

**Botvin LifeSkills Training Middle School Program**

**Health and Physical Education Standards- Grade 6**

***Alignment Map***

<b>Health Education Standards</b>		<b>Alignment to LifeSkills Middle School Curriculum</b>
<b>Health Education Core Idea: Wellness (W)</b>		
<b>1. Dimensions of Health</b>	H1.W1.6 Describe interrelationships of dimensions of health.	*** Not taught directly with the curriculum but can be easily be tied in, with relationships, self-esteem and substance use.
<b>2. Disease Prevention</b>	H2.W2.6 Determine how heredity factors and health behaviors impact health.	*** Not taught directly with the curriculum but can be easily be tied in with talking about alcohol and making and building relationships (Social Skills B).
<b>3. Analyzing Influences</b>	H2.W3.6 Explain factors that influence health decisions and behaviors.	LST 1- Self-Image and Self-Improvement; 1.3-1.5 LST 1- Making Decisions; 2.1-2.8 LST 1- Advertising; 7.3-7.7 LST 2- Resisting Peer Pressure; 10.2-10.9
<b>5. Communication</b>	H4.W5.6 Explain effective communication skills.	LST 1- Communication Skills; 11.1- 11.9 LST 1- Assertiveness; 14.1-14.12 LST 1- Resolving Conflicts; 15.1- 15.5 LST 2- Communication Skills; 6.2-6.11 LST 2- Assertiveness; 8.2- 8.13 LST 3 – Social Skills ; 6.1-6.8 LST 3- Resolving Conflicts; 8.1-8.7
<b>6. Decision-Making</b>	H5.W6.6 Identify circumstances that help or hinder making healthy decisions related to personal health.	LST 1- Resolving Conflicts; 15.1-15.5 LST 1- Assertiveness; 14.1-14.12 LST 1- Making Decisions; 2.7 LST 1- Self-Image and Self-Improvement; 1.3-1.5 LST 2- Assertiveness; 8.2-8.13 LST 2- Resisting Peer Pressure; 10.2- 10.9 LST 3- Resolving Conflicts; 8.1-8.7 LST 3- Resisting Peer Pressure- 9.1-9.5
<b>7. Goal-Setting</b>	H6.W7.6 Describe how goals can enhance health.	LST 1- Self-Image and Self- Improvement; 1.6-1.8

LST 1= LifeSkills Training Level 1 (Green Book)

LST 2= LifeSkills Training Level 2 (Purple Book)

LST 3= LifeSkills Training Level 3 (Orange Book)

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**Health and Physical Education Standards- Grade 7**  
**Alignment Map**

Health Education Standards		Alignment to LifeSkills Middle School Curriculum
<b>Health Education Core Idea: Wellness (W)</b>		
<b>1. Dimensions of Health</b>	H1.W1.7 Assess personal health behaviors in relation to dimensions of health	*** Not taught directly with the curriculum but can be easily be tied in, with relationships, self-esteem and substance use.
<b>2. Disease Prevention</b>	H7.W2.7b Explain benefits and consequences of various health behaviors.	LST 1- Smoking: Myths and Realities; 3.3-3.6 LST 1- Smoking and Biofeedback; 4.1-4.11 LST 1- Alcohol: Myths and Realities; 5.1-5.14 LST 1- Marijuana: Myths and Realities; 6.1-6.8
<b>3. Analyzing Influences</b>	H2.W3.7 Describe how peers, culture, and family influence health decisions and behaviors.	LST 1- Self-Image and Self-Improvement; 1.3-1.5 LST 1- Making Decisions; 2.1-2.8 LST 1- Advertising; 7.3-7.7 LST 2- Making Decisions; 2.6-2.7 LST 2- Resisting Peer Pressure; 10.2-10.9 LST 3- Drug Abuse, Causes and Effects; 1.3-1.4 LST 3- Making Decisions; 2.2-2.4 LST 3- Media Influences; 3.1-3.7
<b>5. Communication</b>	H4.W5.7 Use communication skills effectively with family, peers, and others.	LST 1- Communication Skills; 11.1- 11.9 LST 1- Assertiveness; 14.1-14.12 LST 1- Resolving Conflicts; 15.1- 15.5 LST 2- Communication Skills; 6.2-6.11 LST 2- Assertiveness; 8.2-8.11 LST 2- Resolving Conflicts; 9.2-9.8 LST 2- Resisting Peer Pressure; 10.2-10.9 LST 3- Resolving Conflicts; 8.1-.8.7 LST 3- Resisting Peer Pressure; 9.1-9.5
<b>6. Decision-Making</b>	H5.W6.7 Determine healthy alternatives for making a personal health decisions.	LST 1- Social Skills (B); 13.1-13.6 LST 1- Assertiveness; 14.9-14.13 LST 2- Assertiveness; 8.4-8.13 LST 2- Resolving Conflicts; 9.2-9.8 LST 2- Resisting Peer Pressure; 10.2-10.9 LST 3- Resolving Conflicts; 8.1-8.7
<b>7. Goal-Setting</b>	H6.W7.7 Describe components of goalsetting to enhance health.	LST 1- Self-Image and Self-Improvement; 1.6-1.8

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**Health and Physical Education Standards- Grade 8**  
**Alignment Map**

Health Education Standards		Alignment to LifeSkills Middle School Curriculum
Health Education Core Idea: Wellness (W)		
<b>1. Dimensions of Health</b>	H1.W1.8 Analyze interrelationships of personal dimensions of health.	*** Not taught directly with the curriculum but can be easily be tied in, with relationships, self-esteem and substance use.
<b>3. Analyzing Influences</b>	H2.W3.8 Describe how values, media, and technology influence health decisions and behaviors.	LST 1- Self-Image and Self-Improvement; 1.3-1.5 LST 1- Making Decisions; 2.1-2.8 LST 1- Advertising; 7.3-7.7
<b>5. Communication</b>	H4.W5.8 Demonstrate communication skills to enhance health and avoid or reduce health risks.	LST 1- Communication Skills; pages 11.1- 11.9 LST 1- Assertiveness; pages 14.1-14.12 LST 1- Resolving Conflicts; 15.1- 15.5 LST 2- Communication Skills; 6.2-6.11 LST 2- Resisting Peer Pressure; 10.2- 10.9 LST 3 - Resolving Conflicts; 8.1-8.7 LST 3 – Resisting Peer Pressure; 9.1-9.5
<b>6. Decision-Making</b>	H5.W6.8 Demonstrate a decision-making model to make a personal health-enhancing choice.	LST 1- Making Decisions; 2.1-2.8 LST 2- Making Decisions; 2.1-2.12 LST 3- Making Decisions; 2.2- 2.4
<b>7. Goal-Setting</b>	H6.W7.8 Describe various short- and long-term goals that can be used to enhance health.	LST 1- Self-Image and Self-Improvement; 1.6-1.8

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**Health and Physical Education Standards- Grade 6**  
**Alignment Map**

Health Education Standards		Alignment to LifeSkills Middle School Curriculum
Health Education Core Idea: Safety (Sa)		
<b>3. Violence Prevention</b>	H1.Sa3.6a Describe situations that could lead to violence	LST 1- Coping with Anger; 10.2-10.7 LST 2- Drug Abuse and Violence; 1.12-1.14
	H4.Sa3.6 Demonstrate ways to resolve conflict to prevent, reduce, and avoid violence.	LST 1- Coping with Anger; 10.1-10.7 LST 1- Coping with Anxiety; 9.5-9.8 LST 1- Communication Skills; 11.4-11.6 LST 1- Resolving Conflicts; 15.3-15.4 LST 3- Resolving Conflicts; 8.1-8.7
	H1.Sa3.6b Identify potential dangers of sharing personal information through electronic media.	LST 1- Violence and the Media; 8.2; not taught directly but can be touched upon in this section.

**Health and Physical Education Standards- Grade 7**  
**Alignment Map**

Health Education Standards		Alignment to LifeSkills Middle School Curriculum
Health Education Core Idea: Safety (Sa)		
<b>1. Injury Prevention</b>	H7.Sa1.7 Explain importance of being responsible for promoting safety and avoiding or reducing injury	LST 1- Alcohol: Myths and Realities; 5.2-5.3 LST 1- Marijuana: Myths and Realities; 6.5
<b>3. Violence Prevention</b>	H4.Sa3.7 Demonstrate communication skills to prevent, reduce, and avoid violent situations.	LST 1- Coping with Anger; 10.1-10.7 LST 1- Coping with Anxiety; 9.5-9.8 LST 1- Communication Skills; 11.4-11.6 LST 1- Resolving Conflicts; 15.3-15.4 LST 3- Resolving Conflicts; 8.1-8.7
	H1.Sa3.7b Understand potential dangers of sharing personal information through electronic media.	LST 1- Violence and the Media; 8.2; not taught directly but can be touched upon in this section.

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**Health and Physical Education Standards- Grade 8**  
**Alignment Map**

Health Education Standards		Alignment to LifeSkills Middle School Curriculum
Health Education Core Idea: Safety (Sa)		
<b>3. Violence Prevention</b>	H1.Sa3.8a Analyze causes and effects of violence on individuals, families, and communities.	LST 2- Drug Abuse and Violence; 1.12-1.14
	H4.Sa3.8 Differentiate between passive, aggressive and assertive communication.	LST 1- Assertiveness; 14.1-14.5 LST 2- Assertiveness; 8.2-8.3
	H1.Sa3.8b Explain how bystanders can help prevent, reduce and avoid violence.	LST 2- Resolving Conflicts; 9.2- 9.8

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**Health and Physical Education Standards- Grade 6**  
**Alignment Map**

Health Education Standards		Alignment to LifeSkills Middle School Curriculum
Health Education Core Idea: Sexual Health (Se)		
<b>5. Healthy Relationships</b>	H1.Se5.6a Identify ways to communicate effectively in a variety of relationships.	LST 1- Communication Skills; 11.1- 11.9 LST 1- Assertiveness; pages 14.1-14.12 LST 1- Resolving Conflicts; 15.1- 15.5 LST 1- Social Skills (A) 12.1-12.8 LST 1- Social Skills (B) 13.1-13.7 LST 2- Communication Skills; 6.2-6.11 LST 2- Assertiveness; 8.2-8.11 LST 2- Resolving Conflicts; 9.2- 9.8 LST 2- Resisting Peer Pressure; 10.2-10.9 LST 3- Assertiveness; 7.2-7.8 LST 3 - Resolving Conflicts; 8.1-8.7

**Health and Physical Education Standards- Grade 7**  
**Alignment Map**

Health Education Standards		Alignment to LifeSkills Middle School Curriculum
Health Education Core Idea: Sexual Health (Se)		
<b>5. Healthy Relationships</b>	H4.Se5.7a Demonstrate communication skills that foster healthy relationships.	LST 1- Communication Skills; pages 11.1-11.9 LST 1- Assertiveness; pages 14.1-14.12 LST 1- Resolving Conflicts; 15.1- 15.5 LST 2- Communication Skills; 6.2-6.11 LST 2- Assertiveness; 8.2-8.10 LST 2- Resolving Conflicts; 9.2-9.8 LST 3 - Social Skills; 6.1-6.8 LST 3 - Assertiveness; 7.2-7.8 LST 3- Resolving Conflicts; 8.1-8.7

**LifeSkills Curriculum for Grade 8**  
**Alignment Map**

Health Education Standards		Alignment to LifeSkills Middle School Curriculum
Health Education Core Idea: Sexual Health (Se)		
<b>5. Healthy Relationships</b>	H6.Se5.8 Develop a plan to communicate and maintain personal boundaries and values.	LST 1- Assertiveness; 14.1-14.12 LST 1- Resolving Conflicts; 15.1-15.6 LST 2- Assertiveness; 8.2-8.10 LST 2- Resolving Conflicts; 9.2-9.8 LST 3 - Social Skills 6.1-6.8 LST 3 – Assertiveness; 7.2-7.8 LST 3- Resolving Conflicts; 8.1-8.7

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## LifeSkills Curriculum for Grade 6

### Alignment Map

Health Education Standards		Alignment to LifeSkills Middle School Curriculum
<b>Health Education Core Idea: Social Emotional Health (So)</b>		
<b>1. Self- Esteem</b>	H1.So1.6a Describe factors that can influence self-esteem.	LST 1- Self-Image and Self Improvement; 1.3-1.4
	H1.So1.6b Understand how to improve one's self-esteem.	LST 1- Self-Image and Self Improvement; 1.5-1.8
<b>4. Expressing Emotions</b>	H1.So4.6a Explain importance of understanding other perspectives when resolving interpersonal conflicts.	LST 1- Resolving Conflicts; 15.1-15.5 LST 2- Resolving Conflicts; 9.2- 9.8 LST 2- Resisting Peer Pressure; 10.3-10.5 LST 3- Resolving Conflicts; 8.1-8.7 LST 3- Resisting Peer Pressure; 9.1-.9.5
<b>6. Emotional, Mental and Behavioral Health</b>	H1.So6.6a Identify signs and symptoms of depression and anxiety.	LST 1- Coping with Anxiety; 9.1-9.8 LST 2- Coping with Anxiety; 4.2-4.4

## LifeSkills Curriculum for Grade 7

### Alignment Map

Health Education Standards		Alignment to LifeSkills Middle School Curriculum
<b>Health Education Core Idea: Social Emotional Health (So)</b>		
<b>1. Self- Esteem</b>	H1.So1.7 Explain how self-esteem influences personal health choices.	LST 1- Self-Image and Self Improvement; 1.3-1.4

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LST 3= LifeSkills Training Level 3 (Orange Book)

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**Health and Physical Education Standards- Grade 6**  
**Alignment Map**

Health Education Standards		Alignment to LifeSkills Middle School Curriculum
Health Education Core Idea: Substance Use and Abuse (Su)		
<b>1. Use and Abuse</b>	H1.Su1.6a Explain differences between appropriate use, misuse, abuse of substances.	LST 2- Drug Abuse and Violence; 1.1-1.9 LST 3- Drug Abuse: Causes and Effects; 1.3-1.9
<b>2. Effects</b>	H1.Su2.6 Understand short- and long-term effects of substance abuse on physical and mental health.	LST 1 Smoking: Myths and Realities; 3.5 LST 1- Smoking and Biofeedback; 4.1-4.9 LST 1- Alcohol: Myths and Realities; 5.1- 5.3 LST 1- Marijuana: Myths and Realities; 6.5-6.6
<b>3. Prevention</b>	H1.Su3.6 Identify how to use refusal skills to avoid substance use.	LST 1- Assertiveness; 14.1-14.11 LST 2- Assertiveness; 8.2- 8.11
	H7.Su3.6 Identify scenarios in which substances may be present and determine strategies to avoid	LST 3- Resisting Peer Pressure; 9.1-.95
	H8.Su3.6 Promote benefits of abstaining from or discontinuing substance use.	LST 1 Smoking: Myths and Realities; 3.5 LST 1- Smoking and Biofeedback; 4.1-4.9 LST 1- Alcohol: Myths and Realities; 5.1- 5.3 LST 1- Marijuana: Myths and Realities; 6.5-6.6
<b>5. Legal Consequences</b>	H1.Su5.6 Identify legal and illegal substances.	LST 1 - Alcohol Myths and Realities; 5.6 LST 1 – Marijuana: Myths and Realities; 6.7*** teach what the WA State Law; <a href="https://lcb.wa.gov/mj-education/know-the-law">https://lcb.wa.gov/mj-education/know-the-law</a>

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**Health and Physical Education Standards- Grade 7**  
**Alignment Map**

Health Education Standards		Alignment to LifeSkills Middle School Curriculum
Health Education Core Idea: Substance Use and Abuse (Su)		
<b>1. Use and Abuse</b>	H1.Su1.7 Distinguish between substance use, misuse, abuse, dependency, and addiction	LST 2- Drug Abuse and Violence; 1.1- 1.9 LST 3- Drug Abuse; Causes and Effect; 1.2-1.9
	H2.Su1.7 Describe how peers and media influence substance use and abuse.	LST 1- Advertising; 7.1-7.4 LST 2- Media Influences; 3.1-3.8 LST 2- Resisting Peer Pressure; 10.2-10.10 LST 3- Media Influences; 3.1-3.7
<b>2. Effects</b>	H1.Su2.7 Explain short- and long-term effects of substance abuse on dimensions of health.	LST 1 Smoking: Myths and Realities; 3.5 LST 1- Smoking and Biofeedback; 4.1-4.9 LST 1- Alcohol: Myths and Realities; 5.1- 5.3 LST 1- Marijuana: Myths and Realities; 6.5-6.6 LST 2- Drug Abuse and Violence; 1.3-1.13
<b>3. Prevention</b>	H7.Su3.7a Demonstrate use of refusal skills to avoid substance use.	LST 1- Assertiveness; 14.1-14.11 LST 2- Resisting Peer Pressure; 10.5- 10.9 LST 3 – Resisting Peer Pressure; 9.1-9.5

**Health and Physical Education Standards- Grade 8**  
**Alignment Map**

Health Education Standards		Alignment to LifeSkills Middle School Curriculum
Health Education Core Idea: Substance Use and Abuse (Su)		
<b>1. Use and Abuse</b>	H2.Su1.8 Analyze factors that influence substance use and abuse.	LST 2-Drug Abuse and Violence; 1.3-1.9
	H3.Su1.8 Compare and contrast sources of information on substance use.	LST 2- Media Influences; 3.1-3.8
<b>2. Effects</b>	H1.Su2.8 Describe how substance abuse affects dimensions of health.	***Not addressed specifically, but can easily be tied in.
<b>3. Prevention</b>	H7.Su3.8a Apply refusal skills to avoid substance use.	LST 1- Assertiveness; 14.1-14.11 LST 2- Assertiveness; 8.2- 8.11 LST 3 – Assertiveness; 7.1-7.10

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