

CATCH My Breath Curriculum Alignment

Texas Essential Knowledge and Skills



Grade	Texas Essential Knowledge and Skills
5th	<p>15(C) describe the physiological effects of alcohol, vaping products, tobacco, other drugs, and dangerous substances.</p> <p>16(A) analyze the short- and long-term harmful effects of alcohol, tobacco, other drugs, and dangerous substances such as inhalants and household products on the functions of the body systems and mental and social health</p> <p>17(A) analyze how positive peer influence can be used to help a person decide not to use alcohol or drugs; and</p> <p>17(B) describe the importance of seeking help and reporting unsafe situations related to alcohol, tobacco, and other drugs.</p> <p>19(A) assess how being assertive, using refusal skills, and evaluating peer influence can affect decision making and problem solving;</p> <p>19(B) identify a variety of scenarios and the different types of refusal skills that can be used to avoid the use of alcohol, tobacco, and other drugs; and</p> <p>19(C) identify and describe healthy alternative activities to the use of drugs and other substances.</p>
6th	<p>15(D) describe substance abuse and addiction to alcohol, vaping products, tobacco, other drugs, and dangerous substances.</p> <p>16(A) describe the short- and long-term health consequences of prescription and over-the counter drug misuse and substance use disorders</p> <p>17(B) identify signs and symptoms of alcohol; tobacco; drugs, including prescription drugs; and other substance use and misuse such as using medicine prescribed for someone else or for reasons other than intended;</p> <p>17(C) identify examples of who, when, where, and how to get help related to unsafe situations regarding the use and misuse of alcohol; tobacco; drugs,</p> <p>18(A) explain the impact of peer influence on decision making regarding the use of alcohol, tobacco, and other drugs;</p> <p>18(B) describe methods for differentiating between positive and negative relationships that can influence alcohol, tobacco, and other drug use;</p> <p>19(A) identify ways such as alternative activities and refusal skills to prevent or avoid the use of alcohol, tobacco, drugs, and other substances;</p> <p>19(B) demonstrate refusal skills in various scenarios where alcohol, tobacco, and other drugs may be present; and</p> <p>19(C) identify and describe strategies for avoiding alcohol, tobacco, and other drugs, including opioids</p>
7th & 8th	<p>16(A) analyze and explain the short- and long-term health consequences of addiction to alcohol and tobacco and prescription and over-the-counter drug misuse and substance use disorders;</p> <p>17(B) identify signs and symptoms of alcohol; tobacco; drugs, including prescription drugs; and other substance use and misuse such as using medicine prescribed for someone else or for reasons other than intended</p> <p>18(A) examine the effects and role of peer influence on decision making and problem solving regarding the use and misuse of alcohol, tobacco, and other drugs;</p> <p>18(B) examine physical and social influences on alcohol, tobacco, and other drug use behaviors;</p>
HS Health 1	<p>16(A) compare and contrast physical and social influences on alcohol, tobacco, and other drug use behaviors;</p> <p>16(B) design materials for health advocacy such as promoting a substance-free life; and</p> <p>16(C) discuss ways to participate in school-related efforts to address health-risk behaviors.</p> <p>17(A) analyze the relationship between the use of refusal skills and the avoidance of alcohol, tobacco, and other drugs; and</p>

HS Health 2	14(B) analyze the importance of alternative activities to drug and substance misuse and abuse; and 14(C) identify individual and community protective factors and skills that prevent substance misuse and substance use disorders. (17) Alcohol, tobacco, and other drugs--risk and protective factors. The student understands how various factors can influence decisions regarding substance use and the resources available for help. The student is expected to: (A) discuss risk-taking behaviors such as drinking and driving with their associated legal, social, and physical consequences
----------------	---