



Connecting *Botvin LifeSkills® Training* to Florida Educational Standards (Grades 3-5)

Why align the LST Program with Florida education standards? Many school districts find that conducting a crosswalk of the goals and objectives of the lessons in the LST program with their educational standards has several benefits:

- Assists in identifying ways to incorporate the LST program into existing curriculum requirements.
- Increases fidelity-based implementation of the program, which increases effectiveness in outcomes to reduce and prevent health risk behavior in elementary, middle, and high school students.
- Encourages faculty and administrative adoption and support for inclusion of prevention education in the overall curriculum rather than viewing it as an add-on or supplemental curriculum that has to be fit into existing requirements.

Within this document, each *Botvin LifeSkills® Training* unit is aligned to the specific knowledge, skills, and behaviors that are required by the education standards for the state of **Florida**.

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Level One

Botvin LifeSkills® Training Units for Grades 3 & 4	Unit Goal	Unit Objectives	Florida Learning Standard(s)
Unit 1: Self-Esteem	To teach students what self-esteem is and how it is developed. To make students aware of the fact that they can do things well, even though they are young.	Students will: <ol style="list-style-type: none"> 1. Define self-esteem. 2. Identify how self-esteem is developed. 3. Differentiate between good self-esteem and bad self-esteem. 4. Identify things they can do. 	<p>HE.3.R.2.3 Describe positive ways to deal with failure and learn from challenges.</p> <p>HE.3.R.2.4 Discuss how skills can be improved through hard work and perseverance.</p> <p>HE.4.R.1.4 Identify strategies to help persevere in difficult situations.</p> <p>HE.4.R.2.4 Explain how attitudes and thoughts can influence your behavior.</p> <p>HE.4.R.4.1 Describe how perseverance may help overcome obstacles.</p>

<p>Unit 2: Decision-Making</p>	<p>To teach students a simple step-by-step process for making decisions.</p>	<p>Students will:</p> <ol style="list-style-type: none"> 1. Identify how we make choices. 2. Be able to identify the basic process for making decisions. 3. Practice applying the decision-making model to personal choices. 	<p>HE.3.R.2.2 Identify ways in which my decisions affect others.</p> <p>HE.3.R.4.2 Identify different solutions and potential outcomes when problems arise.</p> <p>HE.3.PHC.3.2 Recognize healthy options when making decisions for yourself that avoid or reduce health risks.</p> <p>HE.3.PHC.3.3 Discuss the potential short-term personal impact of each option when making a health-related decision.</p> <p>HE.4.R.2.1 Discuss ways to take responsibility for one’s actions.</p> <p>HE.4.R.2.2 Identify the value of making healthy choices for personal well-being.</p> <p>HE.4.PHC.3.2 Apply healthy options when making decisions to maintain or improve personal health and reduce health risks.</p> <p>HE.4.PHC.3.2 Apply healthy options when making decisions to maintain or improve personal health and reduce health risks.</p> <p>HE.4.PHC.3.3 Predict the potential short-term impact of each option on self and others when making a health-related decision.</p>
<p>Unit 3: Smoking Information</p>	<p>To weigh the pros and cons of smoking.</p>	<p>Students will:</p> <ol style="list-style-type: none"> 1. Identify basic facts about the effects of smoking. 2. Discuss reasons why people 	<p>HE.3.PHC.1.1 Describe healthy behaviors that affect personal health.</p> <p>HE.3.PHC.1.4 Discuss behaviors that avoid or reduce health risks.</p> <p>HE.3.PHC.1.5 Demonstrate health behaviors to maintain or improve personal health.</p> <p>HE.3.PHC.3.2 Recognize healthy options when making decisions for yourself that avoid or reduce health risks.</p>

		<p>choose to smoke or not smoke.</p>	<p>HE.3.PHC.3.3 Discuss the potential short-term personal impact of each option when making a health-related decision.</p> <p>HE.3.PHC.3.5 Discuss healthy options to health-related issues or problems.</p> <p>HE.4.PHC.3.2 Apply healthy options when making decisions to maintain or improve personal health and reduce health risks.</p> <p>HE.4.PHC.3.3 Predict the potential short-term impact of each option on self and others when making a health-related decision.</p> <p>HE.4.PHC.3.5 Choose healthy options to health-related issues or problems.</p>
<p>Unit 4: Advertising</p>	<p>To develop an awareness of how tobacco advertisers manipulate advertisements to try and entice people to smoke.</p>	<p>Students will:</p> <ol style="list-style-type: none"> 1. Examine advertising and promotional techniques that encourage teenagers to smoke. 2. Create counter-arguments to tobacco advertising that demonstrate the true effects of smoking. 	<p>HE.3.PHC.1.5 Demonstrate health behaviors to maintain or improve personal health.</p> <p>HE.3.PHC.3.2 Recognize healthy options when making decisions for yourself that avoid or reduce health risks.</p> <p>HE.3.PHC.3.5 Discuss healthy options to health-related issues or problems.</p> <p>HE.3.CEH.1.3 Identify the impact of internet and social media in the community.</p> <p>HE.3.CEH.4.1 Encourage positive behaviors and healthy choices by others.</p> <p>HE.3.CH.1.1 Locate resources from home, school, and community that provide valid health information, products, and services.</p>

			<p>HE.3.CH.2.1 Describe how the internet and various media/social media outlets influence the selection of health information, products, and services.</p> <p>HE.3.CH.3.1 Describe criteria for selecting health information, resources, products, and services.</p> <p>HE.4.PHC.3.2 Apply healthy options when making decisions to maintain or improve personal health and reduce health risks.</p> <p>HE.4.CEH.1.3 Discuss the impact of internet and social media in the community.</p> <p>HE.4.CH.1.1 Describe characteristics of valid health information, products, and services.</p> <p>HE.4.CH.2.1 Recognize ways health messages and communication techniques can be targeted for different audiences through internet and social media sources.</p> <p>HE.4.CH.3.1 Construct criteria for selecting health resources, products, services, and reputable technologies.</p>
<p>Unit 5: Dealing with Stress</p>	<p>To teach students to recognize stress and to practice techniques to deal with stress.</p>	<p>Students will:</p> <ol style="list-style-type: none"> 1. Describe stress and the physical sensations that are associated with stress. 2. Identify causes of stress in their lives. 	<p>HE.3.PHC.1.1 Describe healthy behaviors that affect personal health.</p> <p>HE.3.PHC.1.5 Demonstrate health behaviors to maintain or improve personal health.</p> <p>HE.3.PHC.3.2 Recognize healthy options when making decisions for yourself that avoid or reduce health risks.</p> <p>HE.3.PHC.3.5 Discuss healthy options to health-related issues or problems.</p> <p>PE.3.L.4.6 Identify ways to safely stretch major muscle groups.</p>

		<p>3. Practice deep breathing and stretching to reduce stress and anxiety.</p>	<p>HE.4.R.1.4 Identify strategies to help persevere in difficult situations.</p> <p>HE.4.PHC.1.1 Identify examples of mental and physical health.</p> <p>HE.4.PHC.1.4 Identify the relationship between healthy behaviors and personal health.</p> <p>HE.4.PHC.3.2 Apply healthy options when making decisions to maintain or improve personal health and reduce health risks.</p> <p>HE.4.PHC.3.5 Choose healthy options to health-related issues or problems.</p>
<p>Unit 6: Communication Skills</p>	<p>To teach students how feelings are communicated.</p>	<p>Students will:</p> <ol style="list-style-type: none"> 1. Identify what communication is. 2. Discuss the importance of communicating their feelings. 3. Practice using body language to express emotions. 	<p>HE.3.R.1.1 Identify skills needed when working with others.</p> <p>HE.4.R.1.1 Consider the perspectives of others.</p> <p>HE.4.R.1.2 Identify the benefits of treating others with respect.</p> <p>HE.4.R.2.4 Explain how attitudes and thoughts can influence your behavior.</p>
<p>Unit 7: Social Skills</p>	<p>To help students learn ways of building and maintaining friendships.</p>	<p>Students will:</p> <ol style="list-style-type: none"> 1. Identify what makes a person a friend. 2. Identify characteristics 	<p>HE.3.R.1.1 Identify skills needed when working with others.</p> <p>HE.3.R.1.2 Identify ways to display trustworthiness.</p> <p>HE.3.R.1.3 Discuss ways to be loyal to friends and family.</p>

		<p>they find important in a friendship.</p> <p>3. Describe qualities they possess which make them a good friend.</p>	<p>PE.3.R.5.1 List ways to work cooperatively with peers of differing skill levels.</p> <p>HE.4.R.1.1 Consider the perspectives of others.</p> <p>HE.4.R.1.2 Identify the benefits of treating others with respect.</p> <p>PE.4.R.5.2 List ways to encourage others while refraining from insulting/negative statements.</p>
<p>Unit 8: Assertiveness</p>	<p>To teach students refusal skills</p>	<p>Students will:</p> <ol style="list-style-type: none"> 1. Identify and discuss 8 different ways to say “no”. 2. Practice at least one way to say “no” in a realistic role-play situation. 	<p>HE.3.R.1.1 Identify skills needed when working with others.</p> <p>HE.3.PHC.1.5 Demonstrate health behaviors to maintain or improve personal health.</p> <p>HE.3.PHC.2.1 Describe how outside influences, family, and friends can influence health behaviors.</p> <p>HE.3.PHC.3.5 Discuss healthy options to health-related issues or problems.</p> <p>HE.3.PHC.4.1 Practice appropriate responses to unwanted, unsafe, and threatening situations.</p> <p>HE.4.R.1.4 Identify strategies to help persevere in difficult situations.</p> <p>HE.4.R.2.1 Discuss ways to take responsibility for one’s actions.</p> <p>HE.4.R.4.1 Describe how perseverance may help overcome obstacles.</p> <p>HE.4.R.4.2 Describe strategies to resolve conflicts.</p>

			<p>HE.4.PHC.1.4 Identify the relationship between healthy behaviors and personal health.</p> <p>HE.4.PHC.2.1 Identify how outside influences, including family and friends, affect health practices and behaviors.</p> <p>HE.4.PHC.3.2 Apply healthy options when making decisions to maintain or improve personal health and reduce health risks.</p> <p>HE.4.PHC.3.5 Choose healthy options to health-related issues or problems.</p> <p>HE.4.PHC.4.1 Select appropriate responses to unwanted, unsafe, and threatening situations.</p>
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Level Two

Botvin LifeSkills® Training Units for Grades 4/5	Unit Goal	Unit Objectives	Florida Learning Standard(s)
Unit 1: Self-Esteem	To teach students what self-esteem is and how it is developed. To make students aware that they are unique and should feel good about it.	Students will: <ol style="list-style-type: none"> 1. Define self-esteem. 2. Identify how self-esteem is developed. 3. Identify things about themselves that they share and don't share with others. 4. Discuss what makes each child develop into a unique person. 	HE.4.R.1.1 Consider the perspectives of others. HE.4.R.1.4 Identify strategies to help persevere in difficult situations. HE.4.R.2.4 Explain how attitudes and thoughts can influence your behavior. HE.4.R.4.1 Describe how perseverance may help overcome obstacles. HE.5.R.1.2 Identify how to communicate effectively within a group. HE.5.R.2.5 Explain how attitudes and thoughts can influence your behavior and affect others. HE.5.R.4.2 Identify successful strategies for adjusting to change and setbacks.

<p>Unit 2: Decision- Making</p>	<p>To have students identify how their daily decisions are influenced in direct and indirect ways.</p>	<p>Students will:</p> <ol style="list-style-type: none"> 1. Review the basic step-by-step decision-making process learned previously in Level 1. 2. Discuss direct and indirect influences on decision-making. 3. Identify and map factors that influence their decisions. 	<p>HE.4.R.2.1 Discuss ways to take responsibility for one’s actions.</p> <p>HE.4.R.2.2 Identify the value of making healthy choices for personal well-being.</p> <p>HE.4.PHC.2.1 Identify how outside influences, including family and friends, affect health practices and behaviors.</p> <p>HE.4.PHC.2.4 Discuss how media/social media influences personal thoughts, feelings, and health behaviors.</p> <p>HE.4.PHC.3.2 Apply healthy options when making decisions to maintain or improve personal health and reduce health risks.</p> <p>HE.4.PHC.3.3 Predict the potential short-term impact of each option on self and others when making a health-related decision.</p> <p>HE.4.CH.2.1 Recognize ways health messages and communication techniques can be targeted for different audiences through internet and social media sources.</p> <p>HE.5.R.2.1 Describe the importance of having the courage to do the right thing even when it is difficult.</p> <p>HE.5.R.2.2 Discuss how responsible decision-making affects personal well-being.</p> <p>HE.5.R.2.6 Demonstrate how to positively respond to external influences.</p> <p>HE.5.R.3.2 Identify ways to participate in decision-making in the school or community.</p>
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			<p>HE.5.PHC.2.1 Explain how outside influences, including family and friends, affect health practices and behaviors.</p> <p>HE.5.PHC.2.4 Discuss how media/social media influences personal and family health behaviors.</p> <p>HE.5.PHC.3.2 Select a healthy option when making decisions for yourself to maintain or improve personal health and reduce health risks.</p> <p>HE.5.PHC.3.3 Compare the potential short-term impact of each option on self and others when making a health-related decision.</p> <p>HE.5.PHC.3.5 Summarize healthy options to health-related issues or problems.</p>
<p>Unit 3: Smoking Information</p>	<p>To teach students about the consequences of nicotine and tobacco products on their body.</p>	<p>Students will:</p> <ol style="list-style-type: none"> 1. Practice taking their pulse. 2. Compare resting heart rate to a “smoking” heart rate. 3. Discuss the relationship between increased heart rate and cardiovascular disease. 4. Learn about the difference between a healthy lung and a tar-filled lung. 	<p>HE.4.PHC.1.3 Identify the human body parts and organs that work together to form healthy body systems.</p> <p>HE.4.PHC.1.4 Identify the relationship between healthy behaviors and personal health.</p> <p>HE.4.PHC.3.2 Apply healthy options when making decisions to maintain or improve personal health and reduce health risks.</p> <p>HE.4.PHC.3.3 Predict the potential short-term impact of each option on self and others when making a health-related decision.</p> <p>HE.4.PHC.3.5 Choose healthy options to health-related issues or problems.</p>

		<ol style="list-style-type: none"> 5. Hear and observe what happens to the alveoli when a person smokes. 6. Observe how much tar passes through the lungs of a pack-a-day smoker. 7. Visualize what tar from cigarettes looks like in the lung. 	<p>HE.5.PHC.1.3 Explain how human body parts and organs work together in healthy body systems, including the endocrine and reproductive systems.</p> <p>HE.5.PHC.1.4 Describe the relationship between healthy behaviors and personal health.</p> <p>HE.5.PHC.2.2 Explain ways a safe, healthy home and school environment promote personal health.</p> <p>HE.5.PHC.3.2 Select a healthy option when making decisions for yourself to maintain or improve personal health and reduce health risks.</p> <p>HE.5.PHC.3.3 Compare the potential short-term impact of each option on self and others when making a health-related decision.</p> <p>HE.5.PHC.3.5 Summarize healthy options to health-related issues or problems.</p> <p>HE.5.CEH.4.1 Persuade others to make positive health choices.</p>
<p>Unit 4: Advertising</p>	<p>To develop an awareness of how tobacco advertisers manipulate advertisements to try and entice people to smoke.</p>	<p>Students will:</p> <ol style="list-style-type: none"> 1. Identify and discuss 8 different tricks that companies use to try to get people to smoke. 2. Analyze cigarette advertisements to determine how tobacco companies 	<p>HE.4.PHC.2.1 Identify how outside influences, including family and friends, affect health practices and behaviors.</p> <p>HE.4.PHC.2.4 Discuss how media/social media influences personal thoughts, feelings, and health behaviors.</p> <p>HE.4.PHC.3.2 Apply healthy options when making decisions to maintain or improve personal health and reduce health risks.</p>

		attempt to lure people to buy cigarettes.	<p>HE.4.CH.1.1 Describe characteristics of valid health information, products, and services.</p> <p>HE.4.CH.2.1 Recognize ways health messages and communication techniques can be targeted for different audiences through internet and social media sources.</p> <p>HE.4.CH.3.1 Construct criteria for selecting health resources, products, services, and reputable technologies.</p> <p>HE.5.PHC.2.1 Explain how outside influences, including family and friends, affect health practices and behaviors.</p> <p>HE.5.PHC.2.4 Discuss how media/social media influences personal and family health behaviors.</p> <p>HE.5.PHC.3.3 Compare the potential short-term impact of each option on self and others when making a health-related decision.</p> <p>HE.5.CH.2.1 Identify ways health messages and communication techniques can be targeted for different audiences through internet and social media sources.</p>
Unit 5: Dealing with Stress	To identify positive and negative ways to cope with stress.	<p>Students will:</p> <ol style="list-style-type: none"> 1. Identify positive and negative ways to deal with stress. 2. Discuss how to tell the difference between a positive and negative coping technique. 	<p>HE.4.R.1.4 Identify strategies to help persevere in difficult situations.</p> <p>HE.4.PHC.1.1 Identify examples of mental and physical health.</p> <p>HE.4.PHC.1.4 Identify the relationship between healthy behaviors and personal health.</p>

		<p>3. Practice guided imagery and progressive muscle relaxation techniques.</p>	<p>HE.4.PHC.3.2 Apply healthy options when making decisions to maintain or improve personal health and reduce health risks.</p> <p>HE.4.PHC.3.5 Choose healthy options to health-related issues or problems.</p> <p>HE.5.R.2.5 Explain how attitudes and thoughts can influence your behavior and affect others.</p> <p>HE.5.R.2.6 Demonstrate how to positively respond to external influences.</p> <p>HE.5.R.4.2 Identify successful strategies for adjusting to change and setbacks.</p> <p>HE.5.PHC.1.1 Demonstrate the physical and mental dimensions of health.</p> <p>HE.5.PHC.1.4 Describe the relationship between healthy behaviors and personal health.</p> <p>HE.5.PHC.3.2 Select a healthy option when making decisions for yourself to maintain or improve personal health and reduce health risks.</p> <p>HE.5.PHC.3.5 Summarize healthy options to health-related issues or problems.</p>
<p>Unit 6: Communication Skills</p>	<p>To teach students the importance of communication.</p>	<p>Students will:</p> <p>1. Identify what communication is.</p>	<p>HE.4.R.1.1 Consider the perspectives of others.</p> <p>HE.4.R.1.2 Identify the benefits of treating others with respect.</p>

		<p>2. Practice using non-verbal communication skills.</p>	<p>HE.4.R.2.4 Explain how attitudes and thoughts can influence your behavior.</p> <p>HE.5.R.1.1 Discuss how to work together to achieve a positive outcome.</p> <p>HE.5.R.1.2 Identify how to communicate effectively within a group.</p> <p>HE.5.R.1.3 Describe the importance of considering the perspective of others when communicating.</p>
<p>Unit 7: Social Skills</p>	<p>To help students learn ways to get along with their peers.</p>	<p>Students will:</p> <ol style="list-style-type: none"> 1. Define “peer” and “peer pressure”. 2. Understand that peer pressure can be either positive or negative. 3. Identify ways to deal with negative peer pressure. 4. Identify places to go if they need help dealing with peer pressure. 	<p>HE.4.PHC.2.1 Identify how outside influences, including family and friends, affect health practices and behaviors.</p> <p>HE.4.PHC.3.1 Examine when assistance is needed to make a health-related decision.</p> <p>HE.4.PHC.3.2 Apply healthy options when making decisions to maintain or improve personal health and reduce health risks.</p> <p>HE.4.PHC.3.5 Choose healthy options to health-related issues or problems.</p> <p>HE.4.PHC.4.1 Select appropriate responses to unwanted, unsafe, and threatening situations.</p> <p>HE.5.R.2.1 Describe the importance of having the courage to do the right thing even when it is difficult.</p> <p>HE.5.R.2.2 Discuss how responsible decision-making affects personal well-being.</p> <p>HE.5.R.2.6 Demonstrate how to positively respond to external influences.</p>

			<p>HE.5.PHC.2.1 Explain how outside influences, including family and friends, affect health practices and behaviors.</p> <p>HE.5.PHC.3.1 Analyze when assistance is needed when making a health-related decision.</p> <p>HE.5.PHC.3.2 Select a healthy option when making decisions for yourself to maintain or improve personal health and reduce health risks.</p> <p>HE.5.PHC.3.3 Compare the potential short-term impact of each option on self and others when making a health-related decision.</p> <p>HE.5.PHC.3.5 Summarize healthy options to health-related issues or problems.</p> <p>HE.5.PHC.4.1 Evaluate appropriate responses to unwanted, unsafe, and threatening situations.</p>
<p>Unit 8: Assertiveness</p>	<p>To teach students how to develop assertiveness skills.</p>	<p>Students will:</p> <ol style="list-style-type: none"> 1. Identify what behaving assertively means. 2. Practice writing, I- messages. 3. Practice being assertive by role-playing situations using I- messages. 	<p>HE.4.R.1.1 Consider the perspectives of others.</p> <p>HE.4.R.1.2 Identify the benefits of treating others with respect.</p> <p>HE.4.R.2.1 Discuss ways to take responsibility for one’s actions.</p> <p>HE.4.R.4.2 Describe strategies to resolve conflicts.</p> <p>HE.4.PHC.1.4 Identify the relationship between healthy behaviors and personal health.</p>

			<p>HE.4.PHC.3.2 Apply healthy options when making decisions to maintain or improve personal health and reduce health risks.</p> <p>HE.5.R.1.1 Discuss how to work together to achieve a positive outcome.</p> <p>HE.5.R.1.2 Identify how to communicate effectively within a group.</p> <p>HE.5.R.1.3 Describe the importance of considering the perspective of others when communicating.</p> <p>HE.5.R.2.6 Demonstrate how to positively respond to external influences.</p> <p>HE.5.R.4.3 Compare conflict resolution methods to identify potential solutions.</p>
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Level Three

Botvin LifeSkills® Training Units for Grades 5/6	Unit Goal	Unit Objectives	Florida Learning Standards
Unit 1: Self-Esteem	To help students feel better about themselves by looking with a broader perspective at what they have already achieved and at what is possible for them to achieve in the future.	Students will: <ol style="list-style-type: none"> 1. Identify short-term goals they hold for themselves. 2. Identify long-term goals they hold for themselves. 3. Discuss the relationship between risk behaviors and goal achievement. 	<p>HE.5.R.2.2 Discuss how responsible decision-making affects personal well-being.</p> <p>HE.5.R.2.3 Select reliable resources that would assist in achieving a personal goal.</p> <p>HE.5.R.2.4 Devise an individual goal (short or long term) to adopt, maintain, or improve a personal practice.</p> <p>HE.5.R.2.5 Explain how attitudes and thoughts can influence your behavior and affect others.</p> <p>HE.5.R.4.2 Identify successful strategies for adjusting to change and setbacks.</p> <p>HE.5.PHC.1.4 Describe the relationship between healthy behaviors and personal health.</p>

			<p>HE.5.PHC.3.2 Select a healthy option when making decisions for yourself to maintain or improve personal health and reduce health risks.</p> <p>HE.5.PHC.3.4 Develop a personal health goal and track progress toward achievement.</p> <p>HE.68.R.2.4 Monitor progress toward attaining a personal goal.</p> <p>HE.68.R.2.5 Explain strategies and skills needed to assess progress and maintenance of a challenging personal goal.</p> <p>HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice.</p> <p>HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal.</p> <p>HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal.</p> <p>HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks.</p>
<p>Unit 2: Decision-Making</p>	<p>To teach students how to make decisions in tobacco-related situations.</p>	<p>Students will:</p> <ol style="list-style-type: none"> 1. Review the Stop-Think-Go! Decision-making model. 2. Practice making decisions related to tobacco. 	<p>HE.5.R.2.2 Discuss how responsible decision-making affects personal well-being.</p> <p>HE.5.R.2.6 Demonstrate how to positively respond to external influences.</p> <p>HE.5.R.3.2 Identify ways to participate in decision-making in the school or community</p> <p>HE.5.PHC.2.1 Explain how outside influences, including family and friends, affect health practices and behaviors.</p>

			<p>HE.5.PHC.2.4 Discuss how media/social media influences personal and family health behaviors.</p> <p>HE.5.PHC.3.2 Select a healthy option when making decisions for yourself to maintain or improve personal health and reduce health risks.</p> <p>HE.5.PHC.3.3 Compare the potential short-term impact of each option on self and others when making a health-related decision.</p> <p>HE.5.PHC.3.5 Summarize healthy options to health-related issues or problems.</p> <p>HE.68.SUA.1.1 Demonstrate responsible decision-making about the use of substances.</p> <p>HE.68.R.2.2 Demonstrate responsible decision-making that considers multiple perspectives.</p> <p>HE.68.R.2.9 Identify healthy responses to negative peer pressure.</p> <p>HE.68.R.4.1 Analyze possible solutions to a problem to determine the best outcome for oneself and others.</p> <p>HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making.</p> <p>HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision.</p> <p>HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision.</p> <p>HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks.</p>
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			<p>HE.6.CEH.3.1 Choose healthy alternatives over unhealthy alternatives when making a decision.</p>
<p>Unit 3: Smoking Information</p>	<p>To familiarize students with the many different kinds of tobacco products and teach them attitudes, norms and laws about smoking in this country are changing.</p>	<p>Students will:</p> <ol style="list-style-type: none"> 1. Compare the different types of tobacco products. 2. Identify ways that smoking laws are changing. 3. Write new laws related to tobacco use. 	<p>HE.5.PHC.1.3 Explain how human body parts and organs work together in healthy body systems, including the endocrine and reproductive systems.</p> <p>HE.5.PHC.1.4 Describe the relationship between healthy behaviors and personal health.</p> <p>HE.5.PHC.2.2 Explain ways a safe, healthy home and school environment promote personal health.</p> <p>HE.5.PHC.3.2 Select a healthy option when making decisions for yourself to maintain or improve personal health and reduce health risks.</p> <p>HE.5.PHC.3.3 Compare the potential short-term impact of each option on self and others when making a health-related decision.</p> <p>HE.5.PHC.3.5 Summarize healthy options to health-related issues or problems.</p> <p>HE.5.CEH.4.1 Persuade others to make positive health choices.</p> <p>HE.68.SUA.1.1 Demonstrate responsible decision-making about the use of substances.</p> <p>HE.68.SUA.1.8 Describe the short- and long-term physical and social consequences of tobacco, nicotine use and/or vaping.</p> <p>HE.68.SUA.2.1 Discuss family rules, school rules and state laws about the use of alcohol and other drugs.</p>

			<p>HE.68.SUA.2.3 Describe how external factors can influence behaviors related to tobacco, nicotine use, and/or vaping.</p> <p>HE.68.SUA.5.1 Work cooperatively with peers to advocate for others to remain alcohol and drug free.</p> <p>HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors.</p> <p>HE.6.CEH.2.2 Investigate changes to societal norms and how they influence health beliefs and behaviors.</p> <p>HE.6.CEH.3.1 Choose healthy alternatives over unhealthy alternatives when making a decision.</p>
<p>Unit 4: Advertising</p>	<p>To create an awareness in students of the many techniques and appeals that advertisers use to get consumers to purchase their products.</p>	<p>Students will:</p> <ol style="list-style-type: none"> 1. Understand that we are all consumers. 2. Understand the purpose of advertising. 3. Be able to recognize the various advertising techniques used to persuade consumers. 4. Be able to define “target markets” and identify how 	<p>HE.5.PHC.2.1 Explain how outside influences, including family and friends, affect health practices and behaviors.</p> <p>HE.5.PHC.2.4 Discuss how media/social media influences personal and family health behaviors.</p> <p>HE.5.CH.2.1 Identify ways health messages and communication techniques can be targeted for different audiences through internet and social media sources.</p> <p>HE.68.SUA.2.3 Describe how external factors can influence behaviors related to tobacco, nicotine use, and/or vaping.</p> <p>HE.68.SUA.3.1 Discuss ways to identify valid and reliable multi-media information as it pertains to alcohol and other drugs.</p> <p>HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors.</p>

		<p>advertisers use them to sell products.</p> <p>5. Create an advertisement for a product utilizing a technique discussed.</p>	<p>HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources.</p>
<p>Unit 5: Dealing with Stress</p>	<p>To teach students that because stress does not go away, one of the best ways to deal with it is to prevent it.</p>	<p>Students will:</p> <ol style="list-style-type: none"> 1. Identify specific types of stressors experienced by different age groups throughout life. 2. Compare and contrast types of stressors common to all people. 3. Discuss stress-prevention techniques. 	<p>HE.5.R.2.5 Explain how attitudes and thoughts can influence your behavior and affect others.</p> <p>HE.5.R.2.6 Demonstrate how to positively respond to external influences.</p> <p>HE.5.R.4.2 Identify successful strategies for adjusting to change and setbacks.</p> <p>HE.5.PHC.1.1 Demonstrate the physical and mental dimensions of health.</p> <p>HE.5.PHC.1.4 Describe the relationship between healthy behaviors and personal health.</p> <p>HE.5.PHC.3.2 Select a healthy option when making decisions for yourself to maintain or improve personal health and reduce health risks.</p> <p>HE.5.PHC.3.5 Summarize healthy options to health-related issues or problems.</p> <p>HE.68.R.2.8 Identify strategies to manage challenges and setbacks.</p>

			<p>HE.6.PHC.1.1 Describe how the physical, mental social, and intellectual dimensions of health are interrelated.</p> <p>HE.6.PHC.3.4 Use various methods to measure personal health status.</p> <p>HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks.</p>
<p>Unit 6: Communication Skills</p>	<p>To teach students the importance of communication.</p>	<p>Students will:</p> <ol style="list-style-type: none"> 1. Define communication. 2. Differentiate between active and passive listening. 3. Practice active and passive listening techniques. 	<p>HE.5.R.1.1 Discuss how to work together to achieve a positive outcome.</p> <p>HE.5.R.1.2 Identify how to communicate effectively within a group.</p> <p>HE.5.R.1.3 Describe the importance of considering the perspective of others when communicating.</p> <p>HE.68.R.1.1 Demonstrate the ability to respond with empathy in a variety of contexts and situations.</p> <p>HE.68.R.1.2 Describe the importance of empathy, kindness, honesty and trust in building and sustaining relationships.</p> <p>HE.68.R.2.1 Discuss how character is shaped by attitudes, decisions and actions.</p> <p>HE.6.PHC.1.1 Describe how the physical, mental, social, and intellectual dimensions of health are interrelated.</p>
<p>Unit 7: Social Skills</p>	<p>To teach students ways to deal with conflict in a positive way.</p>	<p>Students will:</p> <ol style="list-style-type: none"> 1. Identify conflict styles and conflict outcomes. 	<p>HE.5.R.1.1 Discuss how to work together to achieve a positive outcome.</p> <p>HE.5.R.1.2 Identify how to communicate effectively within a group.</p>

		<p>2. Identify behaviors that will lead to different conflict outcomes.</p>	<p>HE.5.R.1.3 Describe the importance of considering the perspective of others when communicating.</p> <p>HE.5.R.4.3 Compare conflict resolution methods to identify potential solutions.</p> <p>HE.68.R.1.2 Describe the importance of empathy, kindness, honesty and trust in building and sustaining relationships.</p> <p>HE.68.R.1.3 Identify sources of relational conflicts and healthy approaches to conflict resolutions.</p> <p>HE.68.R.2.1 Discuss how character is shaped by attitudes, decisions and actions.</p> <p>HE.68.R.4.1 Analyze possible solutions to a problem to determine the best outcome for oneself and others.</p> <p>HE.68.R.4.2 Develop and apply conflict resolution skills in a variety of situations.</p> <p>HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks.</p>
<p>Unit 8: Assertiveness</p>	<p>To help students learn assertive skills that will enable them to stand up for themselves.</p>	<p>Students will:</p> <ol style="list-style-type: none"> 1. Differentiate between passive, aggressive, and assertive responses. 2. Identify how assertive skills can help a person 	<p>HE.5.R.1.2 Identify how to communicate effectively within a group.</p> <p>HE.5.R.1.3 Describe the importance of considering the perspective of others when communicating.</p> <p>HE.5.R.4.3 Compare conflict resolution methods to identify potential solutions.</p> <p>HE.68.SUA.4.1 Demonstrate refusal and communication skills in specific scenarios related to underage drinking and illicit drug use.</p>

		stand up for themselves.	<p>HE.68.SUA.4.2 Predict the potential short- and long-term impacts on self and others when responding to pressure to use alcohol and/or other drugs.</p> <p>HE.68.R.1.3 Identify sources of relational conflicts and healthy approaches to conflict resolutions.</p> <p>HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks.</p>
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