

K-2 Scope & Sequence

Unit 1: Foundational Health	Objective(s)	National Health Standards	Oklahoma State Standards for Health Education
Ready, Set GO! A Journey to Health	Describe habits that improve individual health such as getting enough sleep, eating nutritious foods, and exercising; learn the importance of respectful communication and forming positive friendships.	1.2.2 Recognize that there are multiple dimensions of health.	1.2.1 Identify that healthy behaviors affect personal health. 1.2.2 Recognize that there are multiple dimensions of health. 4.2.1 Demonstrate healthy ways to express needs, wants, and feelings.
Every Journey Needs a Guide	Name people who can provide health care guidance such as parents, family members, other trusted adults, teachers, and health care professionals Learn the importance of respectful communication and forming positive friendships	2.2.1 Identify how the family influences personal health practices and behaviors. 2.2.2 Identify what the school can do to support health practices and behaviors. 3.2.1 Identify trusted adults and professionals who can help promote health. 5.2.2 Differentiate between situations when a health-related decision can be made individually or when assistance is needed. 6.2.2 Identify who can help when assistance is needed to achieve a personal health goal.	2.2.1 Identify how the family influences personal health practices and behaviors. 2.2.2 Identify what the school can do to support health practices and behaviors. 3.2.1 Identify trusted adults and professionals who can help promote health. 3.2.2 Identify ways to locate school and community health helpers 5.2.2 Differentiate between situations when a health-related decision can be made individually or when assistance is needed. 6.2.2 Identify who can help when assistance is needed to achieve a personal health goal.
CATCH MVP Healthy Habits	Describe personal hygiene and health habits that enhance individual health such as hand washing, oral hygiene, and getting enough sleep	1.2.1 Identify that healthy behaviors impact personal health.	1.2.1 Identify that healthy behaviors impact personal health. 2.2.1 Identify how the family influences personal health practices and behaviors. 2.2.2 Identify what the school can do to support health practices and behaviors. 7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health. 8.2.1 Make requests to promote personal health
Health Check-ups	Identify types of healthcare professionals and describe the services they provide such as medical checkups, dental exams, and vision and hearing screenings	1.2.5 Describe why it is important to seek health care. 3.2.2 Identify ways to locate school and community health helpers. 5.2.1 Identify situations when a health-related decision is needed.	1.2.5 Describe why it is important to seek health care 3.2.1 Identify trusted adults and professionals who can help promote health. 3.2.2 Identify ways to locate school and community health helpers. 5.2.1 Identify situations when a health-related decision is needed. 5.2.2 Differentiate between situations when a health-related decision can be made individually or when assistance is needed. 7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health. 7.2.2 Demonstrate behaviors that avoid or reduce health risks
Germ Busters	Discuss ways in which germs are transmitted, methods of preventing the spread of germs, and the importance of immunization; Identify common illnesses and diseases, including asthma, diabetes, and epilepsy, and their symptoms	1.2.3 Describe ways to prevent communicable diseases.	1.2.3 Describe ways to prevent communicable diseases. 7.2.2 Demonstrate behaviors that avoid or reduce health risks
Bitty Bugs	Describe where head lice and biting insects that may cause illness, including ticks and mosquitos, are commonly encountered and the signs and symptoms of illness that may occur from contact with them	7.2.2 Demonstrate behaviors that avoid or reduce health risks.	7.2.2 Demonstrate behaviors that avoid or reduce health risks.
My Health Journey	Goal Setting & Summative Assessment Activities	1.2.1 Identify that healthy behaviors impact personal health.	1.2.1 Identify that healthy behaviors impact personal health. 6.2.1 Identify a short-term personal health goal and take action toward achieving the goal. 6.2.2 Identify who can help when assistance is needed to achieve a personal health goal.
Unit 2: Nutrition & Physical Activity	Objective(s)	National Health Standards	Oklahoma State Standards for Health Education

Gobble, Gobble, GO!	Identify food groups and the types of foods that help the body grow, including fruits and vegetables, dairy, and protein	7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.	7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health. 8.2.1 Make requests to promote personal health (e.g., requesting healthy foods and drinks, avoiding second hand smoke, use of personal safety equipment, proper hygiene).
Eat the Rainbow	Explain that fruits, protein, vegetables and dairy provide essential vitamins and minerals	8.2.2 Encourage peers to make positive health choices.	8.2.2 Encourage peers to make positive health choices. 7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.
Water - GO! Sugar - WHOA!	Identify ingredients that make foods and drinks unhealthy such as added sugar and other sweeteners; Demonstrate an understanding that the human body is composed mostly of water and explain the importance of drinking water daily; Identify the benefits of making healthy beverage choices, including water and milk, and limiting sweetened beverages such as soda and sports drinks.	7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.	7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health. 8.2.1 Make requests to promote personal health (e.g., requesting healthy foods and drinks, avoiding secondhand smoke, use of personal safety equipment, proper hygiene).
Let's Go! Exercise & Energy Balance	Describe habits that improve individual health such as getting enough sleep, eating nutritious foods, and exercising	6.2.1 Identify a short-term personal health goal and take action toward achieving the goal.	1.2.1 Identify that healthy behaviors affect personal health 6.2.1 Identify a short-term personal health goal and take action toward achieving the goal.
Beware of Portion Size	Identify healthy portion sizes for common food items; Explain how media can influence an individual's health choices such as television advertisements for fast foods and breakfast cereals	2.2.3 Describe how the media can influence health behaviors. 7.2.2 Demonstrate behaviors that avoid or reduce health risks.	2.2.3 Describe how the media can influence health behaviors. 7.2.2 Demonstrate behaviors that avoid or reduce health risks.
Food Sensitivity	Describe basic facts of food allergy safety such as not sharing food; Explain the importance of respecting others who have allergies and know when and how to seek help in a food-related emergency	5.2.1 Identify situations when a health-related decision is needed.	1.2.4 List ways to prevent common childhood injuries. 1.2.5 Describe why it is important to seek healthcare. 3.2.2 Identify ways to locate school and community health helpers. 4.2.3 Demonstrate ways to respond when in an unwanted, threatening, or dangerous situation. 4.2.4 Demonstrate ways to tell a trusted adult in an unwanted, threatening, or dangerous situation.
My Health Journey	Goal Check-In & Summative Assessment Activities	1.2.1 Identify that healthy behaviors impact personal health.	1.2.1 Identify that healthy behaviors impact personal health. 7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.
Unit 3: Physical Health & Hygiene	Objective(s)	National Health Standards	Oklahoma State Standards for Health Education
Body Systems	Examine the structure, function, and relationships of body systems and their relevance to personal health	1.2.2 Recognize that there are multiple dimensions of health. 4.2.2 Demonstrate listening skills to enhance health.	1.2.2 Recognize that there are multiple dimensions of health. 4.2.2 Demonstrate listening skills to enhance health.
The Fives Senses	Identify and demonstrate use of the five senses	4.2.2 Demonstrate listening skills to enhance health.	4.2.2 Demonstrate listening skills to enhance health.
My Healthy Smile	Understand the importance of oral health	7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.	7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health. 8.2.1 Make requests to promote personal health
Brushing	Practice proper techniques for good oral health	7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.	7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health. 8.2.1 Make requests to promote personal health.
Flossing	Practice proper techniques for good oral health	7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.	7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health. 8.2.1 Make requests to promote personal health.
The Dentist	Understand the importance of regular oral health checkups	1.2.5 Describe why it is important to seek health care.	1.2.5 Describe why it is important to seek health care. 3.2.2 Identify ways to locate school and community health helpers
Tooth-Friendly Food & Drink	Identify the effect of various types of food on oral health	8.2.1 Make requests to promote personal health.	8.2.1 Make requests to promote personal health.
My Health Journey	Goal Check-In & Summative Assessment Activities	1.2.1 Identify that healthy behaviors impact personal health.	1.2.1 Identify that healthy behaviors impact personal health. 8.2.1 Make requests to promote personal health. 7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.

Unit 4: Mental Health & Wellness	Objectives(s)	National Health Standards	Oklahoma State Standards for Health Education
What is Mental Health?	Develop and use appropriate skills to identify and manage conditions related to mental health and wellness; Discuss and explain how thoughts and emotions are related	4.2.1 Demonstrate healthy ways to express needs, wants, and feelings.	1.2.1 Identify that healthy behaviors impact personal health. 1.2.2 Recognize that there are multiple dimensions of health (e.g., physical, emotional, social, environmental). 4.2.1 Demonstrate healthy ways to express needs, wants, and feelings.
Taking Care of Myself	Discuss the signs and symptoms associated with negative stress such as loss or grief; Identify positive and negative stressors and how they impact emotions and learning; Describe and practice calming and self-management strategies	4.2.1 Demonstrate healthy ways to express needs, wants, and feelings. 5.2.2 Differentiate between situations when a health-related decision can be made individually or when assistance is needed.	1.2.1 Identify that healthy behaviors impact personal health. 1.2.2 Recognize that there are multiple dimensions of health (e.g., physical, emotional, social, environmental). 4.2.1 Demonstrate healthy ways to express needs, wants, and feelings. 5.2.2 Differentiate between situations when a health-related decision can be made individually or when assistance is needed.
Caring for Others	Identify and practice ways to solve conflicts with friends and peers; Discuss how to treat peers with different learning needs with dignity and respect; Explain the effect of peer influence on an individual's social and emotional health	2.2.1 Identify how the family influences personal health practices and behaviors.	1.2.1 Identify that healthy behaviors impact personal health. 1.2.2 Recognize that there are multiple dimensions of health (e.g., physical, emotional, social, environmental). 2.2.1 Identify how the family influences personal health practices and behaviors. 4.2.1 Demonstrate healthy ways to express needs, wants, and feelings.
Unit 5: Substance Misuse Prevention	Objective(s)	National Health Standards	Oklahoma State Standards for Health Education
Understanding Medication	Describe the purposes of prescription and over-the-counter drugs and their intended benefits; Explain the harmful effects on physical health and how to avoid alcohol, tobacco, other drugs, and dangerous substances such as inhalants, vaping products, and household products	7.2.2 Demonstrate behaviors that avoid or reduce health risks.	7.2.2 Demonstrate behaviors that avoid or reduce health risks.
Emergency 911	Demonstrate refusal skills and how to get help from a parent or another trusted adult in unsafe situations involving the use or misuse of alcohol, tobacco, and other drugs; Understand what poisoning or overdose could look like and identify how to respond, including who to contact for help	4.5.2 Demonstrate refusal skills that avoid or reduce health risks.	4.2.3 Demonstrate ways to respond when in an unwanted, threatening, or dangerous situation. 4.2.4 Demonstrate ways to tell a trusted adult when in an unwanted, threatening or dangerous situation. 4.5.2 Demonstrate refusal skills to avoid or reduce health risks.
My Health Journey	Goal Check-In & Summative Assessment Activities	1.2.1 Identify that healthy behaviors impact personal health.	1.2.1 Identify that healthy behaviors impact personal health.
Unit 6: Staying Safe	Objective(s)	National Health Standards	Oklahoma State Standards for Health Education
My space	Identify appropriate personal boundaries, privacy, and space; Identify roles and characteristics of a trusted adult; Identify and role play refusal skills such as saying "no" to protect personal space and to avoid unsafe situations.	4.2.3 Demonstrate ways to respond in an unwanted, threatening, or dangerous situation. 4.2.4 Demonstrate ways to tell a trusted adult if threatened or harmed.	4.2.1 Demonstrate healthy ways to express needs, wants, and feelings. 4.2.3 Demonstrate ways to respond to unwanted, threatening, or dangerous situations. 4.2.4 Demonstrate ways to tell a trusted adult if threatened or harmed.
Avoiding danger	Identify the purpose and demonstrate the proper use of protective equipment such as seat belts, booster seats, and bicycle helmets; Describe the difference between safe and unsafe environments; Describe unsafe situations, including interacting with strangers; Name objects that may be dangerous such as knives, scissors, and screwdrivers and explain how they can be harmful; Identify ways to avoid weapons and harming oneself or others by staying away from dangerous situations and reporting to a parent or another trusted adult; Describe steps one can take to reduce hazards, avoid accidents, and prevent accidental injuries for self and others	1.2.4 List ways to prevent common childhood injuries.	1.2.4 List ways to prevent common childhood injuries. 3.2.2 Identify ways to locate school and community health helpers. 4.2.4 Demonstrate ways to tell a trusted adult if threatened or harmed.

Say No to Bullying	Describe appropriate actions to take in response to bullying such as telling a parent or another trusted adult; Explain and practice how to get help from a parent or another trusted adult when made to feel uncomfortable or unsafe by another person; Explain the differences between teasing, joking, and playing around and bullying; Describe consequences for both the victim and the bully and the impact of bullying on the victim; Describe the difference between reporting and tattling & explain why obtaining assistance, especially from parents or other trusted adults, can be helpful when making decisions about personal safety	4.2.3 Demonstrate ways to respond in an unwanted, threatening, or dangerous situation. 4.2.4 Demonstrate ways to tell a trusted adult if threatened or harmed.	4.2.1 Demonstrate healthy ways to express needs, wants, and feelings. 4.2.3 Demonstrate ways to respond in an unwanted, threatening, or dangerous situation. 4.2.4 Demonstrate ways to tell a trusted adult if threatened or harmed.
Staying Safe Online	Explain why obtaining help, especially from parents or other trusted adults, is critical when making decisions regarding digital and online use; Identify consequences that result from cyberbullying and inappropriate digital and online usage; Identify unsafe requests made in a digital or online environment and how to take appropriate action	4.2.3 Demonstrate ways to respond in an unwanted, threatening, or dangerous situation. 4.2.4 Demonstrate ways to tell a trusted adult if threatened or harmed.	4.2.3 Demonstrate ways to respond in an unwanted, threatening, or dangerous situation. 4.2.4 Demonstrate ways to tell a trusted adult if threatened or harmed.
Personal safety plan	Recall parents'/caregivers' phone numbers and home address as part of a personal safety plan	4.2.4 Demonstrate ways to tell a trusted adult if threatened or harmed.	4.2.4 Demonstrate ways to tell a trusted adult if threatened or harmed.
The Power of the Sun & Safe Summer	Describe habits that improve individual health; identify the purpose and use of protective safety equipment; review the difference between safe and unsafe environments.	7.2.2 Demonstrate behaviors that avoid or reduce health risks. 6.2.1 Identify a short-term personal health goal and take action toward achieving the goal. 8.2.1 Make request to promote personal health.	6.2.1 Identify a short-term personal health goal and take action toward achieving the goal. 7.2.2 Demonstrate behaviors that avoid or reduce health risks. 8.2.1 Make a request to promote personal health.
My Health Journey	Goal Check-In & Summative Assessment Activities	1.2.1 Identify that healthy behaviors impact personal health.	1.2.1 Identify that healthy behaviors impact personal health.

3-5 Scope & Sequence

Unit 1: Foundational Health		Objective(s)	National Health Standards	Oklahoma State Standards for Health Education
Why I'm a CATCH MVP	Explain the physical, mental, and social benefits of fitness; Describe the importance of goal setting and set goals for making healthy food choices and achieving appropriate levels of physical activity; discuss the importance of respectful communication, showing empathy for others, and forming positive friendships.	1.5.2 Identify examples of emotional, intellectual, physical, and social health.	1.5.2 Identify examples of emotional, intellectual, physical, and social health.	1.5.2 Identify examples of emotional, intellectual, physical, and social health. 2.5.3 Identify how peers can influence healthy and unhealthy behaviors. 2.5.4 Describe how the school and community can support personal health practices and behaviors. 4.5.1 Demonstrate effective verbal and non-verbal communication skills to enhance health. 5.5.5 Chose a healthy option when making a decision. 6.5.1 Identify a personal health goal and track progress toward its achievement. 6.5.2 Identify resources to assist in achieving a personal health goal.
Healthy Me	Understand strategies for maintaining personal hygiene and health habits; Identify decision-making skills that promote individual, family, and community health; Identify examples of emotional, intellectual, physical, and social health.; Describe the relationship between healthy behaviors and personal health.; Identify the influence of culture on health practices and behaviors.	1.5.1 Describe the relationship between healthy behaviors and personal health. 2.5.4 Describe how the school and community can support personal health practices and behaviors.	1.5.1 Describe the relationship between healthy behaviors and personal health. 2.5.4 Describe how the school and community can support personal health practices and behaviors.	1.5.1 Describe the relationship between healthy behaviors and personal health. 1.5.2 Identify examples of emotional, intellectual, physical and social health 2.5.4 Describe how the school and community can support personal health practices and behaviors.
Health Options	Explain the importance of health information and how to seek assistance in making decisions about health; Describe how health care decision making is influenced by external factors such as cost and access; Identify how to distinguish between myth and fact when accessing information about health	2.5.2 Identify the influence of culture on health practices and behaviors. 4.5.4 Demonstrate how to ask for assistance to enhance personal health.	2.5.2 Identify the influence of culture on health practices and behaviors. 4.5.4 Demonstrate how to ask for assistance to enhance personal health.	1.5.1 Describe the relationship between healthy behaviors and personal health. 1.5.5 Describe when it is important to seek healthcare. 3.5.1 Identify characteristics of valid health information products and services. 3.5.2 Locate resources from home, school, and community that provide valid health information. 4.5.4 Demonstrate how to ask for assistance to enhance personal health.
Dealing with Illness	Explain how to manage common minor illnesses such as colds and skin infections; Distinguish between communicable and noncommunicable illnesses; Explain actions to take when illness occurs, including asthma, diabetes, and epilepsy	1.5.5 Describe when it is important to seek health care.	1.5.5 Describe when it is important to seek health care.	1.5.5 Describe when it is important to seek health care. 7.5.3 Demonstrate a variety of behaviors that avoid or reduce health risks.
What's contagious?	Explain ways in which germs are transmitted, methods of preventing the spread of germs, and the importance of immunization; Identify common vectors, including ticks and mosquitos, and explain how and when to perform a self-check for vectors	1.5.4 Describe ways to prevent common childhood injuries and health problems.	1.5.4 Describe ways to prevent common childhood injuries and health problems.	5.5.5 Chose a healthy option when making a decision. 7.5.2 Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health. 7.5.3 Demonstrate a variety of behaviors that avoid or reduce health risks.
My Health Journey	Goal Setting & Summative Assessment Activities	1.5.2 Identify examples of emotional, intellectual, physical, and social health.	1.5.2 Identify examples of emotional, intellectual, physical, and social health.	1.5.2 Identify examples of emotional, intellectual, physical, and social health. 1.5.3 Describe ways a safe and healthy school and community environment can promote personal health. 5.5.5 Choose a healthy option when making a decision.
Unit 2: Nutrition & Physical Activity		Objective(s)	National Health Standards	Oklahoma State Standards for Health Education
Nutrients Get Us GO-ing!	Explain why the body needs each of the six major nutrients contained in foods	4.5.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.	4.5.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.	4.5.1 Demonstrate effective verbal and nonverbal communication skills to enhance health. 5.5.5 Choose a healthy option when making a decision. 5.5.6 Describe the outcomes of a health related decision.
Physical Activity Means GO!	Explain the physical, mental, and social benefits of fitness	1.5.2 Identify examples of emotional, intellectual, physical, and social health.	1.5.2 Identify examples of emotional, intellectual, physical, and social health.	1.5.2 Identify examples of emotional, intellectual, physical, and social health. 5.5.5 Choose a healthy option when making a decision. 7.5.2 Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health. 8.5.2 Encourage others to make positive health choices.

The "Whole" Truth About Foods	Explain why the body needs each of the six major nutrients contained in foods; Identify and categorize foods based on saturated and unsaturated fat content	8.5.1 Express opinions and give accurate information about health issues. 5.5.3 List healthy options to health-related issues or problems.	5.5.3 Express opinions and give accurate information about health issues. 5.5.5 Choose a healthy option when making a decision. 5.5.6 Describe the outcomes of a health related decision. 8.5.1 Express opinions and give accurate information about health issues. 8.5.2 Encourage others to make positive health choices.
Take Out the Sugar & Caffeine	Identify the recommended guidelines for added sugar consumption and explain how excess sugar consumption can impact health, including causing dental cavities and obesity; Identify caffeine content of common beverages and health concerns associated with excess caffeine consumption	3.5.2 Locate resources from home, school, and community that provide valid health information.	3.5.2 Locate resources from home, school, and community that provide valid health information. 5.5.2 Analyze when assistance is needed when making a health-related decision. 5.5.3 Express opinions and give accurate information about health issues. 5.5.4 Predict the potential outcomes of each option when making a health related decision.
Knowing What You Eat	Identify nutritional information on menus and food labels; Identify healthy fast food choice; such as ordering smaller serving sizes and substituting salads for fries and grilled foods for fried foods; Describe the importance of accessing health information through a variety of credible health resources; Describe how healthy and unhealthy behaviors affect body systems and demonstrate refusal skills in dealing with unhealthy eating situations	3.5.1 Identify characteristics of valid health information, products, and services. 4.5.2 Demonstrate refusal skills that avoid or reduce health risks. 2.5.5 Explain how media influences thoughts, feelings, and health behaviors. 5.5.5 Choose a healthy option when making a decision.	2.5.5 Explain how media influences thoughts, feelings, and health behaviors. 3.5.1 Identify characteristics of valid health information, products, and services. 4.5.2 Demonstrate refusal skills that avoid or reduce health risks. 5.5.5 Choose a healthy option when making a decision.
Disease and Allergy Awareness	Describe the connection between physical activity & dietary choices with the prevention of obesity, heart disease, and diabetes; Identify the common food allergens listed on food packaging	7.5.1 Identify responsible personal health behaviors. 5.5.4 Predict the potential outcomes of each option when making a health-related decision.	5.5.3 List healthy options to health-related issues. 5.5.4 Predict the potential outcomes of each option when making a health-related decision. 5.5.5 Choose a healthy option when making a decision. 5.5.6 Describe the outcomes of a health-related decision. 7.5.1 Identify responsible personal health behaviors.
Goal Setting for a Lifetime of Health	Describe the importance of goal setting and set goals for making healthy food choices and achieving appropriate levels of physical activity	6.5.1 Set a personal health goal and track progress toward its achievement. 6.5.2 Identify resources to assist in achieving a personal health goal.	6.5.1 Set a personal health goal and track progress toward its achievement. 6.5.2 Identify resources to assist in achieving a personal health goal.
My Health Journey	Goal Check-In & Summative Assessment Activities	1.5.2 Identify examples of emotional, intellectual, physical, and social health.	1.5.2 Identify examples of intellectual, physical, and social health. 5.5.5 Choose a healthy option when making a decision.
Unit 3: Physical Health & Hygiene			
	Objective(s)	National Health Standards	Oklahoma State Standards for Health Education
Body Systems	Identify and describe the primary functions and major components of body systems and understand their relevance to personal health	7.5.3 Demonstrate a variety of behaviors to avoid or reduce health risks.	7.5.2 Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health 7.5.3 Demonstrate a variety of behaviors to avoid or reduce health risks.
Clean Body, Healthy Smile	Identify the importance of taking personal responsibility for developing and maintaining personal hygiene and health habits	7.5.2 Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.	7.5.1 Identify responsible personal health behaviors. 7.5.2 Demonstrate a variety of behaviors to maintain or improve personal health.
Injury Prevention	Demonstrate safety knowledge and responsible decision-making skills to prevent injuries and accidents.	7.5.3 Demonstrate a variety of behaviors to avoid or reduce health risks. 1.5.4 Describe ways to prevent common childhood injuries and health problems.	1.5.4 Describe ways to prevent common childhood injuries and health problems. 5.5.5 Choose a healthy option when making a decision. 7.5.3 Demonstrate a variety of behaviors to avoid or reduce health risks.
Unit 4: Mental Health & Wellness			
	Objective(s)	National Health Standards	Oklahoma State Standards for Health Education
Brain Development	Discuss and explain how the brain develops during childhood and the role the brain plays in behavior; Define sources of stress, including trauma, loss, and grief	2.5.2 Identify the influence of culture on health practices and behaviors.	2.5.2 Identify the influence of culture on health practices and behaviors. 3.5.2 Locate resources from home, school, and community that provide valid health information.

Taking Care of Your Brain & Body	Identify ways to express and manage overwhelming emotions without harming oneself, others, or property such as calming strategies or talking to a parent or another trusted adult; Describe and practice healthy behaviors that reduce stress; Describe situations that call for professional mental health services; Define eating disorders and disordered eating patterns as mental health concerns and the importance of seeking help from a parent or another trusted adult for self or others if these patterns are observed; Discuss healthy alternatives to harming oneself, others, or property and the importance of telling a parent or another trusted adult when someone is struggling to manage overwhelming emotions or lacks support	1.5.2 Identify examples of emotional, intellectual, physical, and social health.	1.5.2 Identify examples of emotional, intellectual, physical, and social health. 1.5.5 Describe when it is important to seek health care. 2.5.3 Identify how peers can influence healthy and unhealthy behaviors. 4.5.4 Demonstrate how to ask for assistance to enhance personal health.
Caring Communities	Demonstrate strategies for resolving conflict; Describe strategies to support others in managing different learning needs; Describe methods for managing concerns related to long-term health conditions for self and others; Identify factors such as school climate and safety measures that affect an individual's physical, emotional, and social health	1.5.3 Describe ways in which safe and healthy school and community environments can promote personal health. 2.5.1 Describe how family influences personal health practices and behaviors.	1.5.3 Describe ways in which safe and healthy school and community environments can promote personal health. 2.5.1 Describe how family influences personal health practices and behaviors. 2.5.3 Identify how peers can influence healthy and unhealthy behaviors.
My Health Journey	Goal Check-In & Summative Assessment Activities	1.5.2 Identify examples of emotional, intellectual, physical, and social health.	1.5.3 Describe ways in which safe healthy school and community environments can promote personal health. 2.5.1 Describe how family influences personal health practices and behaviors. 2.5.3 Identify how peers can influence healthy and unhealthy behaviors.
Unit 5: Substance Misuse Prevention			
	Objective(s)	National Health Stds	Oklahoma State Standards for Health Education
Understanding Consequences	Describe the physiological effects of alcohol, vaping products, tobacco, other drugs, and dangerous substances	5.5.3 List healthy options to health-related issues or problems.	1.5.1 Describe the relationship between healthy behaviors and personal health. 4.5.2 Demonstrate refusal skills to avoid or reduce health risks. 5.5.1 Identify health-related situations that might require a decision. 5.5.3 List healthy options to health-related issues or problems. 5.5.4 Predict the potential outcomes of each option when making a health-related decision.
Making Your Own Choices	Know the legal consequences of the illegal use of alcohol, tobacco, other drugs, and dangerous substances; 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	7.5.3 Demonstrate a variety of behaviors to avoid or reduce health risks.	5.5.6 Describe the outcomes of a health-related decision. 7.5.3 Demonstrate a variety of behaviors that avoid or reduce health risks. 8.5.2 Encourage others to make positive health decisions.
Don't Let Them Lie & Win	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 Identify and describe healthy alternative activities to the use of drugs and other substances	2.5.2 Identify the influence of culture on health practices and behaviors.	2.5.2 Identify the influence of culture on health practices and behaviors. 2.5.3 Identify how peers can influence healthy and unhealthy behaviors. 4.5.1 Demonstrate effective verbal and non-verbal communication skills to enhance health. 4.5.2 Demonstrate refusal skills to avoid or reduce health risks. 4.5.3 Demonstrate non-violent strategies to manage or resolve conflict. 5.5.1 Identify health-related situations that might require a decision. 5.5.5 Choose a healthy option when making a decision.
Your Life. Your Choice.	Understand the signs of poisoning or overdose and identify how to respond, including who to contact for help; Describe the physiological effects of alcohol, vaping products, tobacco, other drugs, and dangerous substances; Know the legal consequences of the illegal use of alcohol, tobacco, other drugs, and dangerous substances; 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	7.5.3 Demonstrate a variety of behaviors to avoid or reduce health risks.	2.5.2 Identify the influence of culture on health practices and behaviors. 2.5.3 Identify how peers can influence healthy and unhealthy behaviors. 4.5.2 Demonstrate refusal skills to avoid or reduce health risks. 5.5.4 Predict the potential outcomes of each option when making a health-related decision. 5.5.5 Choose a healthy option when making a decision. 7.5.3 Demonstrate a variety of behaviors to avoid or reduce health risks.

Staying Safe and Setting Goals	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 Identify and describe healthy alternative activities to the use of drugs and other substances; Distinguish between positive and negative peer influences and their effects on a person's decision to use or not use alcohol or drugs; Describe the importance of seeking help and reporting unsafe situations related to alcohol, tobacco, and other drugs	5.5.1 Identify health-related situations that might require a thoughtful decision.	4.5.2 Demonstrate refusal skills to avoid or reduce health risks 4.5.3 Demonstrate non-violent strategies to manage or resolve conflict. 5.5.1 Identify health related situations that might require a decision. 5.5.5 Choose a healthy option when making a decision.
My Health Journey	Goal Check-In & Summative Assessment Activities	1.5.2 Identify examples of emotional, intellectual, physical, and social health.	1.5.2 Identify examples of emotional, intellectual, physical, and social health. 5.5.1 Identify health-related situations that might require a decision. 5.5.5 Choose a healthy option when making a decision.
Unit 6: Staying Safe	Objective(s)	National Health Stds	Oklahoma State Standards for Health Education
My Space	Differentiate between healthy and unhealthy relationships and demonstrate effective strategies to address conflict; Identify refusal skills such as saying "no" when privacy, personal boundaries, or personal space are not respected	4.5.3 Demonstrate nonviolent strategies to manage or resolve conflict.	1.5.3 Describe ways in which a safe and healthy school and community environment can promote personal health. 2.5.4 Describe how the school and community can support personal health practices and behaviors. 4.5.3 Demonstrate non-violent strategies to manage or resolve conflict. 4.5.4 Demonstrate how to ask for assistance to enhance personal health.
Avoiding Danger	Discuss the hazards of unsupervised and improper handling of guns and other weapons; Explain strategies for avoiding violence, gangs, weapons and human trafficking; Identify characteristics of gang behavior.	4.5.3 Demonstrate nonviolent strategies to manage or resolve conflict.	2.5.1 Describe how family influences personal health practices and behaviors. 2.5.3 Identify how peers can influence healthy and unhealthy behaviors. 4.5.2 Demonstrate refusal skills to avoid or reduce health risks. 4.5.3 Demonstrate nonviolent strategies to manage or resolve conflict.
Personal Safety Plan	Identify characteristics of safe home, school, and community environments; Identify safety procedures that can be used in various situations, including violence in the home, school, and community; Create a personal safety plan	5.5.2 Analyze when assistance is needed in making a health-related decision.	1.5.3 Describe ways in which a safe and healthy school and community environment can promote personal health. 2.5.4 Describe how the school and community can support personal health practices and behaviors. 4.5.3 Demonstrate nonviolent strategies to manage and resolve conflict. 4.5.4 Demonstrate how to ask for assistance to enhance personal health.
Online Safety	Identify appropriate ways to communicate in digital and online environments & discuss who is appropriate to communicate with and what is appropriate information to share in digital and online environments; Identify and discuss the need for safety awareness in a digital or online environment; Explain the benefits of identity protection in digital and online environments; Analyze distinguishing characteristics of cyberbullying	2.5.6 Describe ways that technology can influence personal health.	1.5.2 Identify examples of emotional, intellectual, physical, and social health. 1.5.4 Describe ways in which a safe and healthy school and community environment can promote personal health. 2.5.5 Explain how media influences thoughts, feelings, and health behaviors. 2.5.6 Describe ways that technology can influence personal health.
Say No to Bullying	Describe how to effectively respond to bullying of oneself or others; explain consequences that result from bullying; Identify methods available to report bullying; Describe the negative impact bullying has on both the victim and the bully	2.5.3 Identify how peers can influence healthy and unhealthy behaviors.	1.5.2 Identify examples of emotional, intellectual, physical, and social health. 1.5.3 Describe ways in which a safe and healthy school and community environment can promote personal health. 1.5.5 Describe when it is important to seek health care. 2.5.3 Identify how peers can influence healthy and unhealthy behaviors. 4.5.1 Demonstrate effective verbal and non-verbal communication skills to enhance health. 4.5.2 Demonstrate refusal skills to avoid or reduce health risks. 4.5.3 Demonstrate non-violent strategies to manage or resolve conflict 4.5.4 Demonstrate how to ask for assistance to enhance personal health.

Abuse & Neglect	Identify types of abuse and neglect and ways to seek help from a parent or another trusted adult	8.5.2 Encourage others to make positive health choices.	4.5.4 Demonstrate how to ask for assistance to enhance personal health. 5.5.1 Identify health-related situations that might require a thoughtful decision. 5.5.2 Analyze when assistance is needed when making a health-related decision. 5.5.4 Predict the potential outcomes of each option when making a health-related decision. 7.5.3 Demonstrate a variety of behaviors that avoid or reduce health risks. 8.5.2 Encourage others to make positive health choices.
You to the Rescue	Demonstrate safety and first aid knowledge to prevent and treat injuries identify and demonstrate strategies for preventing and responding to injuries; Develop a home-safety and emergency response plan such as a fire safety plan	5.5.1 Identify health-related situations that might require a thoughtful decision.	1.5.3 Describe ways in which a safe and healthy school and community environment can promote personal health. 1.5.5 Describe when it is important to seek health care. 4.5.4 Demonstrate how to ask for assistance to enhance personal health. 5.5.1 Identify health-related situations that might require a thoughtful decision.
My Health Journey	Goal Check-In & Summative Assessment Activities	1.5.2 Identify examples of emotional, intellectual, physical, and social health.	1.5.2 Identify examples of emotional, intellectual, physical, and social health. 1.5.3 Describe ways in which a safe and healthy school and community environment can promote personal health 4.5.4 Demonstrate how to ask for assistance to enhance personal health.

6-8 Scope & Sequence

Unit 1: Foundational Health			
	Objective(s)	National Health Standards	Oklahoma State Standards for Health Education
Why I'm a CATCH MVP	Explain the role of preventative health measures, immunizations, and treatment such as wellness exams and dental check-ups in disease prevention; Describe the benefits of and barriers to practicing healthy behaviors.	1.8.1 Analyze the relationship between healthy behaviors and personal health. 2.8.1 Examine how family influences the health of adolescents.	1.8.4 Describe how family history can affect personal health. 1.8.3 Analyze how the environment affects personal health. 1.8.5 Describe ways to reduce or prevent injuries and other adolescent health problems. 1.8.6 Explain how appropriate health care can promote personal health 1.8.7 Describe the benefits of and barriers to practicing healthy behaviors.
Mind-Heart-Body Health	Explain the relationship between nutrition, physical activity, quality of life and disease in terms of mental, physical and social benefits; Describe the interrelationships of emotional, intellectual, physical, and social health.	1.8.2 Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence. 1.8.7 Describe the benefits of and barriers to practicing healthy behaviors. 5.8.1 Identify circumstances that can help or hinder healthy decision-making.	1.8.1 Analyze the relationship between healthy behaviors and personal health. 1.8.2 Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence. 1.8.7 Describe the benefits of and barriers to practicing healthy behaviors. 2.8.2 Describe the influence of culture on health beliefs, practices, and behaviors. 2.8.8 Explain the influence of personal values and beliefs on individual health practices and behaviors.
Body systems	Examine structure & function of body systems and their relationship to health	1.8.5 Describe ways to reduce or prevent injuries and other adolescent health problems.	1.8.3 Analyze how the environment affects personal health. 1.8.5 Describe ways to reduce or prevent injuries and other adolescent health problems 1.8.6 Explain how appropriate health care can promote personal health.
Taking on Illness	Explain vector-borne illnesses such as Lyme disease or West Nile virus; Describe ways to reduce or prevent injuries and other adolescent health problems; Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.	1.8.8 Examine the likelihood of injury or illness if engaging in unhealthy behaviors. 1.8.9 Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.	1.8.5 Describe ways to reduce or prevent injuries and other adolescent health problems 1.8.8 Examine the likelihood of injury or illness if engaging in unhealthy behaviors. 1.8.9 Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors. 2.8.9 Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.
Healthcare Options	List specific community healthcare providers and resources; develop criteria for evaluating the validity of health information and sources; compare immediate and long-term effects of personal health care choices; explain ways to use health information to help self and others.	4.8.1 Apply effective verbal and nonverbal communication skills to enhance health. 1.8.6 Explain how appropriate health care can promote personal health 3.8.5 Locate valid and reliable health products and services.	1.8.1 Analyze the relationship between healthy behaviors and personal health. 1.8.5 Describe ways to reduce or prevent injuries and other adolescent health problems. 1.8.6 Explain how appropriate health care can promote personal health. 1.8.7 Describe the benefits of and barriers to practicing healthy behaviors.
My Health Journey	Goal Setting & Summative Assessment Activities	4.8.1 Apply effective verbal and nonverbal communication skills to enhance health.	1.8.3 Analyze how the environment affects personal health. 1.8.5 Describe ways to reduce or prevent injuries and other adolescent health problems 1.8.6 Explain how appropriate health care can promote personal health. 1.8.7 Describe the benefits of and barriers to practicing healthy behaviors.
Unit 2: Nutrition & Physical Activity			
	Objective(s)	National Health Standards	Oklahoma State Standards for Health Education
Understanding Health, Inside & Out	Explain the relationships between nutrition, physical activity, quality of life, and disease in terms of their mental, physical, and social benefits; Analyze internal and external factors that influence health behaviors.	2.8.9 Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.	2.8.1 Examine how the family influences the health of adolescents. 2.8.2 Describe the influence of culture on health beliefs, practices, and behaviors. 2.8.8 Explain the influence of personal values and beliefs on individual health practices and behaviors. 2.8.10 Explain how school and public health policies can influence health promotion and disease prevention.

Energy In - Energy Out	Analyze the balance between caloric intake and physical activity	4.8.1 Apply effective verbal and nonverbal communication skills to enhance health. 7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.	5.8.5 Predict the potential short-term impact of healthy and unhealthy alternatives to a health-related decision. 5.8.7 Analyze the outcomes of a health-related decision. 7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
Whole vs. Processed	Investigate and compare nutritional differences between preparing fresh food vs. highly processed foods; Define micronutrients, including calcium and iron, and their recommended daily allowances	5.8.6 Choose healthy alternatives over unhealthy alternatives when making a decision. 3.8.3 Determine the accessibility of products that enhance health (will probably have to add something about food access)	5.8.5 Predict the potential short-term impact of healthy and unhealthy alternatives to a health-related decision. 5.8.6 Choose healthy alternatives over unhealthy alternatives when making a decision. 5.8.7 Analyze the outcomes of a health-related decision. 3.8.1 Analyze the validity of health information, products, and services. 3.8.3 Determine the accessibility of products that enhance health
Label Anatomy	Analyze food labels and menus to determine the nutritional value of foods and make healthy decisions about daily caloric intake; Evaluate the importance of choosing lower sodium alternatives to foods that have high levels of sodium such as salty snacks and canned vegetables	3.8.1 Analyze the validity of health information, products, and services. 3.8.5 Locate valid and reliable health products and services.	3.8.1 Analyze the validity of health information, products, and services. 3.8.3 Determine the accessibility of products that enhance health 3.8.5 Locate valid and reliable health products and services.
Chronic Conditions	Analyze the impact of physical activity and healthy diet in preventing obesity, heart disease, diabetes; Analyze risk factors for chronic conditions and strategies to reduce likelihood of developing chronic conditions; Identify strategies to adopt healthy behaviors to reduce the likelihood of developing chronic conditions such as obesity, heart disease, or diabetes	1.8.7 Describe the benefits of and barriers to practicing healthy behaviors. 1.8.4 Describe how family history can affect personal health. 5.8.4 Distinguish between healthy and unhealthy alternatives to health-related issues or problems.	1.8.4 Describe how family history can affect personal health. 1.8.7 Describe the benefits of and barriers to practicing healthy behaviors. 1.8.8 Examine the likelihood of injury or illness if engaging in unhealthy behaviors 1.8.9 Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors. 2.8.8 Explain the influence of personal values and beliefs on individual health practices and behaviors. 7.8.1 Explain the importance of assuming responsibility for personal health behaviors. 2.8.10 Explain how school and public health policies can influence health promotion and disease prevention
Media Influences	Explain how media influences buying decisions regarding physical fitness equipment and nutritional products; Explain the role of media and technology in influencing individual and community health related to physical activity and nutritional choices	4.8.1 Apply effective verbal and nonverbal communication skills to enhance health. 1.8.6 Explain how appropriate health care can promote personal health 2.8.4 Analyze how the school and community can affect personal health practices and behaviors. 2.8.8 Explain the influence of personal values and beliefs on individual health practices and behaviors.	1.8.6 Explain how appropriate health care can promote personal health 2.8.3 Describe how peers influence healthy and unhealthy behaviors. 2.8.5 Analyze how messages from media influence health behaviors. 2.8.6 Analyze the influence of technology on personal and family health. 2.8.7 Explain how the perception of norms influence healthy and unhealthy behaviors.
My Health Plan	Develop a personal dietary plan & use CDC guidelines for daily physical activity to develop a personal fitness plan; Identify community and digital resource to help develop healthy behaviors; Make a variety of healthy personal food choices and develop short- and long-term goals to achieve appropriate levels of physical activity, improve personal physical fitness levels, and make healthy personal food choices	6.8.1 Assess personal health choices. 6.8.2 Develop a goal to adopt, maintain, or improve a personal health practice. 6.8.3 Apply strategies and skills needed to attain a personal health goal. 6.8.4 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.	5.8.1 Identify circumstances that can help or hinder healthy decision-making. 5.8.4 Distinguish between healthy and unhealthy alternatives to health-related issues or problems. 5.8.6 Choose healthy alternatives over unhealthy alternatives when making a decision. 6.8.1 Assess personal health choices. 6.8.2 Develop a goal to adopt, maintain, or improve a personal health practice. 6.8.3 Apply strategies and skills needed to attain a personal health goal. 6.8.4 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.
My Health Journey	Goal Check-In & Summative Assessment Activities	4.8.1 Apply effective verbal and nonverbal communication skills to enhance health.	1.8.6 Explain how appropriate health care can promote personal health. 4.8.1 Apply effective verbal and nonverbal communication skills to enhance health 2.8.8 Explain the influence of personal values and beliefs on individual health practices and behaviors. 6.8.1 Assess personal health choices.

Unit 3: Mental Health & Wellness	Objective(s)	National Health Standards	Oklahoma State Standards for Health Education
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Brain Development	Identify and discuss how adolescent brain development influences emotions, decision making, and logic	2.8.8 Explain the influence of personal values and beliefs on individual health practices and behaviors.	1.8.5 Describe ways to reduce or prevent injuries and other adolescent health problems. 1.8.7 Describe the benefits of and barriers to practicing healthy behaviors. 2.8.2 Describe the influence of culture on health beliefs, practices, and behaviors. 2.8.8 Explain the influence of personal values and beliefs on individual health practices and behaviors.
Understanding and Coping with Challenges	Examine the outcomes of healthy and unhealthy methods for managing challenges related to long-term health conditions of self and others; Discuss the influence of childhood trauma and how to recognize, process, and overcome negative events; Identify and describe lifetime strategies for managing conditions that impact learning such as attention-deficit disorder (ADD), attention-deficit/hyperactivity disorder (ADHD), dyslexia, dysgraphia, and sensory issues; Identify eating disorders such as bulimia, anorexia, and binge eating disorder and the importance of seeking help from a parent or another trusted adult for oneself or others related to disordered eating; Discuss the suicide risk and suicide protective factors identified by the Centers for Disease Control and Prevention (CDC) and the importance of telling a parent or another trusted adult if one observes the warning signs in self or others; Explain the role of a healthy self-concept in avoiding self-harming behaviors that can occur when someone is struggling to manage overwhelming emotions and identify suicide prevention resources such as the National Suicide Prevention Hotline	3.8.4 Describe situations that may require professional health services.	1.8.1 Analyze the relationship between healthy behaviors and personal health. 1.8.2 Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence. 1.8.6 Explain how appropriate health care can promote personal health. 2.8.1 Examine how the family influences the health of adolescents. 3.8.1 Analyze the validity of health information, products, and services. 3.8.4 Describe situations that may require professional health services.
Community Resources & Supporting One Another	Relate physical environmental factors such as school climate and availability of resources to individual, family, and community health; Identify and describe how environmental influences such as air, water, or noise can affect an individual's mental health; Identify strategies for using non-violent conflict resolution skills; Evaluate the importance of social groups and peer influences and explain how they can affect individual mental health and wellness	1.8.3 Analyze how the environment affects personal health. 4.8.4 Demonstrate how to ask for assistance to enhance the health of self and others.	1.8.2 Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence. 1.8.3 Analyze how the environment affects personal health. 1.8.6 Explain how appropriate health care can promote personal health. 4.8.1 Apply effective verbal and nonverbal communication skills to enhance health. 4.8.3 Demonstrate effective conflict management or resolution strategies. 4.8.4 Demonstrate how to ask for assistance to enhance the health of self and others.
My Health Journey	Goal Check-In & Summative Assessment Activities	4.8.1 Apply effective verbal and nonverbal communication skills to enhance health.	1.8.3 Analyze how the environment affects personal health. 1.8.6 Explain how appropriate health care can promote personal health. 3.8.4 Describe situations that may require professional health services. 4.8.3 Demonstrate effective conflict management or resolution strategies.
Unit 4: Substance Misuse Prevention			
	Objective(s)	National Health Standards	Oklahoma State Standards for Health Education
Understand the Choice	Explain the impact of peer influence on decision making regarding the use of alcohol, tobacco, and other drugs	3.8.1 Analyze the validity of health information, products, and services. 5.8.5 Predict the potential short-term impact of each alternative on self and others.	1.8.5 Describe ways to reduce or prevent injuries and other adolescent health problems. 1.8.8 Examine the likelihood of injury or illness if engaging in unhealthy behaviors. 1.8.9 Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors. 2.8.3 Describe how peers influence healthy and unhealthy behaviors. 3.8.1 Analyze the validity of health information, products, and services. 5.8.5 Predict the potential short-term impact of healthy and unhealthy alternatives to a health-related decision

The Brain Rewired	Describe substance abuse and addiction to alcohol, vaping products, tobacco, other drugs, and dangerous substances	2.8.8 Explain the influence of personal values and beliefs on individual health practices and behaviors.	1.8.5 Describe ways to reduce or prevent injuries and other adolescent health problems. 1.8.8 Examine the likelihood of injury or illness if engaging in unhealthy behaviors. 1.8.9 Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors. 2.8.3 Describe how peers influence healthy and unhealthy behaviors
Stand Firm on Your Choices	Demonstrate refusal skills in various scenarios where alcohol, tobacco, and other drugs may be present & identify and describe strategies for avoiding alcohol, tobacco, and other drugs, including opioids	4.8.2 Demonstrate refusal and negotiation skills that avoid or reduce health risks.	1.8.8 Examine the likelihood of injury or illness if engaging in unhealthy behaviors. 1.8.9 Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors. 4.8.1 Apply effective verbal and non-verbal communication skills to enhance health. 4.8.2 Demonstrate refusal and negotiation skills to avoid or reduce health risks.
Your Life. Your Choice.	Identify support systems and describe ways to report the suspected abuse of drugs to a parent, school administrator, teacher, or another trusted adult	2.8.10 Explain how school and public health policies can influence health promotion and disease prevention. 3.8.2 Access valid health information from home, school, and community. 7.8.1 Explain the importance of assuming responsibility for personal health choices.	1.8.5 Describe ways to reduce or prevent injuries and other adolescent health problems. 3.8.3 Determine the accessibility of products that enhance health. 3.8.4 Describe situations that may require professional health services. 3.8.5 Locate valid and reliable health products and services.
Beyond the Vape	Describe the misuse and abuse of prescription and over-the-counter drugs, including combining drugs, and the dangers associated with each; Compare and contrast examples of prescription and over-the-counter drug labels and identify and describe practices used to safely store and properly dispose of prescription and over-the-counter drugs; Describe substance abuse and addiction to alcohol, vaping products, tobacco, other drugs, and dangerous substances; Discuss the legal consequences related to the use, misuse, and possession of drugs, including prescription drugs; Identify examples of who, when, where, and how to get help related to unsafe situations regarding the use and misuse of alcohol, tobacco, drugs, and other substances	7.8.3 Demonstrate behaviors to avoid or reduce health risks to self and others. 2.8.9 Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.	1.8.5 Describe ways to reduce or prevent injuries and other adolescent health problems. 2.8.3 Describe how peers influence healthy and unhealthy behaviors. 2.8.9 Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors. 3.8.4 Describe situations that may require professional health services. 3.8.5 Locate valid and reliable health products and services. 7.8.3 Demonstrate behaviors to avoid or reduce health risks to self and others.
All About Avoidance	Explain the impact of peer influence on decision making regarding the use of alcohol, tobacco, and other drugs; Describe methods for differentiating between positive and negative relationships that can influence alcohol, tobacco, and other drug use; Explain the relationships between alcohol, tobacco, drugs, and other substances and the role each can play in unsafe situations such as drinking and driving; Identify ways such as alternative activities and refusal skills to prevent or avoid the use of alcohol, tobacco, drugs, and other substances; Demonstrate refusal skills in various scenarios where alcohol, tobacco, and other drugs may be present & identify and describe strategies for avoiding alcohol, tobacco, and other drugs, including opioids; Identify support systems and describe ways to report the suspected abuse of drugs to a parent, school administrator, teacher, or another trusted adult	2.8.8 Explain the influence of personal values and beliefs on individual health practices and behaviors.	1.8.5 Describe ways to reduce or prevent injuries and other adolescent health problems. 2.8.3 Describe how peers influence healthy and unhealthy behaviors. 2.8.9 Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors. 4.8.2 Demonstrate refusal and negotiation skills to avoid or reduce health risks. 4.8.3 Demonstrate effective conflict management or resolution strategies. 4.8.4 Demonstrate how to ask for assistance to enhance the health of self and others.

Just the Facts Virtual Field Trip	Identify examples of who, when, where, and how to get help related to unsafe situations regarding the use and misuse of alcohol, tobacco, drugs, and other substances	8.8.1 State a health-enhancing position on a topic and support it with accurate information. 2.8.7 Explain how the perception of norms influence healthy and unhealthy behaviors. 8.8.3 Work cooperatively to advocate for healthy individuals, families, and schools.	4.8.3 Demonstrate effective conflict management or resolution strategies. 4.8.4 Demonstrate how to ask for assistance to enhance health of self and others. 5.8.1 Identify circumstances that can help or hinder healthy decision-making . 5.8.2 Determine when health-related situations require the application of decision-making skills. 7.8.3 Demonstrate behaviors that avoid or reduce health risks to self and others. 8.8.2 Demonstrate how to influence and support others to make positive health choices.
Clearing the Air Virtual Field Trip	Explain the impact of peer influence on decision making regarding the use of alcohol, tobacco, and other drugs	2.8.2 Describe the influence of culture on health beliefs, practices, and behaviors. 2.8.5 Analyze how messages from media influence health behaviors. 8.8.4 Identify ways in which health messages and communication techniques can be altered for different audiences.	1.8.7 Describe the benefits of and barriers to practicing healthy behaviors. 2.8.3 Describe how peers influence healthy and unhealthy behaviors. 7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others. 7.8.3 Demonstrate behaviors that avoid or reduce health risks to self and others. 8.8.1 State a health-enhancing position on a topic and support it with information. 8.8.2 Demonstrate how to influence and support others to make positive health choices.
My Health Journey	Goal Check-In & Summative Assessment Activities	4.8.1 Apply effective verbal and nonverbal communication skills to enhance health.	7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others. 7.8.3 Demonstrate behaviors that avoid or reduce health risks to self and others. 8.8.2 Demonstrate how to influence and support others to make positive health choices. 8.8.3 Work cooperatively to advocate for healthy individuals, families, and schools.
Unit 5: Staying Safe	Objective(s)	National Health Standards	Oklahoma State Standards for Health Education
Healthy Relationships	Healthy vs. unhealthy relationships, conflict resolution, saying no and setting boundaries for privacy and personal space	4.8.3 Demonstrate effective conflict management or resolution strategies.	2.8.3 Describe how peers influence healthy and unhealthy behaviors. 4.8.2 Demonstrate refusal and negotiation skills to avoid or reduce health risks. 4.8.3 Demonstrate effective conflict management or resolution strategies. 4.8.4 Demonstrate how to ask for assistance to enhance the health of self and others. 5.8.1 Identify circumstances that can help or hinder healthy decision-making.
Avoiding Danger	Discuss and demonstrate strategies for avoiding violence, gangs, weapons, and human trafficking; Describe the dangers associated with a variety of weapons and explain the importance of complying with rules prohibiting possession of weapons	5.8.3 Distinguish when individual or collaborative decision making is appropriate.	2.8.3 Describe how peers influence healthy and unhealthy behaviors. 2.8.9 Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors. 3.8.4 Describe situations that may require professional health services. 4.8.2 Demonstrate refusal and negotiation skills to avoid or reduce health risks. 4.8.3 Demonstrate effective conflict management or resolution strategies. 4.8.4 Demonstrate how to ask for assistance to enhance the health of self and others. 5.8.3 Distinguish when individual or collaborative decision making appropriate.

Online Safety	Discuss appropriate personal digital and online communication boundaries; Develop strategies to resist inappropriate digital and online communication such as social media posts, sending and receiving photos, sexting, and pornography; Discuss and analyze the consequences resulting from inappropriate digital and online communication such as social media posts, sending and receiving photos, sexting, and pornography; Discuss strategies and techniques for identity protection in digital and online environments; Identify how technology is used to recruit or manipulate potential victims of sex trafficking; Identify the current legal consequences of cyberbullying and inappropriate digital and online communication	2.8.6 Analyze the influence of technology on personal and family health.	2.8.3 Describe how peers influence healthy and unhealthy behaviors. 2.8.5 Analyze how messages from media influence health behaviors. 2.8.6 Analyze the influence of technology on personal and family health. 2.8.7 Explain how the perceptions of norms influence healthy and unhealthy behaviors. 2.8.9 Describe how some healthy risk behaviors can influence the likelihood of engaging in unhealthy behaviors.
Say No to Bullying	Describe the serious effects of bullying, cyberbullying, or harassment such as suicidal ideation and other effects on the individual; Explain the responsibility to report bullying behavior, including cyberbullying; Analyze the impact that bullying has on both victims and bullies; Identify strategies for prevention and intervention of all forms of bullying and cyberbullying such as emotional, physical, social, and sexual; Discuss ways to seek the input of parents and other trusted adults in problem solving issues relating to violence and bullying	2.8.3 Describe how peers influence healthy and unhealthy behaviors. 4.8.4 Demonstrate how to ask for assistance to enhance the health of self and others.	2.8.3 Describe how peers influence healthy and unhealthy behaviors. 2.8.5 Analyze how messages from media influence health behaviors. 2.8.6 Analyze the influence of technology on personal and family health. 3.8.4 Describe situations that may require professional health services. 4.8.2 Demonstrate refusal and negotiation skills to avoid or reduce health risks. 4.8.3 Demonstrate effective conflict management or resolution strategies. 4.8.4 Demonstrate how to ask for assistance to enhance the health of self and others.
Abuse & Neglect	Know the various types of abuse & neglect, how to seek help and strategies to promote safety in homes, schools and communities; Identify forms of family violence, including physical, mental, and emotional violence; Identify how exposure to family violence can influence behavior and the importance of reporting suspected abuse; Summarize the advantages of seeking advice and feedback regarding the use of decision-making and problem-solving skills related to personal safety	8.8.2 Demonstrate how to influence and support others to make positive health choices.	1.8.1 Analyze the relationship between healthy behaviors and personal health 1.8.2 Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence. 1.8.3 Analyze how the environment affects personal health 2.8.1 Examine how the family influences the health of adolescents. 3.8.4 Describe situations that may require professional health services. 4.8.4 Demonstrate how to ask for assistance to enhance the health of self and others.
You To the Rescue	Demonstrate safety and first aid knowledge to prevent and treat injuries, including CPR and the choking rescue	5.8.7 Analyze the outcomes of a health-related decision. 5.8.2 Determine when health-related situations require the application of a thoughtful decision-making process.	1.8.5 Describe ways to reduce or prevent injuries and other adolescent health problems. 1.8.6 Explain how appropriate health care can promote personal health. 1.8.9 Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors. 3.8.2 Access valid health information from home, school, and community. 3.8.5 Locate valid and reliable health products and services. 5.8.2 Determine when health-related situations require the application of a thoughtful decision-making process.
Personal Safety Plan	Define safe haven and identify dedicated safe haven locations in the community; Create a personal safety plan; Summarize the advantages of seeking advice and feedback regarding the use of decision-making and problem-solving skills related to personal safety	5.8.3 Distinguish when individual or collaborative decision making is appropriate. 5.8.2 Determine when health-related situations require the application of a thoughtful decision-making process. 5.8.5 Predict the potential short-term impact of each alternative on self and others.	1.8.7 Describe the benefits of and barriers to practicing healthy behaviors. 3.8.4 Describe situations that may require professional health services. 3.8.5 Locate valid and reliable health products and services. 4.8.4 Demonstrate how to ask for assistance to enhance the health of self and others. 5.8.3 Distinguish when individual or collaborative decision-making is appropriate. 5.8.5 Predict the potential short-term impact of each alternative on self and others.

My Health Journey	Goal Check-In & Summative Assessment Activities	4.8.1 Apply effective verbal and nonverbal communication skills to enhance health.	<p>2.8.3 Describe how peers influence healthy and unhealthy behaviors.</p> <p>4.8.3 Demonstrate effective conflict management or resolution strategies.</p> <p>4.8.4 Demonstrate how to ask for assistance to enhance the health of self and others.</p> <p>5.8.1 Identify circumstances that can help or hinder healthy decision-making</p> <p>5.8.2 Determine when health-related situations require the application of a thoughtful decision-making process.</p> <p>5.8.4 Distinguish between healthy and unhealthy alternatives of health-related decisions.</p> <p>5.8.6 Choose healthy alternatives over unhealthy alternatives when making a decision.</p> <p>7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others</p>
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