

Strand	Grade 5	Grade 6	Grade 7	Grade 8
STRAND 1 HEALTH INFORMATION			HE.7.1A Analyze the interrelationships of physical, mental, and social health.	HE.8.1A Compare the interrelationships of physical, mental, and social health.
		HE.6.1A Analyze healthy and unhealthy dietary practices.		
	HE.5.1A Examine and analyze food labels and menus for nutritional content (e.g., serving size, number of servings, calories per serving, amounts of protein, fat, carbohydrate, sodium, and dietary fiber, vitamins and minerals the food contains).			
		HE.6.1B Explain the importance of a personal dietary and exercise plan.		
		HE.6.1C Compare immediate and long-range effects of health care choices such as vision, immunization, and dental hygiene.		
		HE.6.1D Identify causes and affects associated with body image such as eating disorders and growth patterns.	HE.7.1B Identify and describe types of eating disorders such as bulimia, anorexia, or overeating.	HE.8.1B Research eating disorders such as bulimia, anorexia, or overeating to determine its affect on the various systems of the body.
	HE.5.1B Apply information from the food guide pyramid to making healthy food choices and eat a balanced diet.			
	HE.5.1C Identify foods (e.g., bread, cereal, pasta, broccoli, grapes, fish, milk, etc.) that are sources of one or more of the six major nutrients (e.g., proteins, fats, carbohydrates, vitamins, minerals and water).			
	HE.5.1D Calculate the relationship between caloric intake and energy expenditure.			
		HE.6.1H Demonstrate strategies for managing stress such as exercising and eating well balance meals.	HE.7.1C Identify and describe the symptoms of depression and anxiety and strategies to prevent them, such as exercise and counseling.	HE.8.1C Investigate mental disorders, from onset to adulthood and its long-term affect on personal health.
		HE.7.1D Describe the life cycle of human beings from birth to the end of life.	HE.8.1D Describe the life cycle of human beings and problems that may be encountered at each stage.	



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STRAND 1 HEALTH INFORMATION		HE.6.1E Examine the concept of cost versus effectiveness of health-care products such as vitamins, toothpaste, mouth wash, hair and skin care products.		
	HE.5.1E Differentiate between health-related and skill-related physical activities.			
		HE.6.1F Describe the mental, physical, and social benefits of regular exercise and fitness.		
	HE.5.1F Analyze the components of a personal health maintenance plan for individuals and families such as stress management, <i>physical activity habits, eating habits, and personal safety</i>	HE.6.1G Describe the importance of establishing and implementing a periodic physical examination.		
			HE.7.2A Explain differences in growth patterns among adolescents and its affect on personal health.	HE.8.2A Explain how differences in growth patterns among adolescents such as onset of puberty may affect personal health.
	HE.5.2A Describe the structure, functions, and interdependence of major body systems.	HE.6.2A Analyze the relationships among the body systems such as nervous, circulatory, and respiratory.		
			HE.7.2B Describe the influence of the endocrine system on growth and development.	HE.8.2B Describe the influence of the endocrine system on growth and development, such as hormonal dysfunction.
	HE.5.2B Identify and describe changes in male and female anatomy that occur during puberty (<i>e.g., male: hair grows in pubic area, under arms, and on face and chest; female: widening of hips</i>)	HE.6.2B Describe changes in male and female anatomy.	HE.7.2C Compare and contrast changes in males and females.	HE.8.2C Compare and contrast changes in males and females.
		HE.6.2C Analyze the role of hormones as they relate to growth and development and personal health.		
	HE.6.2D Describe menstrual health and identify the relationship to reproduction.	HE.7.2D Describe physiological and emotional changes of pregnancy and childbirth and how it affects adolescents (such as distress from loss of childhood, and not being able to meet goals or finish education).	HE.8.2D Describe physiological and emotional changes that occur during pregnancy and influences on decision making.	



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STRAND 1 HEALTH INFORMATION			HE.7.2E Examine physical and emotional development during adolescence.	HE.8.2E Analyze physical and emotional development during adolescence, such as injury to oneself or family.
			HE.7.3A Explain the role of preventive health measures, immunizations, and treatment in disease prevention such as wellness exams and dental check-ups.	HE.8.3A Discuss current preventive health measures, such as immunizations, dental implants.
		HE.6.3A Describe various modes of disease transmission including coughing, sneezing, shaking hands.		
			HE.7.3B Analyze risks for contracting specific diseases based on pathogens, genetics, age, culture, environmental, and behavioral factors.	HE.8.3B Compare risks for contracting specific diseases based on age, culture and environmental factors.
		HE.6.3B Compare healthy cell growth to cell growth in diseases such as cancer and HIV/AIDS.		
		HE.6.3C List noncommunicable and hereditary diseases and respective prevention and treatment techniques such as diabetes.	HE.7.3C Distinguish risk factors associated with communicable and noncommunicable diseases.	HE.8.3C Distinguish risk factors associated with communicable and noncommunicable diseases.
			HE.7.3D Summarize the facts related to Human Immunodeficiency Virus (HIV) infection and sexually transmitted diseases.	HE.8.3D Discuss city and regional facts related to Human Immunodeficiency Virus (HIV) infection and sexually transmitted diseases.
	HE.5.3A Describe <i>valid</i> methods of accessing health information <i>such as parents, guardians, and health care professionals</i>	HE.6.4A List ways to evaluate health products, practices, and services such as sun blocks and over-the-counter medications.	HE.7.4A Use critical thinking to analyze health information, such as interpreting magazine, and television messages.	HE.8.4A Use critical thinking to analyze and use health information, such as interpreting media messages.
		HE.6.4B Use critical thinking to research and evaluate health information.	HE.7.4B Organize evaluation criteria for health information.	HE.8.4B Develop criteria for evaluating current health information.
	HE.5.3B Demonstrate ways to communicate health information such as posters, videos, and brochures.			
		HE.7.4C Demonstrate ways to use health information to help self and others.	HE.8.4C Demonstrate ways to use health information to help self and others.	
		HE.7.4D Discuss the legal implications regarding sexual activity as it relates to underage persons.	HE.8.4D Discuss the legal implications regarding sexual activity as it relates to a minor.	



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Strand 2 HEALTH BEHAVIORS	HE.5.4A Explain how to maintain the healthy status of body systems such as avoiding smoking to protect the lungs, <i>avoiding alcohol and drugs, engaging in physical activity, eating a healthful and balanced diet, reducing stress, and using sun screen.</i>			
	HE.5.4B Relate the importance of immunizations in disease prevention <i>such as causing ones body to make antibodies to fight pathogens for specific diseases.</i>			
	HE.5.4C Distinguish between myth and fact related to disease and disease prevention.			
	HE.5.4D List the effects of harmful viruses on the body such as polio (<i>e.g., fatigue, pain in muscles and joints, sleeping problems, breathing problems</i>), Human Immunodeficiency Virus (<i>e.g., rapid weight loss, dry cough, recurring fever or profuse night sweats, profound and unexplained fatigue, etc.</i>), and the common cold (<i>e.g., pneumonia, bronchitis, and bronchiolitis</i>)			
	HE.5.4E Explain how to manage common minor illnesses such as colds and skin infections			
	HE.5.5E Demonstrate strategies for preventing (<i>e.g., being aware of hazards, wearing the proper attire when participating in physical activity</i>) and responding (<i>e.g., calling an adult for help or 911, knowing basic first aid skills</i>) to deliberate and accidental injuries.	HE.6.5G Demonstrate strategies for the prevention of and response to deliberate and accidental injuries such as using conflict resolution and wearing a seat belt.	HE.7.5.A Analyze and demonstrate strategies for preventing and responding to deliberate and accidental injuries.	HE.8.5A Describe strategies for preventing injuries such as wearing a seat belt or helmet to prevent accidents and conflict resolution to prevent fights.
			HE.7.5B Describe the dangers associated with a variety of weapons.	HE.8.5B Describe dangers associated with a variety of weapons, available to adolescents.
	HE.5.5A Describe the use and abuse of prescription and non-prescription medications such as over-the-counter.	HE.6.5A Analyze the use and abuse of prescriptions and over-the-counter medications.		



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Strand 2 HEALTH BEHAVIORS	HE.5.5B Compare and contrast the effects of medications and street drugs.	HE.6.5B Examine social influences on behaviors linked to substance abuse.		
	HE.5.5I Explain the impact of neglect and abuse such as having <i>brain damage, hemorrhages, permanent disabilities, physical trauma inadequate nutrition, and lack of adequate motor stimulation; becoming infected with sexually transmitted diseases, having low self-esteem, depression and anxiety, eating disorders, poor peer relations and self-injurious behavior.</i>		HE.7.5C Identify strategies for prevention and intervention of emotional, physical, and sexual abuse.	HE.8.5C Categorize strategies for prevention and intervention of emotional, physical, and sexual abuse, such as legal intervention and reporting.
			HE.7.5D Identify information relating to abstinence.	HE.8.5D Examine information relating to abstinence.
		HE.6.5I Explain the benefits of abstinence and the consequences of sexual activity.	HE.7.5E Analyze the importance of abstinence from sexual activity as the preferred choice of behavior in relationship to all sexual activity for unmarried persons of school age.	HE.8.5E Elaborate on the importance of abstinence from sexual activity among unmarried school age persons.
			HE.7.5F Discuss abstinence from all forms of sexual activity as the only method that is 100% effective in preventing pregnancy, STI transmission of HIV or acquired immune deficiency syndrome, and the emotional trauma associated with adolescent sexual activity.	HE.8.5F Discuss abstinence from sexual activity as the only method that is 100% effective in preventing pregnancy, sexually transmitted diseases, and the sexual transmission of HIV or acquired immune deficiency syndrome, and the emotional trauma associated with adolescent sexual activity.
	HE.5.5G Describe response procedures for emergency situations such as <i>looking over the scene, calling for help or 911 and caring for the injured person.</i>	HE.6.5F Demonstrate an understanding of basic first-aid procedures including calling for help and transporting an injured victim.	HE.7.5G Demonstrate basic first-aid procedures including Cardiopulmonary Resuscitation (CPR) and the choking rescue.	HE.8.5G Practice current first-aid procedures including Cardiopulmonary Resuscitation (CPR), AED and choking procedures for conscious and unconscious individuals.
		HE.6.5C Describe chemical dependency and addiction to tobacco, alcohol, and other substances.	HE.7.5H Explain the impact of chemical dependency, addiction to tobacco, alcohol, drugs and other substances on the individual and society.	HE.8.5H Investigate the impact of chemical dependency and addiction to tobacco, alcohol, drugs and alternative substances.
	HE.5.5C Analyze the short-term and long-term harmful effects of alcohol, tobacco, and other substances on the functions of the body systems such as physical, mental, social, and legal consequences.			



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Strand 2 HEALTH BEHAVIORS		HE.6.5D Explain the relationship between tobacco, alcohol, drugs, and other substances and the role these behaviors play in unsafe situations.		
			HE.7.5I Relate prescription and nonprescription drug use to communicable disease, prenatal health, and health problems, related to long term use.	HE.8.5I Discuss medicine and other drug use to risk behaviors and affect on personal lives, such as communicable diseases and prenatal health.
	HE.5.5D Identify and describe alternatives to drug and substance use <i>such as being involved in sports, and hobbies.</i>	HE.6.5E Identify ways to prevent the use of tobacco, alcohol, drugs, and other substances such as joining an after-school club, intramurals, and community sponsored athletics.	HE.7.5J Identify ways to prevent the use of tobacco, alcohol, and other drugs such as alternative activities.	HE.8.5J Discuss alternative activities that would discourage the use of tobacco, alcohol and other drugs.
	HE.5.5F Explain strategies for avoiding violence, gangs, weapons and drugs such as <i>saying no, avoiding dangerous situations, resisting pressure, and being involved in sports and hobbies.</i>	HE.6.5H Identify and describe strategies for avoiding drugs, violence, gangs, and weapons.	HE.7.5K Apply strategies for avoiding violence, gangs, weapons and drugs, such as joining clubs, intramural sports, or other community organizations.	HE.8.5K Apply strategies for avoiding violence, gangs, weapons and drugs.
			HE.7.5L Explain the importance of complying with rules prohibiting possession of drugs and weapons.	HE.8.5L Investigate rules for possession of drugs and weapons in and out of the school environment and the consequences
	HE.5.5H Describe the value of seeking advice from parents and educational personnel about unsafe behaviors.			

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STRAND 3 INFLUENCING FACTORS			HE.7.6A Relate physical and social environmental factors to individual and community health such as climate and gangs.	HE.8.6A Identify physical and social environmental factors, to individual and community health, such as climate and gangs.
	HE.5.8C Describe how a safe school environment relates to a healthy community.	HE.6.6A Identify factors that affect an individual's physical, emotional, and social health in and out of school.		
	HE.5.8D Identify environmental protection programs that promote community health such as recycling, waste disposal, or safe food packaging.		HE.7.6B Describe the application of strategies for controlling the environment such as emission control, water quality, and waste management.	HE.8.6B Investigate strategies for environmental control, such as emissions, water quality and waste management.
		HE.6.6B Make healthy choices such as leaving a smoke-filled room or selecting healthy snacks from vending machines.		
	HE.5.6A Distinguish between healthy and harmful influences of friends and others.	HE.6.7A Differentiate between positive and negative relationships that can affect individual health.	HE.7.7A Analyze positive and negative relationships that influence individual and community health such as families, peers, and role models.	HE.8.7A Compare the influence of positive and negative relationships and its affect on the health of the community, such as role models and peers.
		HE.6.7B Explain ways of maintaining healthy relationships such as resisting peer pressure to engage in unsafe behavior.	HE.7.7B Develop strategies for monitoring positive and negative relationships that influence health.	HE.8.7B Discuss strategies for monitoring positive and negative relationships that influence health factors.
	HE.5.6B Describe the characteristics of healthy (e.g., honesty, trust, and communication) and unhealthy (e.g., jealous, selfish, irresponsible decisions, risky behaviors) friendships.			
		HE.6.7C Practice conflict resolution and mediation skills to maintain relationships with peers and family.		
	HE.5.6C Identify ways to enhance personal communication skills such as using "I" messages as much as possible, making clear and specific statements, being honest and making eye contact, letting others talk, respecting the opinions of others, and paying attention to body language.			
		HE.6.7D Describe strategies such as abstinence for communicating refusal to engage in unsafe behaviors.		



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STRAND 3 INFLUENCING FACTORS	HE.5.6D Analyze respectful (e.g., such as using "I" messages as much as possible, making clear and specific statements, being honest and making eye contact) ways to communicate with family, adults, and peers.	ⓅHE.6.7E Describe methods for communicating important issues, such as home responsibility and permission to participate in activities with parents.		
	HE.5.6E Demonstrate ways of communicating with individuals who communicate in unique ways such as having a speech defect and not speaking English.			
	HE.5.6F Apply and practice strategies for self-control such as thinking about the causes to lose control and taking time to think before responding to a situation.			
	HE.5.6G Describe strategies for stress management such as talking to a friend or trusted adult, engaging in physical activity, eating a balanced diet, learning to manage time, learning to relax and identifying the causes of the stressors.			
	HE.5.7A Research the effect of media on health.	HE.6.8A Identify media and technology that influence individual and community health such as computer software and the internet.	HE.7.8A Explain the role of media and technology in influencing individuals and community health such as television, newspaper and billboard.	HE.8.8A Evaluate the role of the media, reporting health factors to the community.
	HE.5.7B Identify the use of health.			
			HE.7.8B Explain how programmers develop media to influence buying decisions.	HE.8.8B Examine how programmers develop media to influence buying decision and consequences.
		HE.6.8B Explain the relationship between health needs and technology development.		
		HE.6.9A Develop strategies for supporting and respecting all family members.		
			HE.7.9A Describe personal health behaviors and knowledge unique to different generations and populations.	HE.8.9A Evaluate personal health behaviors of past and present generations.



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STRAND 3 INFLUENCING FACTORS	HE.5.8B Describe daily and weekly activities that promote the health of a family <i>such as engaging in physical activity, eating a healthful diet, having a healthful communication, making responsible decisions, and working together to resolve conflicts.</i>		HE.7.9B Describe characteristics that contribute to family health.	HE.8.9B Investigate characteristics that contribute to family health, such as choices to immunize or eating habits.
		HE.6.9B Identify strategies for coping with behaviors in the family such as abuse, alcoholism, and neglect.		



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STRAND 4 PERSONAL & INTERPERSONAL SKILLS			HE.7.10A Differentiate between positive and negative peer pressure.	HE.8.10A Investigate positive and negative peer pressure and the personal relationships.
			HE.7.10B Describe effective coping skills, such as talking to trusted adults, journal writing and exercise.	HE.8.10B Describe the application of effective coping skills, such as exercise, journal writing, and talking to trusted adults.
			HE.7.10C Distinguish between effective and ineffective listening such as paying attention to the speaker versus not making eye-contact.	HE.8.10C Apply effective communication skills, such as maintaining eye contact and good listening skills, and also discuss ineffective communication.
			HE.7.10D Summarize and relate conflict resolution/mediation skills to personal situations.	HE.8.10D Investigate and apply conflict resolution/mediation skills to personal situations.
			HE.7.10E Appraise the importance of social groups.	HE.8.10E Evaluate the importance of social groups.
			HE.7.11A Describe techniques for responding to criticism.	HE.8.11A Apply techniques for responding to various forms of criticism.
			HE.7.11B Demonstrate strategies for coping with problems and stress, such as exercise, talking to trusted adults or seeking help from organizations.	HE.8.11B Judge strategies for coping with problems and stress.
			HE.7.11C Describe strategies to show respect for individual differences in various age groups.	HE.8.11C Apply strategies that show respect for individual differences including age differences.
			HE.7.11D Describe methods of communicating emotions such as not interrupting or talking too loud or writing them down.	HE.8.11D Demonstrate methods of communicating emotions.
	HE.5.8A Explain the importance of communication skills as a major influence on the social and emotional health of the individual and family.		HE.7.11E Describe the effect of stress on personal and family health.	HE.8.11.0.E Summarize the effect of stress on personal and family health.
		HE.7.11F. Describe the relationships between emotions and stress.	HE.8.11.F Summarize the relationships between emotions and stress.	
	HE.6.10A Demonstrate ways to communicate empathy to others such as take time to listen and provide caring support.			



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		<p>HE.6.10B Assess healthy ways of responding to disrespectful behaviors such as, ignoring, and walking away.</p>		



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STRAND 4 PERSONAL & INTERPERSONAL SKILLS		HE.6.10C Model methods for self-control such not blurting out and allowing others to speak.		
		HE.6.10D. Describe healthy ways to express affection and love.		
		HE.6.10E. Describe ways to manage anxiety and grief such as talking to a trusted adult and keeping a journal.		
		HE.6.10F Define stress and its effects on individual health and relationships with family, friend and others.		
		HE.6.10G Identify stressors and their impact on the health of the individual and family.		
			HE.7.12A Interpret critical issues related to solving health problems.	HE.8.12A Identify critical issues related to solving health problems.
		HE.6.11A Seek the input of parents and other trusted adults in problem solving and goal setting.		
	HE.5.9A Describe health-related situations that require parent/adult assistance such as a discussion of the health-related consequences of high-risk health behaviors or going to a doctor.			
			HE.7.12B Relate practices and steps necessary for making health decisions.	HE.8.12B Describe practices and steps necessary for making health decisions.
	HE.5.9B Assess the role of assertiveness, refusal skills, and peer pressure on decision making and problem solving.	HE.6.11B Demonstrate the use of refusal skills in unsafe situations such as stealing, smoking, and sexual activity.		
HE.5.9C Utilize critical thinking in decision making and problem solving.	HE.6.11C Explain the impact of peer pressure on decision making such as leaving school without permission, fighting, and drinking alcohol.	HE.7.12C Appraise the risks and benefits of decision-making about personal health.	HE.8.12C. Discuss the risks and benefits of decision-making about personal health, such as an eating plan.	
HE.5.9D Describe benefits in setting and implementing short and long-term goals.				



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STRAND 4 PERSONAL & INTERPERSONAL SKILLS		HE.6.11D Compare the risks and benefits of various health behaviors such as not smoking, healthy eating and regular exercise.	HE.7.12D Predict the consequences of refusal skills in various situations.	HE.8.12D Discuss the consequences of refusal skills in risky situations.
	HE.5.9E Explain the necessity of perseverance (e.g., it takes time for a change to become an established habit) to achieve goals.			
	HE.5.9F Explain the importance of parent/trusted adult guidance in goal setting such as locating valid health information, and deciding the right food and exercises.			
			HE.7.12E Examine the effects of peer pressure on decision making.	HE.8.12E Discuss the effects of peer pressure on decision making.
		HE.6.11E Identify the possible health implications of long-term personal and vocational goals.	HE.7.12F Develop strategies for setting long-term personal and vocational goals.	HE.8.12F Construct a long-term plan for setting long-term personal and vocational goals.
			HE.7.12G Demonstrate time-management skills.	HE.8.12G Evaluate time-management skills plan, such as organizing study/homework schedules.

