Curriculum Development Course at a Glance Planning For <u>6th Grade Comprehensive Health</u>

Content Area	Comprehensive Health Grade Level 6 th Grade				
Course Name/Course Code					
Standard	Grade Level Expectations (GLE)	Grade Level Expectations (GLE) GLE Code			
2. Physical and Personal	1. Access valid and reliable information, products, and services to enhance healthy eating behaviors			CH09-GR.6-S.2-GLE.1	
Wellness	2. Access valid and reliable information regarding qualities of healthy family and peer relationships			CH09-GR.6-S.2-GLE.2	
	3. Comprehend the relationship between feelings a	nd actions			CH09-GR.6-S.2-GLE.3
	4. Analyze how positive health behaviors can benef	it people throu	ghout their life span		CH09-GR.6-S.2-GLE.4
3. Emotional and Social Wellness	1. Understand how to be mentally and emotionally	healthy			CH09-GR.6-S.3-GLE.1
4. Prevention and Risk	1. Analyze the factors that influence a person's deci	sion to use or	not use alcohol and tobacc	.0	CH09-GR.6-S.4-GLE.1
Management	2. Demonstrate the ability to avoid alcohol, tobacco	, and other dru	ugs		CH09-GR.6-S.4-GLE.2
	3. Demonstrate self-management skills to reduce vi	olence and act	ively participate in violence	CH09-GR.6-S.4-GLE.3	
	4. Demonstrate ways to advocate for safety, and pr	event unintent	ional injuries		CH09-GR.6-S.4-GLE.4
Self Direction	 Critical Thinking and Reasoning: Thinking Deeply, Thinking Differently Information Literacy: Untangling the Web Collaboration: Working Together, Learning Together Self-Direction: Own Your Learning Invention: Creating Solutions 	what learner develop prof knowledge at mental, emot supported in areas of Phys Emotional an	Academic Standards for H s should know and be able iciency in health. The utilizand skills to enhance physica tional and social well-being each unit through the star sical and Personal Wellness of Social Wellness and nd Risk Management.	to do as the ation of al, g will be ndard 5,	
Unit Titles			Length of Unit/Contact H	ours	Unit Number/Sequence
We All Need To Communicat	e		2 weeks		1
Healthy Bodies			2 weeks		2
Media Messages and Your Health			2 weeks		3
Communication is the Key			1 week		4
Positive Communication in Times of Conflict			3 weeks		5

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Unit Title	We All Need To Communicate		Length of Unit	2 weeks
Focusing Lens(es)	Perspective	Standards and Grade Level Expectations Addressed in this Unit	CH09-GR.6-S.3-GLE.1	
Inquiry Questions (Engaging- Debatable):	 How do people's perspectives vary about which emotions and behaviors are considered "normal"? (CH09-GR.6-S.3-GLE.1-EO.a,b;IQ.4) What if behaviors were determined only by emotions? (CH09-GR.6-S.3-GLE.1-EO.a,b) How can a person control their feelings? (CH09-GR.6-S.3-GLE.1-EO.c;IQ.2) How can the way kids communicate feelings hurt others? (CH09-GR.6-S.3-GLE.1-EO.c;IQ.3) Are mental health problems as real or valid as other health problems? (CH09-GR.6-S.3-GLE.1;IQ.3) 			D.a,b) EO.c;IQ.3)
Unit Strands	Emotional and Social Wellness			
Concepts	Support Systems, Inter-connectedness, Resources, Influences, Communication, Decision-making, Self-advocacy, Growth, Wellness, Choices, Feelings, Emotion, Behavior, Balance, Perspective			

Generalizations My students will Understand that	Guiding Guiding	Questions Conceptual
Individuals must navigate the different perspectives offered by support systems and valid resources regarding what constitutes positive decision making. (CH09-GR.6- S.3-GLE.1-EO.e,f)	What mental health support systems and valid resources are available in the community? (CH09- GR.6-S.3-GLE.1)	Why is it important to seek different perspectives when making decisions? (CH09-GR.6-S.3-GLE.1)
Self-advocacy, a key component of effective interpersonal communication, provides an essential foundation for overall wellness. (CH09-GR.6-S.3-GLE.1-EO.c)	What are effective communication skills? (CH09-GR.6- S.3-GLE.1-EO.c)	Why can it be difficult to express your own needs when communicating with others? (CH09-GR.6-S.3-GLE.1-EO.c)
Attention to the interconnections between physical, mental, social, emotional and spiritual health can provide for a "balanced" life and total wellness. (CH09-GR.6-S.3- GLE.1-EO.a;IQ.1)	What are the components of the health triangle? (CH09- GR.6-S.3-GLE.1-EO.a;IQ.1)	What might happen if the components of the triangle are out of balance? (CH09-GR.6-S.3-GLE.1-EO.a,d,e,f;IQ.1)
The analysis of the impact of feelings and emotions on behavior can result in better choices and personal growth. (CH09-GR.6-S.3-GLE.1-EO.b,d,e,f)	What are the connections between feelings and behavior? (CH09-GR.6-S.3-GLE.1-EO.b)	How do your own feelings impact your behavior? (CH09- GR.6-S.3-GLE.1-EO.b)

Critical Content:	Key Skills:
My students will Know	My students will be able to (Do)
 The interrelationship of physical, mental, emotional, social and spiritual health. (CH09-GR.6-S.3-GLE.1-EO.a) The relationship between feelings and behavior. (CH09-GR.6-S.3-GLE.1-EO.b) Appropriate expressions of needs, wants and feelings (CH09-GR.6-S.3-GLE.1-EO.c) The causes, symptoms and effects of stress, anxiety and depression (CH09-GR.6-S.3-GLE.1-EO.d) Feelings and emotions such as depression, sadness, hopelessness, loss and grief (CH09-GR.6-S.3-GLE.1-EO.e,f) The resources for someone feeling depression, sadness, hopelessness, loss or grief. (CH09-GR.6-S.3-GLE.1-EO.e,f) Decision making skills (CH09-GR.6-S.3-GLE.1-EO.e,f) 	 Analyze the relationship between feelings and behavior (CH09-GR.6-S.3-GLE.1-EO.b) Identify the causes, symptoms and effects of anxiety and depression, loss, and grief (CH09-GR.6-S.3-GLE.1-EO.d) Utilize adult and community resources when feeling depression, sadness, loss and grief (CH09-GR.6-S.3-GLE.1-EO.e,f) Utilize decision making model when confronted with feelings of depression, sadness, hopelessness, loss or grief. (CH09-GR.6-S.3-GLE.1-EO.e,f) Demonstrate appropriate ways to express needs, wants and feelings. (CH09-GR.6-S.3-GLE.1-EO.c)

Critical Language: includes the Academic and Technical vocabulary, semantics, and discourse which are particular to and necessary for accessing a given discipline. EXAMPLE: A student in Language Arts can demonstrate the ability to apply and comprehend critical language through the following statement: "Mark Twain exposes the hypocrisy of slavery through the use of satire."					
ability to apply and comp	A student in can demonstrate the ability to apply and comprehend critical language and communicate the intent for positive choices involving mental health.				
Academic Vocabulary:	Feelings, Emotions, Behaviors, Decision-making, Communication, Resources, Choices, Influences, Support Systems, Symptom, Balance, Expression, Perception				
Technical Vocabulary:	nical Vocabulary: Health Triangle, Depression, Mental Health, Anxiety, Wellness				

Unit Title	Healthy Bodies		Length of Unit	
Focusing Lens(es)	Balance	Standards and Grade Level Expectations Addressed in this Unit	CH09-GR.6-S.2-GLE.1, CH09-GR.6-S.2-GLE.4 CH09-GR.6-S.3-GLE.1	
Inquiry Questions (Engaging- Debatable):	 What motivates kids to adopt and maintain a balanced healthy lifestyle? (CH09-GR.6-S.2-GLE.4-EO.b, c) If food is labeled with nutritional information all over the country, why do some states have higher rates of obesity? (CH09-GR.6-S.2-GLE.1-EO.a,b;IQ.1,2) How does posting nutritional information on products and in restaurants change behavior? (CH09-GR.6-S.2-GLE.1-EO.c;IQ.3) How does personal responsibility and access to reliable information impact vision, hearing and skin health? (CH09-GR.6-S.2-GLE.4-EO.c,d;RA.2) 			
Unit Strands	Physical and Personal Wellness Emotional and Social Wellness			
Concepts	Decision making, Culture, Emotions, Exercise, Consequences, Valid Resources, Influences, Safety, Balance, Media			

Generalizations	Guiding Questions		
My students will Understand that	Factual	Conceptual	
The access to valid resources supports decisions about nutrition, exercise and safety and enables a person to maintain a balanced lifestyle. (CH09-GR.6-S.2-GLE.1-EO.a)	How do you differentiate between valid and non-valid resources about nutrition, exercise and safety? (CH09-GR.6-S.2-GLE.1EO.a,b,c)	Whose responsibility is it to make sure valid information is distributed to consumers? (CH09-GR.6-S.2-GLE.1- EO.a,b,c)	
Contemporary media may provide inaccurate nutritional information regarding food and eating habits. (CH09- GR.6-S.2-GLE.1-EO.a,b)and (CH09-GR.6-GLE.4-EO.a,b)	What are the advertising strategies that are used to influence nutrition decision? (CH09-GR.6-S.2-GLE1- EO.a,b)	How have current health trends been impacted by the media? How are cultural norms influenced?	
Emotions and reactions to emotions can impact nutrition/exercise decisions which lead to short and long term health consequences. (CH09-GR.6- S.2-GLE.1- EO.a,b)and (CH09-GR.6- S.2-GLE.4-EO.a,b)	What are the short and long term consequences of a sedentary lifestyle?	How are exercise and nutrition influenced by emotions? (CH09-GR.6- S.3-GLE.1-EO.a)	
Positive personal hygiene practices increase a person's confidence, promote health and help maintain social relationships. (CH09-GR.6-S.2-GLE.4-EO.d;RA.1)	What are some norms in the United States that are centered on personal hygiene? (CH09-GR.6-S.2- GLE.4-EO.d)	In regards to hygiene and safety, how are cultural norms beneficial or detrimental? (CH09-GR.6-S.2-GLE.4- EO.c, d)	

Critical Content:	Key Skills:
My students will Know	My students will be able to (Do)
 The difference between accurate and inaccurate sources of nutrition information. (CH09-GR.6-S.2-GLE.1-EO.a,c) (ex: nutrition labels) The components in a nutrition label. (CH09-GR.6- S.2-GLE.1-EO.b) (ex: serving size) The national guidelines for balanced nutrition and physical activity. (CH09-GR.6-S.2-GLE.4-EO.a) (ex; myplate.gov) The short and long-term benefits and consequences of healthy eating and physical activity. (CH09-GR.6-S.2-GLE.4-EO.b) (ex: heart disease) The interconnectedness of physical, mental, social, emotional and spiritual health. (CH09-GR.6-S.3-GLE.1-EO.a) (ex: health triangle) Personal strategies for sun damage prevention as well as hearing and vision damage. (CH09-GR.6-S.2-GLE.4-EO.c;RA.2) (ex: wearing sun screen) The benefits of good hygiene practices (CH09-GR.6-S.2-GLE.4-EO.d) (ex: cleanliness) 	 Use understanding of nutrition information to make informed eating decisions. (CH09-GR.6-S.2-GLE.1-EO.a) Evaluate the nutrition information on food labels to compare products. (CH09-GR.6-S.2-GLE.1-EO.b) Demonstrate the ability to access people or sources of accurate information and reliable advice regarding healthy eating. (CH09-GR.6-S.2-GLE.1-EO.c) Maintain balanced nutrition and physical activity based on knowledge of short and long term benefits and consequences. (CH09-GR.6- S.2-GLE.1-EO.d,e;RA.1) Analyze strategies for reducing sun, hearing and vision damage. (CH09-GR.6- S.2-GLE.4-EO.c;RA.2) Practice good personal hygiene. (CH09-GR.6- S.2-GLE.4-EO.d)

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ability to apply and comp	A student in can demonstrate the ability to apply and comprehend critical language influence my decision-making regarding nutrition, exercise and personal safety.			
Academic Vocabulary:	Media, Culture, Influences, Valid and Reliable Information, Consequences, Benefits, Decision-making, Safety, Risks, Balance			
Technical Vocabulary:	Vocabulary: Nutrition, Nutrients, Obesity, Hygiene, Dietary Guidelines, Heart Disease, Diabetes, Physical Activity			

Unit Title	Media Messages and Your Health		Length of Unit	2 weeks
Focusing Lens(es)	Information/Awareness Standards and Grade Level Expectations Addressed in this Unit		CH09-GR.6-S.4-GLE.1, CH09-GR.6-S.4-GLE.2	
Inquiry Questions (Engaging- Debatable):	 If everyone had the most accurate information available, would they still use alcohol or tobacco? (CH09-GR.6-S.4-GLE.1-IQ.1) What would you say to a friend to ask you to have a cigarette? (CH09-GR.6-S.4-GLE.2-EO.b;IQ.2) 			
Unit Strands	Prevention and Risk Management			
Concepts	Risks, Effects, Decision-making, Influences, Media, Behaviors, Information, Choice, Perception, Reality, Refusal Skills, Communication, Wellness			

Generalizations My students will Understand that	Guiding Questions Factual Conceptual		
Media and advertising can powerfully influence individuals' decision-making around alcohol or tobacco use. (CH09-GR.6-S.4-GLE.1-EO.d)	What do advertisements mean when they say "drink responsibly? (CH09-GR.6-S.4-GLE.1-EO.e)	Who has the greatest influence over your decisions about tobacco and alcohol use? (CH09-GR.6-S.4- GLE.1-EO.b,d)	
Media and social perceptions/portrayals may or may not depict the realities and consequences of alcohol use and abuse. (CH09-GR.6-S.4-GLE.1-EO.f)	What type of influences do social networks provide about alcohol and tobacco use? (CH09-GR.6-S.4- GLE.1-RA.1)	What is your perception of the effects of tobacco, alcohol and other drugs on your physical and mental health?	
Refusal skills can result in positive outcomes for individuals' social and personal wellness (CH09-GR.6-S.4- GLE.2-EO.a,b,e)	What are some positive alternatives to substance use? (CH09-GR.6-S.4-GLE.2-EO.d)	What type of refusal skills do you use to avoid alcohol, tobacco and other drugs?	
Positive interpersonal communications/relationships require accurate information and the development of refusal, conflict resolution, and decision-making skills (CH09-GR.6-S.4-GLE.2-EO.d;N.2)	How may substance use and abuse affect relationships? (CH09-GR.6-S.4-GLE.2-EO.c)	Why is it important to be accountable for decisions about substance use? (CH09-GR.6-S.4-GLE.2-EO.a;IQ.1)	

			Key Skills: My students will be able to (Do)	
 Decision-making skills (CH09-GR.6-S.4-GLE.2-EO.a) Positive alternatives (CH09-GR.6-S.4-GLE.2-EO.d) Substance free (CH09-GR.6-S.4-GLE.2-EO.a) Internal and external influences (CH09-GR.6-S.4-GLE.1-EO.a,b) Information (CH09-GR.6-S.4-GLE.1-d,e,f;IQ.2) Critical Language: includes the Academic and Technical vocabulary, semantics, and disc EXAMPLE: A student in Language Arts can demonstrate the ability to apply and compre 		cabulary, semantics, and disc		
			n-making skills to obtain accurate information about the short-term and long-term acco, alcohol and other drug use.	
Academic Vocabulary:	Risks, Effects, Validity, Decision-making, Influences, Media, Behaviors, Information, Choice, Communication		haviors, Information, Choice, Communication	
Technical Vocabulary:	Perception, Reality, Refusal skills			

Unit Title	Communication is the Key		Length of Unit	2 Weeks
Focusing Lens(es)	Decision-Making/Relationships	Standards and Grade Level Expectations Addressed in this Unit	CH09-GR.6-S.2-GLE.2 CH09-GR.6-S.2-GLE.3	
Inquiry Questions (Engaging- Debatable):	 How do you effectively communicate with trusted adults about significant health decisions? (CH09-GR.6-S.2-GLE.3-EO. a;IQ.3) Why are positive relationships important throughout your life? (CH09-GR.6-S.2-GLE.2-EO.a,b;IQ.1,3) Who are the people in your life who influence you the most? (CH09-GR.6-S.2-GLE.2-EO.a;IQ.3;RA.3) 			
Unit Strands	Physical & Personal Wellness			
Concepts	Decisions, Advice, Behavior, Influences, Relationships, Communication, Boundaries, Health, Beliefs,			

Generalizations	Guiding Questions Factual Conceptual		
My students will Understand that		Сопсерний	
Adults can represent important sources of reasoned advice regarding a young person's personal decisions and relationships. (CH09-GR.6-S.2-GLE.2-EO.a;IQ.3;N.1)	How do peer relationships change throughout a person's life? (CH09-GR.6-S.2-GLE.2-EO.b;IQ.1;RA.2)	Who are the most trusted adults in your life?	
Healthy relationships develop when people communicate and understand each others' boundaries. (CH09-GR.6- S.2-GLE.2-EO. a;IQ.3)	What does a person do to minimize conflicts in relationships? (CH09-GR.6-S.2-GLE.2-EO. a, b;IQ.1,2;RA.2)	What qualities make the relationships so strong and positive with your best friends? (CH09-GR.6-S.2-GLE.2-EO.a,b;IQ.1,2;RA.2)	
Sexual health decisions and activities should reflect and maintain personal physical, social, and emotional boundaries and beliefs. (CH09-GR.6-S.2-EO.b;IQ.2;N.2)	What are some of the physical, social and emotional impacts of adolescent sexual activity? (CH09-GR.6-S.2-EO.b;IQ.2;N.2)	How do I figure out my personal beliefs about sexual activity? (CH09-GR.6-S.2-EO.a,b;IQ.2)	
Risky sexual behavior may increase the likelihood of an unintended pregnancy and/or the chances of contracting HIV/AIDS or sexually transmitted infections (CH09-GR.6- S.2-EO. c)	Why is it important to learn about sexual issues and how infections can have long term impacts to a person's overall health? (CH09-GR.6-S.3-EO.c,d;N.1)	How can commercials, movies and friends influence my thoughts and behavior about sexual activity and relationships? (CH09-GR.6-S.3-EO.a,b;RA.1)	

Critical Content:	Key Skills:
My students will Know	My students will be able to (Do)
 The benefits of healthy relationships. (CH09-GR.6-S.2-GLE.2-EO.a) The influence of peer relationships during adolescence (CH09-GR.6-S.2-GLE.2-EO.b) Sexual feelings common to young adolescents. (CH09-GR.6-S.2-GLE.3-EO.a) Possible physical, social and emotional impacts of adolescent sexual activity. (CH09-GR.6-S.2-GLE.3-EO.b) HIV/AIDS, sexually transmitted infections (STIs), or unintended pregnancy risks (CH09-GR.6-S.2-GLE.3-EO.c) Clear expectations, boundaries and personal safety strategies. (CH09-GR.6-S.2-GLE.3-EO.d) 	 Differentiate between having sexual feelings and acting on them. (CH09-GR.6-S.2-GLE.3-EO.a) Understand the importance of healthy peer relationships. (CH09-GR.6-S.2-GLE.2-EO. a;IQ.3) Demonstrate how to communicate clear expectations, boundaries and personal expectations. (CH09-GR.6-S.2-GLE.3-EO.d) Identify unhealthy behaviors that place a person at risk for STIs, HIV/AIDS or unintended pregnancies. (CH09-GR.6-S.2-GLE.3-EO.c)

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A student in can demonstrate the ability to apply and comprehend critical language that will have short term and long term effects on my life.		It is my responsibility to make healthy decisions regarding peer relationships, sexual activity and personal boundaries that will have short term and long term effects on my life.
Academic Vocabulary:	Decisions, Advice, Behavior, Influences, Relationships, Communication, Boundaries, Beliefs	
Technical Vocabulary:	Sexually Transmitted Infections, Health, HIV/AIDS	

Unit Title	Positive Communication in Times of Conflict		Length of Unit	1 week
Focusing Lens(es)	Conflict	Standards and Grade Level Expectations Addressed in this Unit	CH09-GR.6-S. 4-GLE.3	
Inquiry Questions (Engaging- Debatable):	 How can a person minimize conflict and reduce the risk of violence? (CH09-GR.6-S.4-GLE.3-EO. b,c,d,g) What are positive and negative effects of weapons on society? (CH09-GR.6-S.4-GLE.3-EO.f;RA.1) What situations lead to physical fighting and violence? (CH09-GR.6-S.4-GLE.3-EO.a,b,f;IQ.1) Why is it my job to stop violence? (CH09-GR.6-S.4-GLE.3-EO.b;IQ.4) Does a person ever deserve to be a victim of bullying or violence? (CH09-GR.6-S.4-GLE.3-EO.b) 			
Unit Strands	Prevention and Risk Management			
Concepts	Media, Violence, Culture, Peer Pressure, Refusal Skills, Consequences, Influences, Interpersonal, Communication, Bullying, Weapons, Advocacy, Conflict, Acceptance, Empowerment, Balance			

Generalizations	Guiding Questions		
My students will Understand that	Factual	Conceptual	
Positive communication can help individuals de-escalate conflict and advocate for victims of harassment, bullying or violence. (CH09-GR.6-S.4-GLE.3-EO.a,b,e;IQ.4)	What are strategies one can use to advocate for a victim of bullying, harassment or violence? (CH09-GR.6- S.4- GLE.3-EO.b,c,g;IQ.4)	Why do students speak up for some victims but not others?	
Media portrayals of violence and weapons can increase (or decrease) cultural acceptance of harassment and bullying. (CH09-GR.6-S.4-GLE.3-EO.b,f)	What are the various media influences in an adolescent's life? (CH09-GR.6- S.4-GLE.3)	Why does violence in the media affect people differently?	
Refusal skills can increase an individual's sense of empowerment which may help minimize the possibility of peer conflict and violence. (CH09-GR.6-S.4-GLE.3- EO.a,c,d,f,g)	What are risky behaviors? (CH09-GR.6- S.4-GLE.3-EO.a) What are the possible consequences of risky behaviors? (CH09-GR.6- S.4- GLE.3-EO.a)	How do people decide whether or not to engage in risky behaviors?	
Balanced emotions and effective communication skills foster healthy relationships in families, schools and communities. (CH09-GR.6- S.4-GLE.3-EO.d, g)	When a situation is emotionally charged, what are the steps of effective communication that one can use? (CH09-GR.6- S.4-GLE.3-EO.d, g)	Why is it difficult to communicate when angry?	

Critical Content:	Key Skills:
My students will Know	My students will be able to (Do)
 The short and long term consequences of violence on perpetrators, victims and bystanders (CH09-GR.6-S.4-GLE.3-EO.a.) The role of bystanders in bullying, fighting, hazing or violent situations (CH09-GR.6-S.4-GLE.3-EO.b) Strategies for physical fighting and violence prevention (CH09-GR.6-S.4-GLE.3-EO.c) A variety of nonviolent techniques for anger management (CH09-GR.6-S.4-GLE.3-EO.d) Trusted adults within a school or community (CH09-GR.6-S.4-GLE.3-EO.e) The dangers of weapons at school. (CH09-GR.6-S.4-GLE.3-EO.g) 	 Discuss ways to use conflict resolution and diffusion techniques to solve conflicts nonviolently. (CH09-GR.6-S.4-GLE.3-EO.b,c,f) Demonstrate positive strategies for coping with anger. (CH09-GR.6- S.4-GLE.3-EO.d) Communicate with a trusted adult when violence or weapons are seen or suspected. (CH09-GR.6-S.4-GLE.3-EO.e,f) Explain the role of bystanders in escalating, preventing or stopping, fighting, bullying, hazing or violence. (CH09-GR.6-S.4-GLE.3-EO.b;IQ.1)

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A student in can demonstrate the ability to apply and comprehend critical language through the following statement(s):		
Academic Vocabulary:	Conflict, Peer Pressure, Trusted Adult, Interpersonal Communication, Resolution, Influences, Media, Emotions, Consequences, Acceptance, Balance	
Technical Vocabulary:	Bullying, Harassment, Violence, Victim, Perpetrators, Bystanders, Hazing, Weapons, Refusal and Negotiating Skills, Empowerment	