (3)</p> <p>Making decisions to help someone stay alcohol free (BHS)</p>	<p>Advocating for professional help for persons who may be abusing drugs (3)</p> <p>Advocating the positive benefits for being drug free (3)</p>
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<p>Recognizing how alcohol use can lead to unwanted pregnancies (2)</p> <p>Recognizing that alcohol use can seriously damage unborn babies (2)</p> <p>Analyzing how alcohol use affects family life (3)</p> <p>Recognizing the costs of alcoholism and alcohol abuse to family life (3)</p> <p>Getting help for family members with problems related to alcohol use (3)</p> <p>Using communication skills to help family members who have problems with using alcohol (BHS)</p>	<p>Recognizing the consequences of drug use on family life. (1)</p> <p>Engaging in healthful activities with the family to avoid pressure to use drugs (3)</p> <p>Being observant of family members who may be abusing drugs (3)</p>
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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)
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Recognizing how using alcohol affects the
body's ability to absorb and use nutrients
(2)
Analyzing effects of alcoholism on
nutrition (3)

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<p>Analyzing the affects of using alcohol on personal, mental, and emotional health (1)</p> <p>Analyzing why teens use alcohol (1)</p> <p>Analyzing reasons to refuse using alcohol (1)</p> <p>Understanding how to deal with emotions in a healthy way (HSA)</p> <p>Analyzing the effects of alcohol use on physical health (2,3)</p> <p>Analyzing how alcohol use may lead to alcohol addiction (3)</p> <p>Recognizing symptoms and consequences of alcohol addiction (3)</p> <p>Recognizing the costs of alcoholism and alcohol abuse (3)</p> <p>Recognizing ways to help others stay alcohol free (3)</p> <p>Understanding the effects of alcohol use and abuse (3)</p>	<p>Recognizing the danger of drug use (1)</p> <p>Analyzing the effects of using illegal drugs, including marijuana, club drugs, and anabolic steroids (2)</p> <p>Accessing Information on the effects of drug use on pregnancy (HSA)</p> <p>Accessing Information on the effects of marijuana use (2)</p> <p>Analyzing effects of using hallucinogens and inhalants (4)</p> <p>Advocating for professional help for people abusing drugs (3)</p>
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Analyzing why alcohol use can lead to risky behavior (1,2) Avoiding use of alcohol to help prevent deadly accidents (2,3)	Understanding how drug use and abuse might lead to accidental injury or death (1,2) Recognizing the short- and long-term effects of drug use on personal health (2)
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<p>Avoiding use of alcohol to prevent some deadly diseases (2,3)</p>	<p>Analyzing the short- and long-term effects of drug use on physical health (2)</p>
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Analyzing how people who use alcohol affect the health of the community (2,3) Recognizing ways to help others who abuse alcohol (3)	
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Module 16 Using Medicines Wisely	Module 18 Noncommunicable Diseases
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Understanding the role of the Food and Drug Administration (FDA) and Department of Health and Human Services (HHS) in regulating and approving medicines (1)
Recognizing types of medicines and how they work effectively (1)
Using the decision-making process to take drugs responsibly (1)
Understanding how vaccines help protect your body 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 safely at home (HSA)

Practicing healthful behaviors and making healthy lifestyle choices to avoid getting some noncommunicable diseases (1)
Practicing healthful behaviors to reduce the risks of getting some cancers (2)
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 Administration (FDA) and Department of Health and Human Services (HHS) in regulating and approving medicines (1) Recognizing the need for safety information on medicines (2) Recognizing how the use of medicines can enhance or harm health (1, 2)	Advocating for a healthy environment to avoid some serious health problems (1) Advocating for early diagnosis and treatment of cancer (2) Advocating for making healthy choices to reduce the risks of getting some cancers (HSA)
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	<p>Understanding how heredity increases risks of getting some diseases (1)</p> <p>Practicing healthful behaviors to reduce risks of heart disease (3)</p> <p>Following guidelines for proper nutrition and physical activity to reduce risks of getting diabetes and arthritis (4)</p> <p>Practicing healthful behaviors to manage symptoms of diabetes and arthritis (4)</p>
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Understanding how drug interactions can cause mental/emotional consequences (2) Recognizing that using medicines correctly can maintain your mental/emotional health (2)	Managing stress and making healthy lifestyle choices to prevent getting some noncommunicable diseases (1)
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	<p>Eating nutritious foods and getting physical activity to prevent some noncommunicable diseases (1)</p> <p>Engaging in physical activity to reduce risks of getting cancer (2)</p> <p>Making healthful food choices to reduce the risk of heart disease (3)</p> <p>Analyzing influences for making healthy food choices (HSA)</p> <p>Following guidelines for proper nutrition and physical activity to reduce risks of getting diabetes and arthritis (4)</p> <p>Practicing healthful behaviors to manage diabetes and arthritis (4)</p>
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<p>Understanding how medicines are regulated (1)</p> <p>Recognizing that medicines can prevent, cure, or manage disease (1)</p> <p>Understanding the difference between over-the-counter and prescription medicines (1)</p> <p>Recognizing that medicines can have positive and negative effects on the human body (2)</p> <p>Know how to use medicines safely (2)</p> <p>Understanding how to use medicines correctly (2)</p>	<p>Avoiding use of tobacco, alcohol, and some drugs to prevent getting some noncommunicable diseases (1)</p> <p>Avoiding use of tobacco to reduce the risks of cancer (2)</p> <p>Avoiding use of tobacco to reduce the risks of heart disease (3)</p>
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Understanding that medicine misuse can harm
the body (2)

<p>Understanding that medicines are developed to prevent, manage, or cure disease (1)</p> <p>Recognizing that medicines may have interactions and other side effects that need to be reported to a doctor (2)</p> <p>Knowing that medicine misuse can lead to injury and even death (2)</p>	<p>Recognizing noncommunicable diseases, including chronic diseases, degenerative diseases, and congenital diseases (1)</p> <p>Recognizing that some risk factors contribute to a person getting a noncommunicable disease (1)</p> <p>Recognizing that making healthy lifestyle choices may help a person resist getting a disease (1)</p> <p>Understanding how you can protect yourself from some cancers (2)</p> <p>Practicing healthful behaviors to reduce risks of getting some cancers (2)</p> <p>Practicing healthful lifestyle choices to reduce the risk of heart disease and other cardiovascular diseases (3)</p> <p>Understanding how diabetes and arthritis affect a person's health (4)</p> <p>Practicing healthful behaviors to reduce the risks of getting diabetes and arthritis (4)</p> <p>Understanding the importance of managing allergies and asthma (5)</p>
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	<p>Advocating for a healthy environment to avoid some serious health problems (1)</p> <p>Taking precautions to protect your skin from the sun's UV rays, which can cause cancer (2)</p> <p>Analyzing how allergens in the environment cause allergic symptoms in some people (5)</p> <p>Recognizing that some elements in the environment trigger asthmatic conditions for some people (5)</p>
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Module 19 Safety	Module 20 Green Schools and Environmental Health
<p>Developing safe habits to avoid accidents and prevent injuries at home and school (1)</p> <p>Learning and following strategies to be safe at home and at school (1)</p> <p>Using good decision-making skills and following safety rules when traveling in a car (2)</p> <p>Understanding the risks of participating in activities using bicycles, skates, skateboards, scooters, and motorized vehicles (2)</p> <p>Following guidelines to keep you safe while walking or running (3)</p> <p>Practicing safety procedures when participating in outdoor activities (3)</p> <p>Understanding how to protect personal safety (4)</p> <p>Recognizing ways to protect your safety while online (4)</p> <p>Practicing safety rules in weather emergencies (5)</p> <p>Being prepared to give basic first aid in emergencies (6)</p> <p>Knowing and taking universal precautions when giving first aid (6)</p> <p>Calling for help in emergencies (1,6)</p>	<p>Practicing behaviors to protect the environment, including reducing, reusing, and recycling (2) (HSA)</p>

<p>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)</p> <p>Accessing information about safety rules and equipment for outdoor sports and activities (2)</p> <p>Recognizing that road rules help to keep us safe (3)</p> <p>Understanding how to protect yourself from online attacks and cyberbullying (4)</p> <p>Recognizing ways to stay safe when home alone (4)</p> <p>Understanding safety rules for weather emergencies (5)</p> <p>Advocating for first-aid training in the community (5)</p>	<p>Understanding the role that pollution plays in harming the environment and health (1)</p> <p>Recognizing the role that the Environmental Protection Agency (EPA) and Occupational Safety and Health Administration (OSHA) play in protecting the environment and health (2)</p> <p>Advocating for a clean environment to protect health (2)</p> <p>Advocating for green schools and participating in helping schools protect the environment (3)</p>
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<p>Recognizing and taking steps to prevent home accidents, including falls, poisonings, electrical shocks, fire hazards, and gun accidents (2)</p> <p>Practicing safety rules on the road and outdoors (3)</p> <p>Understanding safety rules and strategies to use in weather emergencies (5)</p> <p>Practicing Healthful Behaviors during weather emergencies (HSA)</p> <p>Being prepared to administer basic first aid in emergencies (5)</p> <p>Knowing and taking universal precautions when administering first aid (5)</p> <p>Calling for help in emergencies (5)</p> <p>Setting family goals to be prepared in emergencies (5)</p>	<p>Leading family efforts to protect the environment by recycling and conserving resources (2)</p> <p>Setting family goals to improve rates of reducing, reusing, and recycling (2)</p> <p>Practicing healthful behaviors by thinking of ways to reduce wastes and help the environment (BHS)</p>
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<p>Developing safe habits to avoid accidents and prevent injuries (1)</p> <p>Recognizing and taking steps to prevent home accidents, including falls, poisonings, electrical shocks, fire hazards, and gun accidents (2)</p> <p>Following strategies to prevent accidents at school (2)</p> <p>Using good decision-making skills and following safety rules when traveling in a car (3)</p> <p>Understanding the risks of participating in activities using bicycles, skates, skateboards, scooters, and motorized vehicles (3)</p> <p>Following guidelines to be safe while walking or running (4)</p> <p>Taking preventive actions to be safe when participating in outdoor activities (4)</p> <p>Understanding and practicing safety rules and strategies in weather emergencies (5)</p> <p>Knowing basic first aid in emergencies (6)</p> <p>Knowing and taking universal precautions when administering first aid (6)</p> <p>Calling for help in emergencies (6)</p> <p>Handling common emergencies (6)</p> <p>Knowing when to call for help in emergencies (6)</p>	
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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)
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