

Safe & Sound for Life: Social & Emotional Health & Safety

CONTENT	SKILLS
<ul style="list-style-type: none"> • Examining how feelings and thoughts help determine behavior • Recognizing characteristics of stress and stress management • Identifying signs of anger and ways to manage anger • Identifying internal and external influences that lead to aggression and violence • Recognizing depression and getting help • Analyzing bullying and cyberbullying and the role of bystanders • Knowing characteristics and laws related to sexual harassment and abusive relationships • Developing healthy relationships and friendships 	<ul style="list-style-type: none"> • Listening • Expressing emotions and thoughts • Using empathy • Practicing I-statements • Using decision making • Problem solving • Asking effective questions • Managing conflicts • Choosing positive relationships • Avoiding dangerous situations • De-escalating intimidation • Maintaining personal safety • Getting help for abusive relationships • Helping others • Accessing resources

A Winning Team: Healthy Eating & Physical Activity

CONTENT	SKILLS
<ul style="list-style-type: none"> • Recognizing health benefits of healthy eating, hydration, and being physically active • Describing the federal guidelines for diet and physical activity • Understanding factors related to weight control, body image, and body type • Identifying moderate-intensity physical activities • Exploring nutrition information on food labels, health claims, and advertisements 	<ul style="list-style-type: none"> • Analyzing personal food intake • Assessing personal barriers and developing solutions to healthy eating and physical activity • Accessing resources for weight management and unhealthy eating patterns • Analyzing influences of sedentary activities on physical activity • Selecting foods with high nutritional value • Analyzing nutrition information to identify healthier food options when eating out • Persuading peers to eat healthy and be physically active • Setting goals to improve healthy eating and increase physical activity

Stay Drug Free Today for a Successful Tomorrow: Alcohol & Other Drug Prevention

CONTENT	SKILLS
<ul style="list-style-type: none"> • Analyzing internal and external influences and social norms • Recognizing one's personal control over their response to influences • Distinguishing passive, aggressive, and assertive, verbal and non-verbal communication • Exploring dependency and addiction • Identifying resources and help for alcohol, tobacco, marijuana, prescription medicine misuse (e.g. opioids) and other drug dependency • Researching the dangers of alcohol, marijuana, and steroid use, and misuse of over-the-counter drugs, prescription drugs (e.g. opioids) and sports supplements • Demonstrating safe strategies for medicine use 	<ul style="list-style-type: none"> • Using I-statements in pressure situations • Practicing refusal skills to avoid drug use • Identifying risky situations • Applying effective communication skills • Using decision making and problem solving • Getting help • Advocating for drug-free social norm • Accessing resources

The Power is Yours to Be Tobacco Free

CONTENT

- Describing how tobacco negatively impacts individuals, friends, family and community
- Practicing healthy ways to meet needs without tobacco use
- Exploring the dangers of tobacco use (smoking, hookah use, e-cigarettes, smokeless tobacco) and secondhand and thirdhand smoke and e-cigarette aerosol
- Exploring the health, legal, social and financial consequences of use

SKILLS

- Analyzing influences to use tobacco
- Using refusal skills to avoid tobacco use
- Supporting those who abstain and those who are trying to quit
- Identifying risky situations that could lead to tobacco use
- Solving problems related to tobacco use
- Avoiding secondhand smoke and e-cigarette aerosol
- Accessing resources to quit tobacco use
- Practice developing persuasive advice for peers on how to stay tobacco free

Growing Up & Staying Healthy: Understanding HIV and Other STIs

CONTENT

- Distinguishing myths and facts related to HIV and other STIs
- Exploring consequences of infection with HIV and other STIs
- Evaluating how HIV and other STIs are and are not transmitted
- Describing the negative consequences of sexual intercourse and reducing risk
- Identifying situations requiring professional health services

SKILLS

- Applying strategies to create sexual boundaries, abstain from sex and/or reduce risk*
- Accessing reliable sources of information and help related to HIV and other STIs
- Avoiding and escaping risky situations
- Communicating verbally and non-verbally to refuse participation in sexual behaviors
- Practicing refusing pressure and identifying trouble for risky situations
- Setting goals to stay free of HIV and other STIs
- Advocating for peers to live free of HIV and other STIs

* *This module offers two tracks: abstinence-only or abstinence-plus-condoms*

