

# Comprehensive Health

## Grade Level Expectations at a Glance

### Standard    Grade Level Expectation

#### High School

2. Physical and Personal Wellness	<ol style="list-style-type: none"> <li>1. Analyze the benefits of a healthy diet and the consequences of an unhealthy diet</li> <li>2. Analyze how family, peers, media, culture, and technology influence healthy eating choices</li> <li>3. Demonstrate ways to take responsibility for healthy eating</li> <li>4. Use a decision-making process to make healthy decisions about relationships and sexual health</li> <li>5. Support others in making positive and healthful choices about sexual activity</li> <li>6. Develop and maintain the ongoing evaluation of factors that impact health, and modify lifestyle accordingly</li> </ol>
3. Emotional and Social Wellness	<ol style="list-style-type: none"> <li>1. Analyze the interrelationship of physical, mental, emotional, and social health</li> <li>2. Set goals, and monitor progress on attaining goals for future success</li> <li>3. Advocate to improve or maintain positive mental and emotional health for self and others</li> </ol>
4. Prevention and Risk Management	<ol style="list-style-type: none"> <li>1. Comprehend concepts that impact of individuals' use or nonuse of alcohol or other drugs</li> <li>2. Analyze the factors that influence a person's decision to use or not use alcohol, tobacco, and other drugs</li> <li>3. Develop interpersonal communication skills to refuse or avoid alcohol, tobacco, or other drugs</li> <li>4. Develop self-management skills to improving health by staying tobacco, alcohol, and drug-free</li> <li>5. Analyze the factors that influence community and societal beliefs that underlie violence, and describe relationships, attitudes, behavior, and vulnerability to violence</li> <li>6. Analyze the underlying causes of self-harming behavior, harming others and steps involved in seeking help</li> <li>7. Identify the emotional and physical consequences of violence, and find strategies to deal with, prevent, and report them</li> <li>8. Access valid information and resources that provide information about sexual assault and violence</li> <li>9. Demonstrate verbal and nonverbal communication skills and strategies to prevent violence</li> <li>10. Advocate for changes in the home, school, or community that would increase safety</li> </ol>

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**Standard**                      **Grade Level Expectation**

<b>Eighth Grade</b>	
2. Physical and Personal Wellness	<ol style="list-style-type: none"> <li>1. Describe the physical, emotional, mental, and social benefits of sexual abstinence, and develop strategies to resist pressures to become sexually active</li> <li>2. Analyze how certain behaviors place one at greater risk for HIV/AIDS, sexually transmitted diseases (STDs), and unintended pregnancy</li> <li>3. Describe the signs and symptoms of HIV/AIDS, and other sexually transmitted diseases (STDs)</li> <li>4. Promote and enhance health through disease prevention</li> </ol>
3. Emotional and Social Wellness	<ol style="list-style-type: none"> <li>1. Access valid school and community resources to help with mental and emotional health concerns</li> <li>2. Internal and external factors influence mental and emotional health</li> </ol>
4. Prevention and Risk Management	<ol style="list-style-type: none"> <li>1. Analyze influences that impact individuals' use or non-use of alcohol, tobacco, and other drugs</li> <li>2. Access valid sources of information about alcohol, tobacco, and other drugs</li> <li>3. Demonstrate decision-making skills to be alcohol, tobacco and drug-free</li> <li>4. Analyze the factors that influence violent and non-violent behavior</li> <li>5. Demonstrate ways to advocate for a positive, respectful school and community environment that supports pro-social behavior</li> </ol>
<b>Seventh Grade</b>	
2. Physical and Personal Wellness	<ol style="list-style-type: none"> <li>1. Analyze factors that influence healthy eating behaviors</li> <li>2. Demonstrate the ability to make healthy food choices in a variety of settings</li> <li>3. Compare and contrast healthy and unhealthy relationships (family, peer, and dating)</li> <li>4. Analyze the internal and external factors that influence sexual decision-making and activity</li> <li>5. Define sexually transmitted diseases (STDs), including human immunodeficiency virus (HIV) and acquired immune deficiency syndrome (AIDS)</li> </ol>
3. Emotional and Social Wellness	<ol style="list-style-type: none"> <li>1. Demonstrate effective communication skills to express feelings appropriately</li> <li>2. Develop self-management skills to prevent and manage stress</li> </ol>
4. Prevention and Risk Management	<ol style="list-style-type: none"> <li>1. Analyze the consequences of using alcohol, tobacco and other drugs</li> <li>2. Demonstrate safety procedures for a variety of situations</li> </ol>

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**Standard                      Grade Level Expectation**

<b>Sixth Grade</b>	
2. Physical and Personal Wellness	<ol style="list-style-type: none"> <li>1. Access valid and reliable information, products, and services to enhance healthy eating behaviors</li> <li>2. Access valid and reliable information regarding qualities of healthy family and peer relationships</li> <li>3. Comprehend the relationship between feelings and actions</li> <li>4. Analyze how positive health behaviors can benefit people throughout their life span</li> </ol>
3. Emotional and Social Wellness	<ol style="list-style-type: none"> <li>1. Understand how to be mentally and emotionally healthy</li> </ol>
4. Prevention and Risk Management	<ol style="list-style-type: none"> <li>1. Analyze the factors that influence a person’s decision to use or not use alcohol and tobacco</li> <li>2. Demonstrate the ability to avoid alcohol, tobacco, and other drugs</li> <li>3. Demonstrate self-management skills to reduce violence and actively participate in violence prevention</li> <li>4. Demonstrate ways to advocate for safety, and prevent unintentional injuries</li> </ol>
<b>Fifth Grade</b>	
2. Physical and Personal Wellness	<ol style="list-style-type: none"> <li>1. Demonstrate the ability to engage in healthy eating behaviors</li> <li>2. Explain the structure, function, and major parts of the human reproductive system</li> <li>3. Describe the physical, social, and emotional changes occurring at puberty</li> <li>4. Demonstrate interpersonal communication skills needed to discuss personal health problems to establish and maintain personal health and wellness</li> <li>5. Comprehend concepts, and identify strategies to prevent the transmission of disease</li> </ol>
3. Emotional and Social Wellness	<ol style="list-style-type: none"> <li>1. Analyze internal and external factors that influence mental and emotional health</li> </ol>
4. Prevention and Risk Management	<ol style="list-style-type: none"> <li>1. Access valid information about the effects of tobacco use and exposure to second-hand smoke, and prescription and over-the-counter drugs</li> <li>2. Demonstrate pro-social behaviors that reduce the likelihood of physical fighting, violence, and bullying</li> <li>3. Demonstrate basic first aid and safety procedures</li> </ol>
<b>Fourth Grade</b>	
2. Physical and Personal Wellness	<ol style="list-style-type: none"> <li>1. Demonstrate the ability to set a goal to enhance personal nutrition status</li> <li>2. Examine the connection between food intake and physical health</li> <li>3. Explain that the dimensions of wellness are interrelated and impact personal health</li> </ol>
3. Emotional and Social Wellness	<ol style="list-style-type: none"> <li>1. Identify the positive behaviors that support relationships</li> <li>2. Comprehend concepts related to stress and stress management</li> </ol>
4. Prevention and Risk Management	<ol style="list-style-type: none"> <li>1. Identify positive and negative uses for medicines</li> <li>2. Demonstrate the ability to use interpersonal communication skills to avoid using tobacco</li> <li>3. Demonstrate skills necessary to prevent a conflict from escalating to violence</li> </ol>

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<b>Third Grade</b>	
2. Physical and Personal Wellness	1. Demonstrate the ability to make and communicate appropriate food choices
3. Emotional and Social Wellness	1. Utilize knowledge and skills to treat self and others with care and respect 2. Demonstrate interpersonal communication skills to support positive interactions with families, peers, and others
4. Prevention and Risk Management	1. Examine the dangers of using tobacco products or being exposed to second hand smoke. 2. Describe pro-social behaviors that enhance healthy interactions with others 3. Identify ways to prevent injuries at home, in school, and in the community
<b>Second Grade</b>	
2. Physical and Personal Wellness	1. Identify eating behaviors that contribute to maintaining good health 2. Recognize basic childhood chronic diseases
4. Prevention and Risk Management	1. Identify the dangers of using tobacco products and being exposed to second hand smoke. 2. Identify safe and proper use of household products 3. Explain why bullying is harmful and how to respond appropriately 4. Demonstrate interpersonal communication skills to prevent injury or to ask for help in an emergency or unsafe situation
<b>First Grade</b>	
2. Physical and Personal Wellness	1. Eating a variety of foods from the different food groups is vital to promote good health 2. Demonstrate health enhancing behaviors to prevent unintentional injury or illness
3. Emotional and Social Wellness	1. Demonstrate how to express emotions in healthy ways 2. Identify parents, guardians, and other trusted adults as resources for information about health
4. Prevention and Risk Management	1. Demonstrate strategies to avoid hazards in the home and community
<b>Kindergarten</b>	
2. Physical and Personal Wellness	1. Identify the major food groups and the benefits of eating a variety of foods 2. Explain how personal hygiene and cleanliness affect wellness
3. Emotional and Social Wellness	1. Exhibit understanding that one's actions impact others
4. Prevention and Risk Management	1. Identify the importance of respecting the personal space and boundaries of self and others 2. Explain safe behavior as a pedestrian and with motor vehicles 3. Demonstrate effective communication skills in unsafe situations
<b>Preschool</b>	
2. Physical and Personal Wellness	1. Develop self-management skills and personal hygiene skills to promote healthy habits
4. Prevention and Risk Management	1. Identify ways to be safe while at play