

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, and other drug dependency • Researching the dangers of alcohol, marijuana, and steroid use, and over-the-counter, prescription drug and sports supplements misuse 	<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 <div data-bbox="902 1885 1533 1999" style="background-color: #0056b3; color: white; padding: 5px; text-align: center;"> <p>Note: Opioid Misuse Enhanced Curriculum available for 2019-2020 school year</p> </div>

The Power is Yours to Be Tobacco Free

CONTENT	SKILLS
<ul style="list-style-type: none"> • Describing how tobacco negatively impacts individuals, friends, family and community • Practicing healthy ways to meet needs without tobacco use • Exploring the dangers of vaping, e-cigarettes, tobacco and hookah use, and second and third-hand smoke • Exploring the health, legal, social and financial consequences of use 	<ul style="list-style-type: none"> • 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 • 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	SKILLS
<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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 • Practice refusing pressure and identifying trouble for risky situations • Set goals to stay free of HIV and other STIs • Advocating for peers to live free of HIV and other STIs <p>* <i>This module offers two tracks: abstinence-only or abstinence-plus-condoms</i></p>

