

Draw the Line: Grade 6

Standards and Performance Indicators

Health Skills and Subskills

| Section | Addressed | Assessed | Section | Addressed | Assessed |
|-----------------|---|--|-----------------|--|---|
| Lesson 1 | <p>Standard 1—Personal Health and Fitness</p> <ul style="list-style-type: none"> • Demonstrate the necessary knowledge and skills to promote healthy adolescent development • Demonstrate a variety of problem solving, communication, and stress management skills to address health compromising behaviors such as fad dieting, alcohol, tobacco, and other drug use, early sexual involvement and violent behavior <p>Standard 2—A Safe and Healthy Environment</p> <ul style="list-style-type: none"> • Demonstrate conflict management and negotiation skills • Demonstrate conflict management and negotiation skills | <p>Standard 1—Personal Health and Fitness</p> <ul style="list-style-type: none"> • Demonstrate a variety of problem solving, communication, and stress management skills to address health compromising behaviors such as fad dieting, alcohol, tobacco, and other drug use, early sexual involvement, and violent behavior | Lesson 1 | <p>Self-Management</p> <p>SM.I.2 Explores the attributes (knowledge, skills, competencies) of a safe and healthy person</p> <p>SM.I.6 Identifies and accesses personal support persons or systems</p> | <p>Self-Management</p> <p>SM.I.1 Conducts a personal assessment of health and safety knowledge and skills</p> <p>SM.I.2 Explores the attributes (knowledge, skills, competencies) of a safe and healthy person</p> <p>SM.I.3 Compares and analyzes the personal assessment to the healthy attributes</p> <p>SM.I.6 Identifies and accesses personal support persons or systems</p> <p>Communication</p> <p>CM.I.2 Demonstrates effective verbal (assertiveness and non-verbal communication skills to enhance health</p> <p>Decision Making</p> <p>DM.I.2 Recognizes personal capabilities and limitations as they relate to possible healthy solutions</p> <p>DM.I.5 applies a decision making model to real-life health related situations</p> <p>DM.I.6 Analyzes perceptions of peer, family, and community normative health-related behavior</p> |
| Lesson 2 | | <p>Standard 1—Personal Health and Fitness</p> <ul style="list-style-type: none"> • Demonstrate the necessary knowledge and skills to promote healthy adolescent development <p>Standard 2—A Safe and Healthy Environment</p> <ul style="list-style-type: none"> • Demonstrate conflict management and negotiation skills • Identify strategies to avoid or reduce threatening peer situations | Lesson 2 | <p>Relationship Management</p> <p>RM.I.6 Demonstrates positive interpersonal and intra-personal behaviors when working with others (including diverse populations)</p> <p>Stress Management</p> <p>ST.I.5 Selects and applies a strategy to manage stress in health-enhancing</p> <p>ST.I.7 Recognizes personal capabilities and limitations in relation to personal stress</p> <p>Communication</p> <p>CM.I.2 Demonstrates effective verbal (assertiveness and non-verbal communication skills to enhance health</p> | <p>Self-Management</p> <p>SM.I.6 Identifies and accesses personal support persons or systems</p> <p>Relationship Management</p> <p>RM.I.5 Selects and applies a health skill to improve personal health and safety</p> <p>Communication</p> <p>CM.I.2 Demonstrates effective verbal (assertiveness and non-verbal communication skills to enhance health</p> <p>CM.I.7 Demonstrates effective refusal skills in real-life health-related situations</p> <p>Decision Making</p> <p>DM.I.6 Analyzes perceptions of peer, family, and community normative health-related behavior</p> <p>Planning and Goal Setting</p> <p>PG.I.7 Identifies personal support systems and explains their importance in achieving the personal health goal</p> |

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|----------|-----------|--|----------|-----------|--|
| Lesson 3 | | Standard 2—A Safe and Healthy Environment <ul style="list-style-type: none"> Demonstrate personal and social skills which enhance personal health and safety | | | Self-Management SM.I.1 Conducts a personal assessment of health and safety knowledge and skills SM.I.2 Explores the attributes (knowledge, skills, competencies) of a safe and healthy person Communication CM.I.3 Demonstrates healthy ways to express needs, wants, and feelings Decision Making DM.I.6 Analyzes perceptions of peer, family, and community normative health-related behavior Planning and Goal Setting PG.I.7 Identifies personal support systems and explains their importance in achieving the personal health goal |
| Lesson 4 | | | Lesson 4 | | Relationship Management RM.I.6 Demonstrates positive interpersonal and intra-personal behaviors when working with others (including diverse populations) RM.I.7 Analyzes possible causes of conflict and demonstrates win-win resolutions Communication CM.I.5 Recognizes barriers that interfere with effective healthy communication and applies strategies to overcome barriers CM.I.6 Demonstrates ways to communicate care, consideration, and respect of self and others CM.I.8 Analyzes possible causes of conflict and demonstrates negotiation skills and other strategies to manage conflict in healthy ways Planning and Goal Setting PG.I.7 Identifies personal support systems and explains their importance in achieving the personal health goal |
| Lesson 5 | | Standard 2—A Safe and Healthy Environment <ul style="list-style-type: none"> Demonstrate ways to care for and show respect for self and others | Lesson 5 | | Self-Management SM.I.1 Conducts a personal assessment of health and safety knowledge and skills Communication CM.I.2 Demonstrates effective verbal (assertiveness) and non-verbal communication skills to enhance health CM.I.6 Demonstrates ways to communicate care, consideration, and respect of self and others |

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Health Skills and Subskills

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|-----------------|--|--|-----------------|--|--|
| Lesson 1 | Standard 2—A Safe and Healthy Environment <ul style="list-style-type: none"> Demonstrate personal and social skills which enhance personal health and safety | | Lesson 1 | | Self-Management SM.I.2 Explores the attributes (knowledge, skills, competencies) of a safe and healthy person Decision Making DM.I.2 Recognizes personal capabilities and limitations as they relate to possible healthy solutions |
| Lesson 2 | | Standard 1—Personal Health and Fitness <ul style="list-style-type: none"> Apply prevention and risk reduction strategies to adolescent health problems Predict how decisions regarding health behaviors have consequences for self and others Standard 2—A Safe and Healthy Environment <ul style="list-style-type: none"> Demonstrate conflict management and negotiation skills Analyze the possible causes of conflict among youth in schools and communities | | | Self-Management SM.I.1 Conducts a personal assessment of health and safety knowledge and skills SM.I.4 Predicts short- and long-term benefits and harmful, consequences of behaviors based on the personal health and safety assessment Relationship Management RM.I.4 Predicts short- and long-term benefits and harmful consequences of behaviors based on the assessment Stress Management ST.I.1 Distinguishes between positive and negative stress and documents personal stressors Decision Making DM.I.5 Applies a decision making model to real-life health-related situations |
| Lesson 3 | | Standard 1—Personal Health and Fitness <ul style="list-style-type: none"> Demonstrate the necessary knowledge and skills to promote healthy adolescent development Standard 2—A Safe and Healthy Environment <ul style="list-style-type: none"> Assess potentially dangerous situations and demonstrate the skills to avoid or reduce their risks | Lesson 3 | Relationship Management <ul style="list-style-type: none"> RM.I.6 Demonstrates positive interpersonal and intra-personal behaviors when working with others (including diverse populations) | Self-Management SM.I.3 Compares and analyzes the personal assessment to the healthy attributes to identify personal health and safety strengths and needs SM.I.4 Selects and applies a health skill to improve personal health and safety SM.I.6 Identifies and accesses personal support persons or systems Relationship Management RM.I.5 Selects and applies a health skill to improve personal health and safety Stress Management ST.I.5 Selects and applies a strategy to manage stress in health-enhancing Communication CM.I.5 Recognizes barriers that interfere with effective healthy communication and applies strategies to overcome barriers CM.I.6 Demonstrates ways to communicate care, consideration, and respect of self and others. |

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|----------------------|-----------|---|----------------------|-----------|--|
| Lesson 3 - continued | | | Lesson 3 - continued | | <p>Communication CM.I.8 Analyzes possible causes of conflict and demonstrates negotiation skills and other strategies to manage conflict in healthy ways</p> <p>Decision Making DM.I.1 Identifies personal health decisions and sorts related internal and external influences DM.I.5 Applies a decision making model to real-life health-related situations DM.I.7 Describes how personal health decisions may affect subsequent decisions</p> |
| Lesson 4 | | <p>Standard 1—Personal Health and Fitness</p> <ul style="list-style-type: none"> • Demonstrate the necessary knowledge and skills to promote healthy adolescent development • Demonstrate a variety of problem solving, communication, and stress management skills to address health compromising behaviors such as fad dieting, alcohol, tobacco, and other drug use, early sexual involvement, and violent behavior <p>Standard 2—A Safe and Healthy Environment</p> <ul style="list-style-type: none"> • Assess potentially dangerous situations and demonstrate the skills to avoid or reduce their risks | Lesson 4 | | <p>Relationship Management RM.I.1 Conducts a personal assessment of relationship management (nurturing, empathy, respect, responsibility) knowledge and skills RM.I.2 Explores the attributes (knowledge, skills, competencies) of a nurturing, empathetic, respectful, responsible person</p> <p>Communication CM.I.2 Demonstrates effective verbal (assertiveness) and non-verbal communication skills to enhance health CM.I.3 Demonstrates healthy ways to express needs, wants, and feelings CM.I.6 Demonstrates ways to communicate care, consideration, and respect of self and others. CM.I.7 Demonstrates effective refusal skills in real-life health-related situations</p> <p>Decision Making DM.I.5 Applies a decision making model to real-life health-related situations</p> |
| Lesson 5 | | <p>Standard 3—Resource Management</p> <ul style="list-style-type: none"> • Demonstrate the ability to access community health services for prevention, illness, and emergency care | Lesson 5 | | <p>Decision Making DM.I.5 Applies a decision making model to real-life health-related situations</p> <p>Advocacy AD.I.4 Identifies agencies, organizations, or others who advocate for the health issue</p> |
| Lesson 6 | | <p>Standard 3—Resource Management</p> <ul style="list-style-type: none"> • Demonstrate the ability to work cooperatively when advocating for healthy individuals, families, and schools | Lesson 6 | | <p>Communication CM.I. Demonstrates effective verbal (assertiveness) and non-verbal communication skills to enhance health</p> <p>Decision Making DM.I.5 Applies a decision making model to real-life health-related situations</p> <p>Advocacy AD.I.4 Identifies agencies, organizations, or others who advocate for the health issue</p> |

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| Lesson 7 | | | Lesson 7 | | Planning and Goal Setting PG.I.1 Analyzes the benefits of planning and setting personal health goals PG.I.4 Analyzes possible barriers to achieving the personal health goal |
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Health Skills and Subskills

| Section | Addressed | Assessed | Section | Addressed | Assessed |
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| Lesson 1 | | <p>Standard 1 Personal Health & Fitness</p> <ul style="list-style-type: none"> Apply prevention and risk reduction strategies to adolescent health problems Demonstrate the necessary knowledge and skills to promote healthy adolescent development Demonstrate a variety of problem solving, communication, and stress management skills to address health compromising behaviors such as fad dieting, alcohol, tobacco, and other drug use, early sexual involvement, and violent behavior <p>Standard 2—A Safe and Healthy Environment</p> <ul style="list-style-type: none"> Assess potentially dangerous situations and demonstrate the skills to avoid or reduce their risks <p>Standard 3—Resource Management</p> <ul style="list-style-type: none"> Analyze how information from peers influences health decisions and behaviors | Lesson 1 | <p>Self-Management SM.I.7 Accesses related health and safety resources</p> | <p>Self-Management SM.I.1 Conducts a personal assessment of health and safety knowledge and skills SM.I.2 Explores the attributes (knowledge, skills, competencies) of a safe and healthy person SM.I.3 Compares and analyzes the personal assessment to the healthy attributes to identify personal health and safety strengths and needs SM.I.4 Predicts short-and long-term benefits and harmful consequences of behaviors based on the personal health and safety assessment</p> <p>Stress Management ST.I.7 Recognizes personal capabilities and limitations in relation to personal stress</p> <p>Decision Making DM.I.1 Identifies personal health decisions and sorts related internal and external influences DM.I.2 Recognizes personal capabilities and limitations as they relate to possible healthy solutions DM.I.3 Compiles and assesses available information to enhance health DM.I.4 Personalizes health risk of decisions to self and others</p> <p>Planning and Goal Setting PG.I.1 Analyzes the benefits of planning and setting personal health goals PG.I.3 Develops a personal health goal and a plan to achieve it PG.I.6 Analyzes the impact of decisions on the personal health goal</p> |
| Lesson 2 | | <p>Standard 1—Personal Health and Fitness</p> <ul style="list-style-type: none"> Demonstrate the necessary knowledge and skills to promote healthy adolescent development Demonstrate a variety of problem solving, communication, and stress management skills to address health compromising behaviors such as fad dieting, alcohol, tobacco, and other drug use, early sexual involvement, and violent behavior | Lesson 2 | <p>Self-Management SM.I.7 Accesses related health and safety resources</p> <p>DM.I.5 Applies a decision making model to real-life health-related situations</p> | <p>Self-Management SM.I.7 Accesses related health and safety resources</p> <p>Relationship Management RM.I.1 Conducts a personal assessment of relationship management (nurturing, empathy, respect, responsibility) knowledge and skills RM.I.2 Explores the attributes (knowledge, skills, competencies) of a nurturing, empathetic, respectful, responsible person RM.I.4 Predicts short-and long-term benefits and harmful consequences of behaviors based on the assessment</p> <p>Decision Making DM.I.3 Compiles and assesses available information to enhance health DM.I.5 Applies a decision making model to real-life health -related situations DM.I.7 Describes how personal health decisions may affect subsequent decisions</p> |

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|---------------------------|-----------|---|---------------------------|--|---|
| Lesson 2—continued | | | Lesson 2—continued | | Planning and Goal Setting PG.I.1 Analyzes the benefits of planning and setting personal health goals PG.I.2 Makes a personal commitment to achieve a personal health goal PG.I.6 Analyzes the impact of decisions on the personal health goal |
| Lesson 3 | | Standard 1—Personal Health and Fitness <ul style="list-style-type: none"> Analyze the multiple influences which affect health decisions and behaviors Predict how decisions regarding health behaviors have consequences for self and others Standard 2—A Safe and Healthy Environment <ul style="list-style-type: none"> Identify strategies to avoid or reduce threatening peer situations | Lesson 3 | | Relationship Management RM.I.2 Explores the attributes (knowledge, skills, competencies) of a nurturing, empathetic respectful, responsible person RM.I.4 Predicts short-and long-term benefits and harmful consequences of behaviors based on the assessment Communication CM.I.5 Recognizes barriers that interfere with effective healthy communication and applies strategies to overcome barriers Decision Making DM.I.3 Compiles and assesses available information to enhance health Planning and Goal Setting PG.I.1 Analyzes the benefits of planning and setting personal health goals PG.I.4 Analyzes possible barriers to achieving the personal health goal PG.I.5 Implements the plan to achieve the personal health goal and overcome possible barriers PG.I.6 Analyzes the impact of decisions on the personal health goal |
| Lesson 4 | | Standard 2—A Safe and Healthy Environment <ul style="list-style-type: none"> Demonstrate personal and social skills which enhance personal health and safety Demonstrate conflict management and negotiation skills Identify strategies to avoid or reduce threatening peer situations Demonstrate ways to care for and show respect for self and others | Lesson 4 | Relationship Management RM.I.5 Selects and applies a health skill to improve personal health and safety | Relationship Management RM.I.4 Predicts short-and long-term benefits and harmful consequences of behaviors based on the assessment RM.I.5 Selects and applies a health skill to improve personal health and safety Stress Management ST.I.4 Researches personal stressful situations and current ways of dealing with them |

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| Lesson 4—continued | | | Lesson 4—continued | | <p>Communication</p> <p>CM.I.2 Demonstrates effective verbal (assertiveness) and non-verbal communication skills to enhance health</p> <p>CM.I.3 Demonstrates healthy ways to express needs, wants, and feeling</p> <p>CM.1.6 Demonstrates ways to communicate care, consideration, and respect of self and others</p> <p>CM.I.7 Demonstrates effective refusal skills in real-life health-related situations</p> <p>CM.I.8 Analyzes possible causes of conflict and demonstrates negotiation skills and other strategies to manage conflict in healthy ways</p> <p>Decision Making</p> <p>DM.I.5 Applies a decision making model to real-life health-related situations</p> <p>Planning and Goal Setting</p> <p>PG.I.1 Analyzes the benefits of planning and setting personal health goals</p> <p>PG.I.2 Makes a personal commitment to achieve a personal health goal</p> <p>PG.I.5 Implements the plan to achieve the personal health goal and overcome possible barriers</p> <p>PG.I.6 Analyzes the impact of decisions on the personal health goal</p> <p>PG.I.7 Identifies personal support systems and explains their importance in achieving the personal health goal</p> |
| Lesson 5 | | <p>Standard 1—Personal Health & Fitness</p> <ul style="list-style-type: none"> Predict how decisions regarding health behaviors have consequences for self and others | Lesson 5 | | <p>Communication</p> <p>CM.I.1 Refines the ability to actively listen, follow directions and respond to others in health-enhancing ways</p> <p>Decision Making</p> <p>DM.I.1 Identifies personal health decisions and sorts related internal and external influences</p> <p>Planning and Goal Setting</p> <p>PG.I.6 Analyzes the impact of decisions on the personal health goal</p> |
| Lesson 6 | | <p>Standard 2—A Safe and Healthy Environment</p> <ul style="list-style-type: none"> Demonstrate accurate use of condoms | Lesson 6 | | <p>Relationship Management</p> <p>RM.I.6 Demonstrates positive interpersonal and intra-personal behaviors when working with others (including diverse populations)</p> <p>Communication</p> <p>CM.I.9 Demonstrates the ability to work in groups with shared responsibilities, benefits, and risks to enhance health</p> |

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| Section | Addressed | Assessed | Section | Addressed | Assessed |
| Lesson 7 | | <p>Standard 1—Personal Health & Fitness</p> <ul style="list-style-type: none"> Demonstrate the ability to work cooperatively when advocating for healthy individuals, families, and schools | Lesson 7 | <p>Self-Management SM.I.5 Selects and applies health skill to improve personal health and safety</p> <p>Stress Management ST.I.5 Selects and applies a strategy to manage stress in health-enhancing ways</p> | <p>Self-Management SM.I.5 Selects and applies a health skill to improve personal health and safety SM.I.7 Accesses related health and safety resources SM.I.8 Celebrates and rewards self for personal health and safety accomplishments</p> <p>Relationship Management RM.I.3 Compares and analyzes the personal assessment results in relation to the attributes to identify personal strengths and need areas RM.I.6 Demonstrates positive interpersonal and intra-personal behaviors when working with others (including diverse populations)</p> <p>Stress Management ST.I.7 Recognizes personal capabilities and limitations in relation to personal stress</p> <p>Advocacy AD.I.5 Clarifies personal beliefs regarding the health advocacy issue AD.I.6 Takes a clear health-enhancing stand</p> |
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