

NORTH CAROLINA STANDARD COURSE OF STUDY

Health Education K-9

Strands: MEH-Mental and Emotional Health, PCH-Personal and Consumer Health, ICHR-Interpersonal Communications and Healthy Relationships, NPA-Nutrition and Physical Activity, ANCOD-Alcohol, Nicotine, Cannabis, and Other Drugs

Note: These standards and objectives are not intended to be the curriculum, nor do they indicate the whole of a curriculum which will be written by a local public-school unit (PSU) or school. The standards for this course have been developed to serve as the framework which will guide each PSU in the development of the curriculum for K-9 Health Education.

Mental and Emotional Health	
Standard	Objectives
K.MEH.1 Remember the association of healthy expression of emotions, mental health, and healthy behavior.	K.MEH.1.1 Identify a variety of feelings that people experience and ways of expressing them.
	K.MEH.1.2 Demonstrate personal responsibility for actions and possessions.
	K.MEH.2.1 Remember that mistakes are important for learning.
K.MEH.2 Identify that effort and practice lead to improved skills.	K.MEH.2.2 Remember that practice is needed to improve performance.
Personal and Consumer Health	
Standard	Objectives
K.PCH.1 Demonstrate age-appropriate personal behaviors that promote health and prevent disease.	K.PCH.1.1 Identify that healthy behaviors impact personal health.
	K.PCH.1.2 Use steps of correct hand washing at appropriate times throughout the day.
	K.PCH.1.3 Show proper tooth brushing techniques.
	K.PCH.1.4 Explain rationale for not sharing hygiene products (combs, brushes, toothbrushes).
	K.PCH.1.5 Select and use appropriate clothing according to the weather.

K.PCH.2 Understand necessary steps to prevent and respond to unintentional injury.	K.PCH.2.1 Recognize the meanings of traffic signs and safe practices for being a pedestrian.
	K.PCH.2.2 Explain the benefits of safety equipment including seat belts, booster seats, helmets, mouth guards, shin guards, and flotation devices.
	K.PCH.2.3 Illustrate how to get help in an emergency.
	K.PCH.2.4 Identify appropriate responses to warning signs, sounds, and labels.

Interpersonal Communications and Healthy Relationships Objectives	
Standard	Objectives
K.ICHR.1 Recognize healthy and effective interpersonal communication and relationships.	K.ICHR.1.1 Explain reasons for sharing.
	K.ICHR.1.2 Recognize that all people have inherent value and dignity regardless of differences (disabilities, medical conditions, etc..).
	K.ICHR.1.3 Summarize protective behaviors to use when approached by strangers.
	K.ICHR.1.4 Recognize bullying, teasing, and aggressive behaviors and how to respond.

Nutrition and Physical Activity Objectives	
Standard	Objectives
K.NPA.1 State where food and water come from and their importance to the body.	K.NPA.1.1 Recognize that food that gives us energy.
	K.NPA.1.2 Identify that fruits and vegetables come from plants.
K.NPA.2 State the importance of physical activity for the body.	K.NPA.2.1 List ways to be physically active.

Alcohol, Nicotine, Cannabis, and other Drugs	
Standard	Objectives
K.ANCOD.1 Understand household safety procedures for products and medicines with adult supervision.	K.ANCOD.1.1 Explain what is likely to happen if harmful household products are ingested or inhaled. K.ANCOD.1.2 Recognize that some medications look like candy. K.ANCOD.1.3 Identify adults and professionals who can be trusted to provide safety information about household products and medicines. K.ANCOD.1.4 Use appropriate strategies to access help when needed in emergencies involving household products and medicines.

Mental and Emotional Health	
Standard	Objectives
1.MEH.1 Understand the connection between healthy expressions of emotions, mental wellness, and healthy behaviors.	1.MEH.1.1 Identify appropriate ways to express needs, wants and feelings. 1.MEH.1.2 Describe how different situations impact emotions. 1.MEH.1.3 Utilize effective communication to express and cope with emotions
1.MEH.2 Identify that effort and practice lead to improved skills.	1.MEH.2.1 Identify more than one strategy to solve a problem. 1.MEH.2.2 Identify a resource to get help with solving a problem.

Personal and Consumer Health	
Standard	Objectives
1.PCH.1 List various personal behaviors and practices that promote health and prevent disease.	1.PCH.1.1 Explain that germs produce illness and can be spread from one person to another. 1.PCH.1.2 Demonstrate measures for preventing the spread of germs. 1.PCH.1.3 Summarize the transition between primary and permanent teeth and steps for seeking help for dental problems. 1.PCH.1.4 Model appropriate clothing according to the weather.



<p>1.PCH.2 Understand necessary steps to prevent and respond to unintentional injury.</p>	<p>1.PCH.2.1 Identify and describe situations that cause injury.</p> <p>1.PCH.2.2 Identify items that can cause burns and strategies to prevent fire and burn injury.</p> <p>1.PCH.2.3 Execute the Stop, Drop, and Roll response.</p> <p>1.PCH.2.4 Execute an emergency phone call.</p>
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Interpersonal Communications and Healthy Relationships	
Standard	Objectives
<p>1.ICHR.1 Recognize healthy and effective interpersonal communications and relationship.</p>	<p>1.ICHR.1.1 Explain the importance of demonstrating respect for the personal space and boundaries of others.</p> <p>1.ICHR.1.2 Describe positive characteristics that are unique to each individual.</p> <p>1.ICHR.1.3 Demonstrate how to tell a trusted adult when feeling threatened or unsafe.</p> <p>1.ICHR.1.4 Affirm that anyone who has experienced sexual abuse is not at fault and is not to be blamed or shamed.</p> <p>1.ICHR.1.5 Contrast appropriate and inappropriate touch.</p> <p>1.ICHR.1.6 Demonstrate effective refusal skills, including saying no and moving away to enforce contact boundaries for yourself and others.</p> <p>1.ICHR.1.7 Identify trusted adults within your home, school and community who can be contacted when feeling threatened or harmed.</p>

Nutrition and Physical Activity	
Standard	Objectives
<p>1.NPA.1 Describe where food and water come from and their importance to the body.</p>	<p>1.NPA.1.1 Name the reasons why we need to drink water.</p> <p>1.NPA.1.2 Explore a variety of foods and why it's important to eat them.</p> <p>1.NPA.1.3 Categorize the sources of a variety of foods.</p>



1.NPA.2 Recognize the benefits of physical activity for the body.	1.NPA.2.1 List physical activities that are beneficial to your body.
	1.NPA.2.2 Describe enjoyable physical activities that can be done inside and outside of school.

Alcohol, Nicotine, Cannabis, and Other Drugs	
Standard	Objectives
1.ANCOD.1 Understand household safety procedures for products and medicines with adult supervision.	1.ANCOD.1.1 Recognize the harmful effects of medicine when used incorrectly.
	1.ANCOD.1.2 Recognize how to behave safely with medicines and household cleaners.
	1.ANCOD.1.3 Classify products as harmful or safe.
	1.ANCOD.1.4 Summarize strategies for reporting harmful substances.

Mental and Emotional Health	
Standard	Objectives
2.MEH.1 Demonstrate healthy expression of emotions, mental wellness, and healthy behavior.	2.MEH.1.1 Demonstrate appropriate ways to express needs, wants and feelings.
	2.MEH.1.2 Identify behaviors to avoid risk and promote mental wellness.
	2.MEH.1.3 Examine the influence of peers, media, social media, technology, and the family on feelings, emotions, and behaviors.
2.MEH.2 Explain how challenges are opportunities for growth.	2.MEH.2.1 Model accessing a resource to get help with solving a problem.
	2.MEH.2.2 Recount at least two strategies to solve a problem.
	2.MEH.2.3 Identify strategies that can be applied to various situations to promote resiliency.



Personal and Consumer Health	
Standard	Objectives
2.PCH.1 Explain personal behaviors and practices that promote health and prevent disease.	2.PCH.1.1 Recall the benefits of good dental health. 2.PCH.1.2 Execute the proper techniques for brushing teeth. 2.PCH.1.3 Define sleep and its contribution to overall well-being. 2.PCH.1.4 Identify ways to prevent the spread of germs that cause common communicable diseases. 2.PCH.1.5 Explain the dangers associated with excessive sun exposure (e.g., sun burn, damage to eyes, skin cancer) and methods for protecting oneself from these dangers.

Interpersonal Communication and Healthy Relationships	
Standard	Objectives
2.ICHR.1 Identify healthy and effective interpersonal communications and relationships to enhance wellbeing.	2.ICHR.1.1 Describe characteristics of a trusted friend. 2.ICHR.1.2 Demonstrate techniques of active listening. 2.ICHR.1.3 Identify the characteristics of bullying and develop skills to respond appropriately. 2.ICHR.1.4 Exemplify how to communicate with others with kindness and respect.

Nutrition and Physical Activity	
Standard	Objectives
2.NPA.1 Explain where food and water come from and their importance to the body.	2.NPA.1.1 Explain the importance of eating a variety of foods from different groups according to the USDA. 2.NPA.1.2 Classify foods into groups according to USDA. 2.NPA.1.3 Describe the body's signals when you are hungry and thirsty. 2.NPA.1.4 Explain what is enjoyable about eating a meal with family and friends. 2.NPA.2.1 Explain why the body needs daily physical activity.



Alcohol, Nicotine, Cannabis, and Other Drugs	
Standard	Objectives
2.ANCOD.1 Understand household safety procedures for products and medicines with adult supervision.	2.ANCOD.1.1 Define medication and ways that it can be helpful and harmful. 2.ANCOD.1.2 Identify the importance of following healthcare provider directions with medications.

Mental and Emotional Health	
Standard	Objectives
3.MEH.1 Explore characteristics of healthy expression of emotions, mental wellness, and personal awareness that contribute to wellbeing.	3.MEH.1.1 Identify the body's physical response and appropriate ways to express needs, wants, and feelings. 3.MEH.1.2 Elaborate on the influence of peers, social media, technology, and the family on feelings, emotions, and behaviors. 3.MEH.1.3 Explore strategies that can be applied to promote a growth mindset and resiliency.
3.MEH.2 Explain how challenges are opportunities for growth.	3.MEH.1.4 Summarize how to access resources for assistance with feelings, various challenges, and mental wellness. 3.MEH.2.1 Describe how persistent effort and trying alternate strategies can help solve a problem. 3.MEH.2.2 List at least two resources for help to solve a challenging problem.
3.MEH.3 Define stress and understand how positive and negative stressors can affect wellbeing.	3.MEH.3.1 Explain how positive stress management techniques are beneficial for your overall wellness. 3.MEH.3.2 Construct a list of positive self-management techniques and resources you can use to cope with stress.

Personal and Consumer Health	
Standard	Objectives
3.PCH.1 Apply personal behaviors and practices that promote health and prevent disease.	3.PCH.1.1 Recognize plaque and lack of dental hygiene result in gum disease and cavities. 3.PCH.1.2 Implement proper flossing to prevent tooth decay and gum disease.



	3.PCH.1.3 Explain the importance of personal hygiene in supporting one's health.
	3.PCH.1.4 Examine the importance of sleep and regular physical activity.
3.PCH.2 Understand necessary steps to prevent and respond to unintentional injury.	3.PCH.2.1 Use methods for prevention of common unintentional injuries.
	3.PCH.2.2 Summarize methods that increase and reduce injuries in and around water.
	3.PCH.2.3 Identify ways to reduce injuries from firearms.
	3.PCH.2.4 Implement a plan to escape fire at home while avoiding smoke inhalation.

Interpersonal and Consumer Health	
Standard	Objectives
3.ICHR.1 Explain healthy and effective interpersonal communications and relationships to enhance wellbeing.	3.ICHR.1.1 Identify behaviors that promote healthy relationships with families and peers.
	3.ICHR.1.2 Demonstrate effective communication skills and personal boundaries to enhance respect and well-being for others and self.
	3.ICHR.1.3 Recognize the causes of conflict and apply appropriate strategies for resolution.

Nutrition and Physical Activity	
Standard	Objectives
3.NPA.1 Recall why the body needs a variety of foods.	3.NPA.1.1 Recall the food groups and what foods are in each food group, according to the USDA.
	3.NPA.1.2 Identify food group components of a variety of example meals.
	3.NPA.1.3 Categorize different activities for all levels of ability in order to promote overall wellness.
3.NPA.2 Investigate factors that influence which foods we eat.	3.NPA.2.1 List the factors that influence which foods you eat.
	3.NPA.2.2 List the body's signals when you are hungry and thirsty.
3.NPA.3 Examine the benefits of physical activity.	3.NPA.3.1 Categorize different activities for all levels of ability in order to promote overall wellness.



Alcohol, Nicotine, Cannabis, and Other Drugs	
Standard	Objectives
3.ANCOD.1 Apply household safety procedures for products and medicines with adult supervision.	3.ANCOD.1.1 Summarize how medications can help with common health problems.
3.ANCOD.2 Apply strategies involving risk reduction behaviors to protect self and others from the negative effects of alcohol, nicotine, and other drugs.	3.ANCOD.1.2 Explain the consequences of disregarding medical recommendations for prescription and nonprescription medications. 3.ANCOD.2.1 Recognize refusal skills when confronted or pressured to use alcohol, nicotine, cannabis, or other drugs. 3.ANCOD.2.2 Identify refusal skills when personal safety is at risk.

Mental and Emotional Health	
Standard	Objectives
4.MEH.1 Examine characteristics of healthy expression of emotions, mental wellness, and personal awareness that contribute to wellbeing.	4.MEH.1.1 Identify strategies that can be adapted when dealing with a challenging problem. 4.MEH.1.2 Identify growth mindset strategies for everyday problems.
4.MEH.2 Summarize positive and negative stressors to promote wellbeing.	4.MEH.1.3 Explore individual character strengths that contribute to mental wellness. 4.MEH.2.1 Determine personal positive and negative stressors. 4.MEH.2.2 Explore personal positive stress management strategies.

Personal and Consumer Health	
Standard	Objectives
4.PCH.1 Apply personal behaviors and practices that promote health and prevent disease.	4.PCH.1.1 Compare methods that prevent the spread of germs. 4.PCH.1.2 Inspect factors which lead to insufficient sleep and regular physical activity. 4.PCH.1.3 Recognize and respond to obvious symptoms of common childhood illnesses and conditions such as asthma, allergies, diabetes, and epilepsy. 4.PCH.1.4 Implement a personal dental health plan.



4.PCH.2 Understand necessary steps to prevent and respond to unintentional injury.	4.PCH.2.1 Identify personal protection equipment needed for sports or recreational activities.
4.PCH.3 Understand body systems and organs, their functions, and their care.	4.PCH.2.2 Illustrate skills for providing first aid for choking victims (including the Heimlich maneuver). 4.PCH.3.1 Identify the basic components and functions of the respiratory system. 4.PCH.3.2 Summarize habits to care for the skin.

Interpersonal Communication and Healthy Relationships	
Standard	Objectives
4.ICHR.1 Apply healthy and effective interpersonal communications and relationships to enhance wellbeing.	4.ICHR.1.1 Demonstrate respect and empathy for others. 4.ICHR.1.2 Interpret non-verbal communications of others. 4.ICHR.1.3 Apply appropriate strategies for conflict resolution for conflict/bullying. 4.ICHR.1.4 Categorize characteristic of healthy and unhealthy situations.
4.ICHR.2 Understand the changes that occur during puberty and adolescence.	4.ICHR.2.1 Summarize physical and emotional changes during puberty. 4.ICHR.2.2 Recognize that individuals experience puberty at different rates (early, average, late).

Nutrition and Physical Activity	
Standard	Objectives
4.NPA.1 Interpret tools to apply nutrition information.	4.NPA.1.1 Using a school lunch or breakfast menu, plan a meal that includes 3-5 different food groups. 4.NPA.1.2 Explain that foods are generally grouped into food groups based on the nutrients they provide.
4.NPA.2 Investigate what affects which foods we eat.	4.NPA.2.1 Evaluate influences that affect the food you eat. 4.NPA.2.2 List measures to prevent food borne illnesses, including washing hands and food storage methods.

<p>4.NPA.3 Compare the benefits of different activities for your body to promote wellness.</p>	<p>4.NPA.3.1 Identify short- and long-term benefits of moderate and vigorous physical activity such as improving mood, self-esteem, attention, cognitive performance, cardiovascular health, strength, endurance, flexibility, and reducing risks for chronic diseases.</p> <p>4.NPA.3.2 Describe the benefits of drinking water before, during, and after physical activity.</p>
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Alcohol, Nicotine, Cannabis, and Other Drugs	
Standard	Objectives
<p>4.ANCOD.1 Understand health risks associated with the use of nicotine products.</p>	<p>4.ANCOD.1.1 Summarize the short-term and long-term effects of nicotine products.</p> <p>4.ANCOD.1.2 Explain why nicotine products are addictive.</p>
<p>4.ANCOD.2 Understand why people use nicotine products.</p>	<p>4.ANCOD.2.1 Identify possible personal and societal influences on nicotine use.</p> <p>4.ANCOD.2.2 Analyze the use of various marketing strategies to influence people to purchase various nicotine products.</p>
<p>4.ANCOD.3 Apply risk reduction behaviors to protect self and others from alcohol, nicotine, cannabis, and other drug use.</p>	<p>4.ANCOD.3.1 Identify refusal skills to resist the pressure to experiment with a variety of nicotine products.</p> <p>4.ANCOD.3.2 Select strategies to use in avoiding situations in which smoked and electronic nicotine products are being used to minimize exposure to secondhand smoke and aerosol.</p>

Mental and Emotional Health	
Standard	Objectives
<p>5.MEH.1 Summarize strategies to address persistent, challenging or negative thoughts and emotions.</p>	<p>5.MEH.1.1 Identify ways to cope with challenging situations.</p> <p>5.MEH.1.2 Identify a parent, caregiver, or trusted adult to talk with about feelings.</p> <p>5.MEH.1.3 Describe how the expression of emotions or feelings can help or hurt oneself or others.</p>
<p>5.MEH.2 Investigate positive stress management strategies.</p>	<p>5.MEH.2.1 Compare and contrast personal current and newly identified stress management strategies.</p> <p>5.MEH.2.2 Implement new positive stress management strategies.</p>



5.MEH.3	Develop growth mindset strategies for everyday problems.	5.MEH.3.1 Explain how practicing a growth mindset can help solve challenging problems.
		5.MEH.3.2 Explain the importance of adjusting strategies and persistent effort to solve problems.

Personal and Consumer Health		
Standard	Objectives	
5.PCH.1 Utilize personal behaviors and practices that promote health and prevent disease.	5.PCH.1.1 Develop a personal hygiene plan.	
	5.PCH.1.2 Outline personal strategies to obtain sufficient sleep and regular physical activity.	
	5.PCH.1.3 Discuss the benefits of sunlight, and the importance of taking measures to prevent sunburn.	
5.PCH.2 Understand necessary steps to prevent and respond to unintentional injury.	5.PCH.2.1 Implement safety strategies to avoid causing injury to self and others.	
5.PCH.3 Understand body systems and organs, functions, and their care.	5.PCH.3.1 Summarize the functions of the organs which make up the digestive system.	
	5.PCH.3.2 Interpret the relationship between and among the vessels and organs of the circulatory system.	

Interpersonal Communication and Healthy Relationships		
Standard	Objectives	
5.ICHR.1 Analyze healthy and effective interpersonal communications and relationships to enhance wellbeing.	5.ICHR.1.1 Recognize the dangers of communicating with known and unknown peers and adults within the community and online.	
	5.ICHR.1.2 Identify trusted adults and resources for assistance with unhealthy communication with peers, adults, and strangers within the community and online.	
	5.ICHR.1.3 Categorize the factors of a healthy relationship with peers, family, and adults.	
	5.ICHR.1.4 Model appropriate strategies for conflict resolution for conflict/bullying.	
5.ICHR.2 Summarize the changes that occur during puberty and adolescence.	5.ICHR.2.1 Define physical, mental-emotional, and cognitive changes.	
	5.ICHR.2.2 Identify valid accurate sources of information about puberty and development.	



	5.ICHR.2.3 Define the function of female and male reproductive systems.
	5.ICHR.2.4 Identify peers, adults, resources, and cultural influences that can impact behavioral choices and feelings regarding one's reproductive health.
	5.ICHR.2.5 Analyze media messages as they relate to their influence on perceptions about desirable bodies.

Nutrition and Physical Activity	
Standard	Objectives
5.NPA.1 Use tools and resources to interpret nutrition information.	5.NPA.1.1 Name the significant nutrients that each food group provides. 5.NPA.1.2 Using the USDA Food Groups (MyPlate) plan a meal with 3-5 food groups included. 5.NPA.1.3 Calculate nutrients based on the components of a Nutrition Facts label.
5.NPA.2 Investigate what affects which foods we eat.	5.NPA.2.1 Describe how family and culture influence food choices, other eating practices, and enjoyment of food. 5.NPA.2.2 Describe how school and community settings influence food choices and other eating practices and behaviors. 5.NPA.2.3 Describe how media/technology influence what and how we eat.
5.NPA.3 Evaluate the benefits of different activities for your body to promote wellness.	5.NPA.3.1 Develop a plan to implement a variety of physical activities into your daily routine that includes warm-up, stretching, and proper hydration.

Alcohol, Nicotine, Cannabis, and Other Drugs	
Standard	Objectives
5.ANCOD.1 Understand health risks associated with using alcohol, nicotine, cannabis, and other drugs.	5.ANCOD.1.1 Explain the short-term and long-term effects of alcohol, nicotine, and cannabis misuse. 5.ANCOD.1.2 Understand the effects of alcohol and cannabis misuse on others.
5.ANCOD.2 Recognize why people misuse alcohol, nicotine, cannabis, and other drug products.	5.ANCOD.2.1 Identify personal and societal influences to use alcohol, nicotine, cannabis, and other drug products.

	<p>5.ANCOD.2.2 Analyze the use of various marketing strategies to influence people to use alcohol, nicotine, cannabis, and other drug products.</p>
<p>5.ANCOD.3 Apply risk reduction behaviors to protect oneself and others from alcohol, nicotine, cannabis, and other drug misuse.</p>	<p>5.ANCOD.3.1 Use refusal skills to resist the pressure to experiment with alcohol, nicotine, cannabis, and other drugs.</p> <p>5.ANCOD.3.2 Create a plan for maintaining a drug-free lifestyle that includes challenges to the plan and ways of overcoming the challenges.</p>

Mental and Emotional Health	
Standard	Objectives
<p>6.MEH.1 Analyze the impact of health-related decisions on mental and emotional health.</p>	<p>6.MEH.1.1 Recognize that cognitive maturity is not fully reached until the late 20s; therefore, guidance from trusted adults is beneficial and should be sought for healthy decision-making.</p>
<p>6.MEH.2 Demonstrate a variety of positive stress management techniques.</p>	<p>6.MEH.1.2 Determine when health-related situations require the application of a thoughtful decision-making process.</p> <p>6.MEH.1.3 Develop a goal to adopt, maintain, or improve a personal mental health practice.</p> <p>6.MEH.2.1 Compare and contrast positive and negative stress management techniques.</p> <p>6.MEH.2.2 Create a personal stress management plan.</p>
<p>6.MEH.3 Analyze the relationship between healthy expression of emotions, mental health, and healthy behaviors.</p>	<p>6.MEH.3.1 Reframe a challenge or setback as an opportunity for growth.</p> <p>6.MEH.3.2 Analyze the relationship between health-enhancing behaviors and navigating challenges.</p>

Personal and Consumer Health	
Standard	Objectives
<p>6.PCH.1 Demonstrate age and developmentally appropriate practices that promote health and prevent or reduce the risk of disease.</p>	<p>6.PCH.1.1 Differentiate between communicable and chronic diseases.</p> <p>6.PCH.1.2 Recall symptoms associated with common communicable and chronic diseases.</p> <p>6.PCH.1.3 Identify methods of prevention based on the modes of transmission of communicable diseases.</p> <p>6.PCH.1.4 Summarize the triggers and symptoms for asthma and strategies for controlling asthma.</p>



<p>6.PCH.2 Develop health literacy through the examination of health claims and products.</p>	<p>6.PCH.2.1 Interpret health-related product information with a trusted adult to determine the benefits and risks.</p> <p>6.PCH.2.2 Analyze the validity of health information from print and electronic sources.</p>
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Interpersonal Communication and Healthy Relationships	
Standard	Objectives
<p>6.ICHR.1 Use skills for communicating effectively with family, peers, and others to enhance health.</p>	<p>6.ICHR.1.1 Distinguish when individual or collaborative decision making is appropriate.</p> <p>6.ICHR.1.2 Demonstrate the use of verbal and nonverbal communication skills.</p> <p>6.ICHR.1.3 Demonstrate how to effectively communicate kindness, empathy, compassion, and respect for others.</p>
<p>6.ICHR.2 Apply strategies and skills for developing and maintaining healthy relationships.</p>	<p>6.ICHR.2.1 Explain how the physical and hormonal changes during puberty affect social relationships.</p> <p>6.ICHR.2.2 Discuss male and female sexual maturity as it relates to conception.</p>
<p>6.ICHR.3 Summarize the changes that occur during puberty and adolescence.</p>	<p>6.ICHR.3.1 Analyze the outcomes of a health-related decision regarding sexual activity.</p> <p>6.ICHR.3.2 Examine the responsibilities of parenthood or guardianship.</p> <p>6.ICHR.3.3 Demonstrate refusal and negotiation skills that avoid or reduce health risks.</p> <p>6.ICHR.3.4 Identify trusted resources to report sexual harassment and bullying.</p> <p>6.ICHR.3.5 Summarize strategies for predicting and avoiding conflict.</p> <p>6.ICHR.3.6 Design nonviolent solutions to conflicts based on an understanding of the perspectives of those involved in the conflicts.</p> <p>6.ICHR.3.7 Compare and contrast the signs of healthy and unhealthy relationships.</p>

Nutrition and Physical Activity	
Standard	Objectives
6.NPA.1 Compare tools such as Dietary Guidelines and the Nutrition Facts Label as they relate to the planning of healthy nutrition and physical activity.	6.NPA.1.1 Attribute the prevention of nutrition-related diseases to following the Dietary Guidelines for Americans.
	6.NPA.1.2 Evaluate food choices using Nutrition Facts labels.
	6.NPA.1.3 Apply current dietary guidelines for meal planning with a variety of food choices.
6.NPA.2 Explore the benefits of consuming a variety of foods and beverages.	6.NPA.2.1 Identify the six essential nutrients to make informed decisions regarding healthy eating.
	6.NPA.2.2 Compare the nutrients in a variety of beverages.
	6.NPA.2.3 Discuss the benefits of consuming foods high in fiber.
6.NPA.3 Apply lifelong nutrition and health-related fitness concepts to enhance quality of life.	6.NPA.3.1 Explain the relationships between food consumption, physical activity, and overall health.
	6.NPA.3.2 Design a personal wellness plan addressing nutrition and physical activity to enhance quality of life.

Alcohol, Nicotine, Cannabis, and Other Drugs	
Standard	Objectives
6.ANCOD.1 Summarize the health risks associated with alcohol, nicotine products, cannabis, and other drug use.	6.ANCOD.1.1 Explain potential consequences of using any nicotine products, including vaping.
	6.ANCOD.1.2 Identify benefits of a smoke/vape-free and nicotine-free environment.
	6.ANCOD.1.3 Analyze family, media, and peer influences on the use, misuse, and avoidance of opioids, alcohol, tobacco, cannabis, and other drugs.
	6.ANCOD.1.4 Describe the potential effects of alcohol, tobacco, cannabis, and other drugs on physical, mental, social health.
6.ANCOD.2 Apply refusal skills to protect self and others from alcohol, nicotine products, cannabis, and other drug use.	6.ANCOD.2.1 Explain the importance of accepting responsibility for personal actions to avoid risk-taking behaviors related to substance abuse.
	6.ANCOD.2.2 Identify the types of support available at school and in the community for substance abuse.
	6.ANCOD.2.3 Examine how health-enhancing and risky behaviors can influence the likelihood of engaging in more of the same behaviors.

Mental and Emotional Health	
Standard	Objectives
7.MEH.1 Analyze the relationship between healthy expression of emotions, mental health, and healthy behaviors.	7.MEH.1.1 Explain how emotions change during adolescence. 7.MEH.1.2 Describe the potential outcomes of impulsive behaviors. 7.MEH.1.3 Identify resources for mental and emotional health.
7.MEH.2 Evaluate positive stress management strategies.	7.MEH.2.1 Assess a variety of stress management techniques. 7.MEH.2.2 Design a stress management plan that is appropriate for the situation and individual traits and skills.
7.MEH.3 Identify help-seeking strategies for mental health challenges.	7.MEH.3.1 Identify numerous resources that would be appropriate for supporting mental health challenges. 7.MEH.3.2 Implement strategies to seek help from a trusted adult for self-destructive thoughts or behaviors.

Personal and Consumer Health	
Standard	Objectives
7.PCH.1 Understand wellness, disease prevention, and recognition of symptoms.	7.PCH.1.1 Explain mental and physical consequences of inadequate rest and sleep. 7.PCH.1.2 Explain the effects of excessive sun exposure on your overall health and the importance of regular skin checks.
7.PCH.2 Analyze the immune system in terms of the organs, their functions, and their interrelationships.	7.PCH.2.1 Describe the parts of the immune system and their purpose. 7.PCH.2.2 Explain how the immune system functions to protect the body. 7.PCH.2.3 Identify strategies to protect your immune system.
7.PCH.3 Demonstrate health literacy when evaluating health claims for misinformation and bias.	7.PCH.3.1 Identify resources that help to make educated decisions on health services and products. 7.PCH.3.2 Discuss misconceptions about health and the efficacy of health products and services.
7.PCH.4 Analyze necessary steps to prevent and respond to unintentional injury.	7.PCH.4.1 Deconstruct the interaction of individual behaviors, the environment, and other factors that cause or prevent injuries.

	7.PCH.4.2 Demonstrate techniques of basic first aid and procedures for treating injuries and emergencies.
	7.PCH.4.3 Design plans that reduce the risk of fire-related injuries at home, in school, and in the community at large.
	7.PCH.4.4 Create a plan to reduce the risk of water-related injuries.

Interpersonal Communication and Healthy Relationships	
Standard	Objectives
7.ICHR.1 Understand healthy and effective interpersonal communications and relationships.	7.ICHR.1.1 Contrast characteristics of healthy and unhealthy relationships.
	7.ICHR.1.2 Predict short-term and long-term consequences of violence to perpetrators, victims, and bystanders.
	7.ICHR.1.3 Demonstrate safe and effective ways to manage and resolve conflict.
	7.ICHR.1.4 Identify risks of becoming a perpetrator or victim of bullying via social media.
	7.ICHR.1.5 Recognize that all people have inherent value and dignity and contribute much in life, regardless of differences.
	7.ICHR.1.6 Choose an appropriate role of bystanders in preventing and stopping bullying and violence.
7.ICHR.2 Explain the physical, social and emotional benefits of choosing to delay sexual activity (abstinence) for young people.	7.ICHR.2.1 Explain how family, peers, culture, media, technology, and other factors can affect sexual health decisions.
	7.ICHR.2.2 Explain that sexual activity includes physical contact between individuals involving intimate/private areas of the body that can potentially result in pregnancy, STIs, and/or emotional risks.
	7.ICHR.3.1 Recognize common STIs (including HIV and HPV), modes of transmission, symptoms, effects if untreated, and methods of prevention.
7.ICHR.3 Apply strategies that develop and maintain reproductive and sexual health.	7.ICHR.3.2 Summarize the safe and effective use of FDA-approved methods of preventing sexually transmitted infections.
	7.ICHR.3.3 List ways that different forms of sexual assault and sexual abuse can physically, mentally, or emotionally harm a person.



	7.ICHR.3.4 Explain sex trafficking and the ways victims are groomed and recruited.
	7.ICHR.3.5 Explain the importance of reporting actual or suspected sexual abuse of self or others to a parent, trusted adult, or local authority.

Nutrition and Physical Activity	
Standard	Objectives
7.NPA.1 Apply resources to plan and employ balanced nutrition and physical activity plans.	7.NPA.1.1 Develop a balanced dietary plan. 7.NPA.1.2 Develop a balanced physical activity plan. 7.NPA.1.3 Identify the health benefits of consuming adequate amounts of water.
7.NPA.2 Identify factors that contribute to the development of chronic illnesses.	7.NPA.2.1 List personal behaviors that are risk factors of chronic illnesses. 7.NPA.2.2 Name the social determinants of health and how they relate to chronic illnesses.
7.NPA.3 Apply healthy nutrition and physical activity concepts to enhance quality of life.	7.NPA.3.1 Design goals for enhancing physical activity and strategies for achieving those goals. 7.NPA.3.2 Implement a personal health plan that balances nutrition and physical activity.

Alcohol, Nicotine, Cannabis, and Other Drugs	
Standard	Objectives
7.ANCOD.1 Analyze the health risks associated with alcohol, nicotine, cannabis, drugs and other mind-altering substances.	7.ACOD.1.1 Explain the link between addiction to alcohol, nicotine, cannabis, drugs, and other mind-altering substances to chronic disease and other risky behaviors. 7.ANCOD.1.2 Explain health risks resulting from injection drug use. 7.ANCOD.1.3 Discuss consequences of over the counter and prescription medicine misuse. 7.ANCOD.1.4 Explain how drug dependence and addiction create barriers to achieving personal goals.
7.ANCOD.2 Explain how drug use can negatively impact decision making and problem solving.	7.ANCOD.2.1 Develop strategies to avoid nicotine products, alcohol, cannabis, and other drugs. 7.ANCOD.2.2 Discuss methods of avoiding peer pressure and social media pressures regarding nicotine products.



Mental and Emotional Health	
Standard	Objectives
8.MEH.1.1 Evaluate how structured thinking benefits emotional well-being.	8.MEH.1.1 Evaluate the uses of defense mechanisms in terms of whether they are healthy or unhealthy.
8.MEH.2 Design a personal plan for both preventing and managing stress and anxiety.	8.MEH.1.2 Explain how personal responsibility for one's choices is linked to self-worth and growth. 8.MEH.2.1 Compare and contrast positive and negative stress management techniques. 8.MEH.2.2 Design a plan to minimize stressors or manage the effects of stress.
8.MEH.3 Apply help-seeking strategies for mental health challenges.	8.MEH.3.1 Identify signs of behaviors that contribute to harm to self or others. 8.MEH.3.2 Create a plan for seeking adult help for yourself or peers who exhibit signs of self-harm or suicidal intent.

Personal and Consumer Health	
Standard	Objectives
8.PCH.1 Understand wellness, disease prevention, and recognition of symptoms.	8.PCH.1.1 Examine risk factors that impact health outcomes throughout the lifespan. 8.PCH.1.2 Explain behavioral and environmental factors that contribute to major chronic diseases and the methods for reducing problems associated with common conditions. 8.PCH.1.3 Determine individual risk for preventable diseases based on personal health data and family history. 8.PCH.1.4 Identify a specific way the environment impacts personal and community health.
8.PCH.2 Apply health literacy skills when examining health claims and products.	8.PCH.2.1 Create an advocacy message about a health topic using valid and reliable information. 8.PCH.2.2 Demonstrate how to influence and support others to make positive health choices.

Interpersonal Communication and Relationships	
Standard	Objectives
<p>8 ICHR.1 Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</p>	8.ICHR.1.1 Contrast characteristics of healthy and unhealthy relationships for friendships and for dating.
	8.ICHR.1.2 Create strategies to communicate personal boundaries and show respect for the boundaries of others.
	8.ICHR.1.3 Identify potential consequences of unhealthy relationships and intolerance which can lead to dating violence, discrimination, and hate crimes.
	8.ICHR.1.4 Demonstrate communication skills that build and maintain healthy relationships.
<p>8.ICHR.2 Explain how avoiding sexual activity (abstinence) is the most effective way to avoid pregnancy and STIs.</p>	8.ICHR.1.5 Use decision-making strategies appropriate for responding to unknown people via social media, digital messaging, or other means.
	8.ICHR.1.6 Explore resources for safe and respectful ways to end an unhealthy or unwanted relationship.
<p>8.ICHR.3 Identify strategies that maintain reproductive and sexual health.</p>	8.ICHR.2.1 Compare and contrast sexual risk avoidance versus sexual risk reduction as they relate to pregnancy, STI, and other risks.
	8.ICHR.2.2 Discuss refusal skills and behaviors that are required for delaying sexual activity.
	8.ICHR.3.1 Discuss the emotional, social, educational, and financial impact of teen pregnancy on teen parents and their families.
	8.ICHR.3.2 Evaluate methods of FDA-approved contraceptives in terms of their safety and their effectiveness in preventing unintended pregnancy.
	8.ICHR.3.3 Explore family, school, and community resources for the prevention of sexual risks through delayed sexual activity and safer sex practices.
	8.ICHR.3.4 Evaluate examples of how media, social media, and technology can positively or negatively influence sexual attitudes and behaviors.

Nutrition and Physical Activity	
Standard	Objectives
8.NPA.1 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.	8.NPA.1.1 Examine the destructive nature of body shaming and negative body image. 8.NPA.1.2 Explain the importance of assuming responsibility for personal dietary choices.
8.NPA.2 Apply strategies to consume a variety of foods and beverages.	8.NPA.2.1 Summarize the benefits of consuming adequate amounts of micronutrients and water in a variety of foods. 8.NPA.2.2 Create a healthful eating plan incorporating food choice inside and outside the home setting.
8.NPA.3 Analyze factors that contribute to the development of chronic illnesses.	8.NPA.3.1 Explain personal behaviors that are risk factors of chronic illnesses. 8.NPA.3.2 Describe the social determinants of health and how they relate to chronic illnesses. 8.NPA.3.3 Identify resources to advocate for those who are at risk for poor nutrition.
8.NPA.4 Explore various diet and physical activity trends to enhance quality of life.	8.NPA.4.1 Identify risks and benefits of various dietary preferences and eating patterns. 8.NPA.4.2 Summarize the benefits and risks of current physical activity trends. 8.NPA.4.3 Discuss effects of food preparation on your health.

Alcohol, Nicotine, Cannabis, and Other Drugs	
Standard	Objectives
8.ANCOD.1 Assess the short- and long-term health risks associated with alcohol, nicotine, cannabis, and other drug use.	8.ANCOD.1.1 Explain the impact of alcohol and other drug use on vehicle crashes, injuries, violence, and risky sexual behavior. 8.ANCOD.1.2 Evaluate the magnitude and likelihood of the risks associated with the use of performance-enhancing supplements.
8.ANCOD.2 Evaluate positive and negative influences on adolescent health practices and behaviors including peers, family, media, culture, community, technology, and social platforms.	8.ANCOD.2.1 Analyze policies and laws related to the sale and use of alcohol and nicotine products in terms of their purposes and benefits. 8.ANCOD.2.2 Create persuasive messaging to reduce the use of alcohol, nicotine, cannabis, and other drugs. 8.ANCOD.2.3 Use strategies to avoid riding in a car with someone impaired by alcohol or drugs.

	8.ANCOD.2.4 Identify positive alternatives to the use of alcohol and drugs.
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Mental and Emotional Health	
Standard	Objectives
9.MEH.1 Promote the destigmatization of seeking mental health resources.	9.MEH.1.1 Identify causes, symptoms, and treatments for mental health challenges. 9.MEH.1.2 Evaluate at-risk populations, causes and symptoms of depression, suicide and impaired mental health. 9.MEH.1.3 Develop a support plan for peers experiencing mental health challenges.
9.MEH.2 Identify a variety of positive stress management and self-regulation strategies that would benefit overall health.	9.MEH.2.1 Identify the short and long term physical and psychological responses to stress. 9.MEH.2.2 Evaluate effective strategies for dealing with stress, anxiety, anger, and impulsive behaviors.

Personal and Consumer Health	
Standard	Objectives
9.PCH.1 Understand wellness, disease prevention, and recognition of symptoms.	9.PCH.1.1 Identify controllable versus uncontrollable risk factors for communicable and chronic diseases. 9.PCH.1.2 Discover the procedures for organ donation, local and state resources, and benefits. 9.PCH.1.3 Explain the procedures for health screenings, checkups, and other early detection measures in terms of their health-related benefits. 9.PCH.1.4 Formulate an effective long-term personal health plan for reducing chronic disease. 9.PCH.1.5 Identify measures to improve sleep and rest habits. 9.PCH.1.6 Identify strategies for the prevention and early detection of skin cancer. 9.PCH.1.7 Assess personal health practices and overall health status.



9.PCH.2 Evaluate messages conveyed in media, social media, and technology to determine their influence on health behaviors.	9.PCH.2.1 Discuss the potential short term and long-term health and social impacts of body art. 9.PCH.2.2 Evaluate the effect of media on personal and family health.
9.PCH.3 Describe necessary steps to prevent and respond to unintentional injury.	9.PCH.3.1 Summarize the risks associated with operating firearms and motor vehicles. 9.PCH.3.2 Discuss strategies for reducing unintentional injuries.

Interpersonal Communication and Healthy Relationships	
Standard	Objectives
9. ICHR. 1 Analyze how effective interpersonal communication can benefit personal health and well-being.	9. ICHR. 1. 1 Demonstrate how to effectively communicate kindness, empathy, compassion, and care for others. 9. ICHR. 1. 2 Classify negotiation and collaboration skills as helpful or harmful in solving problems or resolving conflicts. 9. ICHR. 1. 3 Demonstrate effective interpersonal communication strategies to prevent, manage, or resolve conflict. 9. ICHR. 1. 4 Outline healthy strategies for dating such as setting boundaries, dating in groups of trusted friends, delaying individual dating until older adolescence, and dating someone of similar age. 9. ICHR. 1. 5 Identify the concept of consent, in relation to personal boundaries. 9. ICHR. 1. 6 Review applicable state laws governing the age of sexual consent and how violating such laws can lead to serious legal consequences.
9. ICHR. 2 Describe different methods of contraception comparing their effectiveness, limitations, and potential side effects including delayed sexual activity.	9. ICHR. 2. 1 Evaluate skills and strategies to promote not only delaying participation in sexual activity (abstinence), but also safer sex options (condom use, birth control methods, and obtaining consent to engage in sexual activity, etc.). 9. ICHR. 2. 2 Explain the importance for sexually active individuals to undergo regular STI screenings for optimal sexual health.
9. ICHR. 3 Identify strategies that develop and maintain reproductive and sexual health.	9. ICHR. 3. 1 Identify harmful cultural messages conveyed in sexually explicit media that objectify or sexualize people, normalize sexual violence and exploitation, encourage teenage sex, and ignore negative consequences.

	<p>9.ICHR.3.2 Identify trusted adults and professional resources to help those who have been sexually abused to heal physically, mentally, and emotionally.</p> <p>9.ICHR 3.3 List the major STDs/STIs, including HIV/AIDS, and describe their mode of transmission, symptoms, testing, and treatment.</p> <p>9.ICHR.3.4 Explain the limitations of condoms in reducing the risk of STDs/STIs, such as inconsistent or incorrect use, not covering infected areas, breaking, or tearing, etc.</p> <p>9.ICHR.3.5 Summarize ways to minimize preventable risks during pregnancies.</p>
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Nutrition and Physical Activity	
Standard	Objectives
<p>9.NPA.1 Describe the prevalence, causes and long-term consequences of poor nutrition, extended screen time, and sedentary lifestyle.</p> <p>9.NPA.2 Recall strategies to consume a variety of foods and beverages.</p> <p>9.NPA.3 Analyze health behaviors in relation to community and global disease prevention.</p> <p>9.NPA.4 Apply lifelong nutrition and physical activity concepts to enhance quality of life.</p>	<p>9.NPA.1.1 Summarize evidence-based approaches for individual and community prevention of disease.</p> <p>9.NPA.1.2 Summarize evidence-based approaches for community prevention of disease.</p> <p>9.NPA.2.1 Summarize the benefits of consuming the six essential nutrients in adequate amounts in a variety of foods.</p> <p>9.NPA.2.2 Summarize the effects of hydration and dehydration and preventive measures for dehydration.</p> <p>9.NPA.3.1 Evaluate how the school and community culture can affect personal health practice and behaviors.</p> <p>9.NPA.3.2 Advocate for those experiencing local and global barriers to achieving optimal health.</p> <p>9.NPA.3.3 Identify resources to advocate for those who are at risk for poor nutrition.</p> <p>9.NPA.4.1 Implement a physical activity program with safety and effectiveness.</p> <p>9.NPA.4.2 Differentiate appropriate methods to avoid/respond to the climate-related conditions that impact overall health.</p> <p>9.NPA.4.3 Incorporate a new health behavior into your personal wellness plan.</p> <p>9.NPA.4.4 Evaluate your experience implementing a new health behavior.</p>

Alcohol, Nicotine, Cannabis, and Other Drugs	
Standard	Objectives
<p>9.ANCOD.1 Apply avoidance behaviors to protect self and others from alcohol, nicotine, cannabis, and other drug use.</p> <p>9.ANCOD.2 Evaluate effects of alcohol and other substances on brain function, behavior, and human body systems.</p>	<p>9.ANCOD.1.1 Identify the consequences of driving or riding with someone under the influence of alcohol or other drugs.</p>
	<p>9.ANCOD.1.2 Develop a set of personal standards to resist the use of alcohol, nicotine, cannabis, and other harmful substances and behaviors.</p> <p>9.ANCOD.2.1 Explain the short-term and long-term effects of performance-enhancing drugs on health and eligibility to participate in sports.</p> <p>9.ANCOD.2.2 Evaluate positive and negative influences on health practices and behaviors including peers, family, media, culture, community, perception of norms, government, technology, and social platforms.</p> <p>9.ANCOD.2.3 Describe the trends in use and misuse of prescription and non-prescription drugs.</p> <p>9.ANCOD.2.4 Summarize the risks of IV drug use, including blood borne diseases.</p> <p>9.ANCOD.2.5 Discuss the complexity of addiction and its effects on individuals and society.</p> <p>9.ANCOD.2.6 Examine the consequences of alcohol or nicotine use/exposure during different stages of growth and development.</p>