

HECAT K-12 Healthy Behavior Outcomes by Lesson

Abstinence, Puberty & Personal Health

Healthy Behavior Outcome	Lesson Number																
Personal Health & Wellness	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
PHW-1 Brush and floss teeth daily.*	•																
PHW-2 Practice appropriate hygiene habits.	•		•		•				•								
PHW-3 Get an appropriate amount of sleep and rest.	•	•															
PHW-4 Prevent vision and hearing loss.	•	•															
PHW-5 Prevent damage from the sun.	•	•															
PHW-6 Practice behaviors that prevent infectious diseases.	•		•														
PHW-7 Practice behaviors that prevent chronic diseases.			•														
PHW-8 Prevent serious health problems that result from common chronic diseases and conditions among youth, such as allergies, asthma, diabetes, epilepsy.	Covered in High School																
PHW-9 Practice behaviors that prevent food-borne illnesses.	Covered in Nutrition & Physical Activity																
PHW-10 Seek out help for common infectious diseases and chronic diseases and conditions.	•		•														
PHW-11 Seek out health care professionals for appropriate screenings and examinations.	Covered in High School																
PHW-12 Prevent health problems that result from fads or trends.	Covered in Nutrition & Physical Activity																
Sexual Health	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
SH-1 Establish and maintain healthy relationships.				•	•					•							
SH-2 Be sexually abstinent.				•	•	•	•	•	•	•	•	•	•	•	•	•	•
SH-3 Engage in behaviors that prevent or reduce sexually transmitted disease (STD), including HIV infection.**				•						•	•	•	•	•	•	•	•
SH-4 Engage in behaviors that prevent or reduce unintended pregnancy.**				•						•	•	•	•	•	•	•	•
SH-5 Avoid pressuring others to engage in sexual behaviors.										•	•	•	•	•	•	•	•
SH-6 Support others to avoid or reduce sexual risk behaviors.										•	•	•	•	•	•	•	•
SH-7 Treat others with courtesy and respect without regard to their sexuality.				•						•			•				
SH-8 Utilize appropriate health services to promote sexual health.						•	•	•	•								

*Dental care is covered in more detail in HealthSmart for the Elementary Grades.
**Abstinence only. Other protective behaviors are covered in HIV, STD & Pregnancy Prevention.

Emotional & Mental Health

Healthy Behavior Outcome	Lesson Number													
Mental & Emotional Health	1	2	3	4	5	6	7	8	9	10	11	12	13	14*
MEH-1 Express feelings in a healthy way.			•			•	•	•	•					•
MEH-2 Engage in activities that are mentally and emotionally healthful.	•	•	•	•	•	•	•	•	•		•	•	•	•
MEH-3 Prevent and manage interpersonal conflict in healthy ways.	Covered in Violence & Injury Prevention													
MEH-4 Prevent and manage emotional stress and anxiety in healthy ways.			•							•	•	•	•	•
MEH-5 Use self-control and impulse-control strategies to promote health.			•			•				•			•	•
MEH-6 Get help for troublesome thoughts, feelings or actions for oneself and others.			•				•	•				•	•	•
MEH-7 Show tolerance and acceptance of differences in others.		•	•											•
MEH-8 Establish and maintain healthy relationships.		•	•	•	•		•	•	•				•	•

*Healthy Behavior Outcomes will vary, depending on which emotional health behaviors students focus on in their goals.

Violence & Injury Prevention

Healthy Behavior Outcome	Lesson Number															
Safety/Injury Prevention	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
S-1 Follow appropriate safety rules when riding in or on a motor vehicle.		•														
S-2 Avoid driving a motor vehicle while under the influence of alcohol or other drugs.	Covered in High School															
Avoid riding in a motor vehicle driven by someone under the influence of alcohol or other drugs.		•														
S-3 Use safety equipment appropriately and correctly.			•	•												
S-4 Apply safety rules and procedures to avoid risky behaviors and injury.		•	•	•	•	•	•									
S-5 Avoid safety hazards in the home and community.			•	•	•											
S-6 Recognize and avoid dangerous surroundings.	•		•	•	•											
S-7 Get help for oneself or others when injured or suddenly ill.	First-aid procedures are not addressed in HealthSmart															
S-8 Support others to avoid risky behaviors and be safe.	•		•	•							•			•		
Violence Prevention	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
V-1 Manage interpersonal conflict in nonviolent ways.															•	•
V-2 Manage emotional distress in nonviolent ways.															•	
V-3 Avoid bullying, being a bystander to bullying, or being a victim of bullying.								•	•	•	•	•	•			
V-4 Avoid engaging in violence, including sexual harassment, coercion, exploitation, physical fighting, and rape.								•	•	•	•	•		•		
V-5 Avoid situations where violence is likely to occur.									•						•	
V-6 Avoid associating with others who are involved in or who encourage violence or criminal activity.									•	•	•	•		•		
V-7 Get help to prevent or stop violence, including harassment, abuse, bullying, hazing, fighting, and hate crimes.										•	•	•	•			
V-8 Get help to address inappropriate touching.	Covered in Elementary Grades															
V-9 Get help to stop being subjected to violence or physical abuse.										•	•	•		•	•	•
V-10 Get help for oneself or others who are in danger of hurting themselves.	Covered in High School															

HIV, STD & Pregnancy Prevention

Healthy Behavior Outcome	Lesson Number														
Sexual Health	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
SH-1 Establish and maintain healthy relationships.	•	•	•												
SH-2 Be sexually abstinent.		•		•	•	•	•		•	•	•	•			•
SH-3 Engage in behaviors that prevent or reduce sexually transmitted disease (STD), including HIV infection.		•				•	•	•	•		•	•	•	•	•
SH-4 Engage in behaviors that prevent or reduce unintended pregnancy.*		•			•				•		•	•	•	•	•
SH-5 Avoid pressuring others to engage in sexual behaviors.		•		•							•	•			•
SH-6 Support others to avoid or reduce sexual risk behaviors.				•	•				•		•	•			
SH-7 Treat others with courtesy and respect without regard to sexual status.			•												
SH-8 Utilize appropriate health services to promote sexual health.		•				•			•		•				

*Contraception/birth control methods other than abstinence and condoms are covered in High School.

Nutrition & Physical Activity

Healthy Behavior Outcome	Lesson Number																		
Healthy Eating	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17*	18*	
HE-1 Eat the appropriate number of servings from each food group every day.		•	•	•						•								•	•
HE-2 Eat a variety of foods within each food group every day.		•	•	•		•				•	•							•	•
HE-3 Eat an abundance of fruits and vegetables every day.		•	•	•		•				•								•	•
HE-4 Choose to eat whole-grain products and fat-free or low-fat milk or equivalent milk products regularly.		•	•	•	•	•				•								•	•
HE-5 Drink plenty of water every day.	•								•									•	•
HE-6 Limit foods and beverages high in added sugars, solid fat and sodium.			•	•	•	•	•			•								•	•
HE-7 Eat breakfast every day.							•											•	•
HE-8 Eat healthy snacks.				•			•			•	•							•	•
HE-9 Eat healthy foods when dining out.									•		•							•	•
HE-10 Prepare food in healthful ways.										•								•	•
HE-11 Balance caloric intake with caloric expenditure.			•															•	•
HE-12 Follow an eating plan for healthy growth and development.		•	•											•				•	•
HE-13 Support others to eat healthy.	•		•	•	•	•												•	•
PHW-9 Practice behaviors that prevent food-borne illnesses (from Personal Health & Wellness).										•									
PHW-12 Prevent health problems that result from fads or trends (from Personal Health & Wellness).															•				•
Physical Activity	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
PA-1 Engage in moderate to vigorous physical activity for at least 60 minutes every day.																•	•	•	•
PA-2 Regularly engage in physical activities that enhance cardiorespiratory endurance, flexibility, muscle endurance, and muscle strength.																•	•	•	•
PA-3 Engage in warm-up and cool-down activities before and after structured exercise.																	•	•	•
PA-4 Drink plenty of water before, during, and after physical activity.																	•	•	•
PA-5 Follow a physical activity plan for healthy growth and development.														•		•	•	•	•
PA-6 Avoid injury during physical activity.																	•	•	•
PA-7 Support others to be physically active.																	•	•	•

*Healthy Behavior Outcomes will vary, depending on whether students set a healthy eating or physical activity goal.

Tobacco, Alcohol & Other Drug Prevention

Healthy Behavior Outcome	Lesson Number																		
Tobacco	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
T-1 Avoid using (or experimenting with) any form of tobacco.	•			•		•	•	•	•	•	•	•	•	•	•	•	•	•	•
T-2 Avoid secondhand smoke.			•					•				•							•
T-3 Support a tobacco-free environment.			•								•	•			•				•
T-4 Support others to be tobacco free.			•								•	•		•					•
T-5 Quit using tobacco if already using.	Covered in High School																		
Alcohol & Other Drugs	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
AOD-1 Avoid misuse and abuse of over-the-counter and prescription drugs.						•													
AOD-2 Avoid experimentation with alcohol and other drugs.		•		•			•	•	•	•	•	•	•	•	•	•	•	•	•
AOD-3 Avoid the use of alcohol.	•	•					•	•	•	•	•	•	•	•	•	•	•	•	•
AOD-4 Avoid the use of illegal drugs.	•			•		•	•	•	•	•	•				•	•	•	•	•
AOD-5 Avoid driving while under the influence of alcohol and other drugs.	Covered in High School																		
AOD-6 Avoid riding in a motor vehicle with a driver who is under the influence of alcohol or other drugs.	Covered in Violence & Injury Prevention																		
AOD-7 Quit using alcohol and other drugs if already using.	Covered in High School																		
AOD-8 Support others to be alcohol and other drug free.											•			•					•

Alignment with HECAT Knowledge Expectations for Grades 6–8

Alcohol & Other Drugs

- AOD1.8.1 Distinguish between proper use and abuse of over-the-counter medicines. **TAOD Lesson 5**
- AOD1.8.2 Differentiate between proper use and abuse of prescription medicines. **TAOD Lesson 5**
- AOD1.8.3 Describe the health risks of using weight loss drugs. **NPA Lesson 13**
- AOD1.8.4 Describe the health risks of using performance-enhancing drugs. **TAOD Lesson 5 (steroids)**
- AOD1.8.5 Summarize the negative consequences of using alcohol and other drugs. **TAOD Lesson 2, TAOD Lesson 4, TAOD Lesson 7**
- AOD1.8.6 Determine reasons why people choose to use or not to use alcohol and other drugs. **TAOD Lesson 6, TAOD Lesson 10**
- AOD1.8.7 Describe situations that could lead to the use of alcohol and other drugs. **Not an objective, but implied in TAOD Lesson 8 on influences, and discussed in TAOD Lesson 15**
- AOD1.8.8 Explain why using alcohol or other drugs is an unhealthy way to manage stress. **Not an objective, but discussed in TAOD Lesson 10**
- AOD1.8.9 Explain school policies and community laws about alcohol and other drugs. **TAOD Lesson 11**
- AOD1.8.10 Describe the relationship between using alcohol and other drugs and other health risks. **TAOD Lesson 2, VIP Lesson 9**
- AOD1.8.11 Determine the benefits of being alcohol- and other drug-free. **TAOD Lesson 10, TAOD Lesson 19**
- AOD1.8.12 Describe positive alternatives to using alcohol and other drugs. **TAOD Lesson 10**
- AOD1.8.13 Explain the relationship between intravenous drug use and transmission of blood-borne diseases, such as HIV and hepatitis. **HIV/STD Lesson 7**
- AOD1.8.14 Explain the risks associated with using alcohol or other drugs and driving a motor vehicle. **VIP Lesson 2**

Healthy Eating

- HE1.8.1 Classify the amount of food from each food group that a person needs each day. **NPA Lesson 2; also covered in NPA Lesson 3, but not an objective**
- HE1.8.2 Summarize a variety of nutritious food choices for each food group. **NPA Lesson 2**
- HE1.8.3 Describe the U.S. Dietary Guidelines for Americans. **NPA Lesson 3**
- HE1.8.4 Explain why the recommended amount of food a person needs each day may be different for each food group. **NPA Lesson 2**
- HE1.8.5 Summarize the benefits of eating plenty of fruits and vegetables. **NPA Lesson 3**
- HE1.8.6 Describe the benefits of eating a variety of foods high in iron. **Not an objective, iron mentioned briefly as important mineral in NPA Lesson 1, and discussed in relation to food label in NPA Lesson 4**
- HE1.8.7 Explain the similarities and differences among protein, fats, and carbohydrates regarding nutritional value and food sources. **Covered in NPA Lesson 1, but not an objective**
- HE1.8.8 Describe the benefits of consuming an adequate amount of calcium and a variety of foods high in calcium. **Not an objective, but importance of calcium is discussed in NPA Lesson 2 and NPA Lesson 4**
- HE1.8.9 Identify foods that are high in fiber. **NPA Lesson 2; fiber is also discussed in NPA Lesson 1 and NPA Lesson 3**
- HE1.8.10 Identify examples of whole-grain foods. **NPA Lesson 5**
- HE1.8.11 Summarize the benefits of drinking plenty of water. **NPA Lesson 1**
- HE1.8.12 Differentiate between nutritious and non-nutritious beverages. **NPA Lesson 7**
- HE1.8.13 Summarize the benefits of limiting the consumption of solid fat, added sugar, and sodium. **NPA Lesson 3; also discussed in NPA Lesson 4, but not an objective**
- HE1.8.14 Identify food preparation methods that add less fat to food and use unsaturated fats and oils to replace solid saturated fats. **NPA Lesson 7**
- HE1.8.15 Describe the importance of eating breakfast every day. **NPA Lesson 5**
- HE1.8.16 Explain the relationship between access to healthy foods and personal food choices. **Covered in NPA Lesson 6, but not an objective.**
- HE1.8.17 Explain how to select healthy foods when dining out. **NPA Lesson 7**
- HE1.8.18 Explain various methods available to evaluate body weight. **Not an objective, but BMI and consulting with a provider are mentioned in NPA Lesson 13**
- HE1.8.19 Describe major chronic diseases and their relationship to what people eat and their physical activity level. **Not covered**
- HE1.8.20 Analyze the benefits of healthy eating. **NPA Lesson 17**
- HE1.8.21 Identify healthy and risky approaches to weight management. **NPA Lesson 13**
- HE1.8.22 Describe the benefits of eating in moderation. **NPA Lesson 3**

Mental & Emotional Health

- MEH1.8.1 Describe characteristics of a mentally and emotionally healthy person. **EMH Lesson 3**
- MEH1.8.2 Explain the interrelationship of physical, mental, emotional, social and spiritual health. **EMH Lesson 1**
- MEH1.8.3 Discuss how emotions change during adolescence. **ABST Lesson 5**
- MEH1.8.4 Explain appropriate ways to express needs, wants, emotions, and feelings. **EMH Lesson 6 (emotions/feelings), VIP Lesson 14**
- MEH1.8.5 Describe role models that demonstrate positive mental and emotional health. **EMH Lesson 3**
- MEH1.8.6 Summarize the benefits of talking with parents and other trusted adults about feelings. **EMH Lesson 7**
- MEH1.8.7 Describe healthy ways to express affection, love, friendship, and concern. **EMH Lesson 9 (expressing concern when someone is grieving); ABST Lesson 7 (expressing affection)**
- MEH1.8.8 Describe a variety of appropriate ways to respond to stress when angry or upset. **EMH Lesson 7; VIP Lesson 6**
- MEH1.8.9 Summarize feelings and emotions associated with loss and grief. **EMH Lesson 9**
- MEH1.8.10 Explain the importance of a positive body image. **NPA Lesson 11**
- MEH1.8.11 Describe how mental and emotional health can affect health-related behaviors. **Not covered**
- MEH1.8.12 Describe how sharing or posting personal information electronically about self or others on social media sites can negatively impact mental and emotional health. **Not covered**
- MEH1.8.13 Explain the causes, symptoms, and effects of depression. **Covered in terms of getting help in EMH Lesson 8, but not an objective**
- MEH1.8.14 Explain the causes, symptoms, and effects of anxiety. **Covered in terms of getting help in EMH Lesson 8, but not an objective**
- MEH1.8.15 Describe the signs, symptoms, and consequences of common eating disorders. **NPA Lesson 14**
- MEH1.8.16 Describe pro-social behaviors that help prevent violence. **VIP Lesson 9; EMH Lesson 2 covers pro-social behaviors for a positive classroom environment**

Mental & Emotional Health (Continued)

- MEH1.8.17 Describe what it means to be a responsible person. **EMH Lesson 2**
- MEH1.8.18 Describe characteristics of a responsible family member. **Covered by homework in EMH Lesson 2, but not an objective.**
- MEH1.8.19 Describe examples of situations that require self-control. **Not covered**
- MEH1.8.20 Describe how power and control differences in relationships can contribute to aggression and violence. **VIP Lesson 10 (in relation to bullying)**
- MEH1.8.21 Describe ways to manage interpersonal conflict nonviolently. **VIP Lesson 15**
- MEH1.8.22 Explain why it is important to understand the perspectives of others in resolving interpersonal conflicts. **VIP Lesson 15**
- MEH1.8.23 Explain causes and effects of stress. **EMH Lesson 10**
- MEH1.8.24 Describe personal stressors at home, in school, and with friends. **EMH Lesson 10**
- MEH1.8.25 Explain positive and negative ways of dealing with stress. **EMH Lesson 10**
- MEH1.8.26 Analyze the risks of impulsive behaviors. **Not covered**
- MEH1.8.27 Explain how the expression of emotions or feelings can help or hurt oneself and others. **EMH Lesson 6**
- MEH1.8.28 Explain why people with eating disorders need professional help. **NPA Lesson 14**
- MEH1.8.29 Examine the importance of being aware of one's own feelings and of being sensitive to the feelings of others. **EMH Lesson 6**
- MEH1.8.30 Explain how intolerance can affect others. **Covered in VIP Lesson 9, but not an objective**
- MEH1.8.31 Explain the benefits of living in a diverse society. **Not covered**
- MEH1.8.32 Explain why it is wrong to tease or bully others based on their body type or other personal characteristics. **Not covered**
- MEH1.8.33 Describe characteristics of healthy relationships. **EMH Lesson 4**
- MEH1.8.34 Explain the qualities of a healthy dating relationship. **HIV/STD Lesson 1**
- MEH1.8.35 Differentiate healthy and unhealthy relationships. **EMH Lesson 4**

Personal Health & Wellness

- PHW1.8.1 Summarize the benefits of good hygiene practices for promoting health and maintaining positive social relationships. **ABST Lesson 9**
- PHW1.8.2 Summarize the benefits of getting proper rest and sleep for healthy growth and development. **ABST Lesson 2**
- PHW1.8.3 Identify common causes of noise-induced hearing loss. **Covered in ABST Lesson 2, but not an objective**
- PHW1.8.4 Describe appropriate ways to protect vision and hearing. **ABST Lesson 2**
- PHW1.8.5 Summarize actions to take to protect oneself against potential damage from exposure to the sun. **ABST Lesson 2**
- PHW1.8.6 Explain the difference between infectious, noninfectious, acute and chronic diseases. **ABST Lesson 3 (infectious/noninfectious only)**
- PHW1.8.7 Summarize the symptoms of someone who is sick or getting sick. **ABST Lesson 3**
- PHW1.8.8 Summarize ways that common infectious diseases are transmitted. **ABST Lesson 3**
- PHW1.8.9 Summarize health practices to prevent the spread of infectious diseases that are transmitted by food, air, indirect contact, and person-to-person contact. **NPA Lesson 8 (food-borne illness); ABST Lesson 3 (other infectious diseases)**
- PHW1.8.10 Describe food safety strategies that can control germs that cause food-borne illnesses. **NPA Lesson 8**
- PHW1.8.11 Explain ways to prevent the spread of germs that cause infectious diseases such as HIV by not having sex, not touching blood, and not touching used hypodermic or tattoo needles. **Covered in ABST Lesson 3 (infectious diseases), but not an objective; spread of HIV covered in HIV/STD Lesson 7**
- PHW1.8.12 Explain the behavioral and environmental factors that contribute to the major chronic diseases. **ABST Lesson 3**
- PHW1.8.13 Describe how an inactive lifestyle contributes to chronic disease. **NPA Lesson 16**
- PHW1.8.14 Describe the importance of seeking help and treatment for common infectious diseases and chronic diseases. **Not covered**
- PHW1.8.15 Describe the potential health and social consequences of popular fads or trends such as body piercing and tattooing. **Not covered, but body art briefly mentioned in ABST Lesson 2**

Safety/Injury Prevention

- S1.8.1 Describe ways to reduce risk of injuries while riding in or on a motor vehicle. **VIP Lesson 2**
- S1.8.2 Identify protective equipment needed for sports and recreational activities. **Covered in VIP Lesson 4, but not an objective**
- S1.8.3 Explain the importance of helmets and other safety gear for biking, riding a scooter, skateboarding, and inline skating. **VIP Lesson 4**
- S1.8.4 Explain the risks associated with using alcohol or other drugs and driving a motor vehicle. **VIP Lesson 2**
- S1.8.5 Describe the relationship between using alcohol and other drugs and injuries. **Covered in VIP Lesson 3, but not an objective**
- S1.8.6 Identify actions to take to prevent injuries during severe weather. **VIP Lesson 3**
- S1.8.7 Describe ways to reduce risk of injuries from falls. **VIP Lesson 3**
- S1.8.8 Describe ways to reduce risk of injuries around water. **VIP Lesson 3**
- S1.8.9 Describe ways to reduce risk of injuries in case of fire. **VIP Lesson 3**
- S1.8.10 Describe ways to reduce risk of injury when playing sports. **VIP Lesson 3**
- S1.8.11 Describe how sharing or posting personal information electronically about self or others on social media sites can negatively impact personal safety of self or others. **Not covered**
- S1.8.12 Explain climate-related physical conditions that affect personal safety, such as heat exhaustion, sunburn, heat stroke, and hypothermia. **NPA Lesson 16 (in regard to physical activity)**
- S1.8.13 Describe ways to reduce risk of injuries as a pedestrian. **VIP Lesson 3**
- S1.8.14 Describe actions to change unsafe situations at home. **Not covered**
- S1.8.15 Describe actions to change unsafe situations at school. **Not covered**
- S1.8.16 Describe actions to change unsafe situations in the community. **Not covered**
- S1.8.17 Describe ways to reduce risk of injuries from firearms. **VIP Lesson 3**
- S1.8.18 Describe why household products are harmful if ingested or inhaled. **Not covered**
- S1.8.19 Describe potential risks associated with over-the-counter medicines. **TAOD Lesson 5**
- S1.8.20 Describe first response procedures needed to treat injuries and other emergencies. **Not covered**
- S1.8.21 Determine the benefits of reducing the risks for injury. **VIP Lesson 1**

Physical Activity

- PA1.8.1 Describe the recommended amounts and types of moderate, vigorous, muscle strengthening, and bone strengthening physical activity for adolescents and adults. **NPA Lesson 15**
- PA1.8.2 Explain how physical activity can be incorporated into daily life without special exercise equipment. **Covered in NPA Lesson 15, but not an objective.**
- PA1.8.3 Describe ways to increase daily physical activity and decrease inactivity. **NPA Lesson 15**
- PA1.8.4 Summarize the mental and social benefits of physical activity. **NPA Lesson 16, NPA Lesson 17**
- PA1.8.5 Differentiate between physical activity, exercise, health-related fitness, and skill-related fitness. **Not covered**
- PA1.8.6 Describe physical activities that contribute to maintaining or improving components of health-related fitness. **NPA Lesson 15**
- PA1.8.7 Explain the short- and long-term benefits of physical activity, including improving cardiovascular health, strength, endurance, and flexibility and reducing the risks for chronic diseases. **NPA Lesson 16, NPA Lesson 17**
- PA1.8.8 Explain how an inactive lifestyle contributes to chronic disease. **NPA Lesson 16**
- PA1.8.9 Explain the importance of warming up and cooling down after physical activity. **NPA Lesson 16**
- PA1.8.10 Describe climate-related physical conditions that affect physical activity, such as heat exhaustion, sunburn, heat stroke, and hypothermia. **NPA Lesson 16**
- PA1.8.11 Summarize the benefits of drinking water before, during, and after physical activity. **NPA Lesson 16**
- PA1.8.12 Summarize how physical activity can contribute to maintaining a healthy body weight. **Covered in NPA Lesson 13 [Describe the relationship between what people eat, their physical activity level and their body weight.]**
- PA1.8.13 Describe the use of safety equipment for specific physical activities. **Not an objective, but safety gear is covered in general in NPA Lesson 16**
- PA1.8.14 Describe ways to reduce risk of injuries from participation in sports and other physical activities. **NPA Lesson 16; VIP Lesson 3**

Sexual Health

- SH1.8.1 Describe characteristics of healthy relationships. **EMH Lesson 4; HIV/STD Lesson 1 (for romantic relationships)**
- SH1.8.2 Explain the qualities of a healthy dating relationship. **HIV/STD Lesson 1**
- SH1.8.3 Differentiate healthy and unhealthy relationships. **EMH Lesson 4, HIV/STD Lesson 1 (for romantic relationships)**
- SH1.8.4 Describe healthy ways to express affection, love, and friendship. **ABST Lesson 10 (romantic feelings)**
- SH1.8.5 Explain the importance of talking with parents and other trusted adults about issues related to relationships, growth and development and sexual health. **ABST Lesson 4, ABST Lesson 6; HIV/STD Lesson 2**
- SH1.8.6 Explain the negative consequences of sending sexually explicit pictures or messages by e-mail or cell phone or posting sexually explicit pictures on social media sites. **Not covered**
- SH1.8.7 Determine the benefits of being sexually abstinent. **ABST Lesson 11; also covered in ABST Lesson 14, but not an objective; HIV/STD Lesson 2**
- SH1.8.8 Explain why individuals have the right to refuse sexual contact. **Not an objective, but addressed in ABST Lesson 10 and HIV/STD Lesson 11**
- SH1.8.9 Describe why sexual abstinence is the safest, most effective risk avoidance method of protection from HIV, other STDs, and pregnancy. **ABST Lesson 11; HIV/STD Lesson 2 (pregnancy), HIV/STD Lesson 6 (STD), HIV/STD Lesson 7 (HIV)**
- SH1.8.10 Describe the factors that contribute to engaging in sexual risk behaviors. **ABST Lesson 12**
- SH1.8.11 Describe the factors that protect against engaging in sexual risk behaviors. **ABST Lesson 12**
- SH1.8.12 Explain the importance of setting personal limits to avoid sexual risk behaviors. **ABST Lesson 10**
- SH1.8.13 Describe the relationship between using alcohol and other drugs and sexual risk behaviors. **Not covered**
- SH1.8.14 Describe techniques that are used to coerce or pressure someone to engage in sexual behaviors. **ABST Lesson 15; HIV/STD Lesson 11**
- SH1.8.15 Analyze ways common infectious diseases are transmitted. **ABST Lesson 3**
- SH1.8.16 Explain how the most common STDs are transmitted. **HIV/STD Lesson 6**
- SH1.8.17 Explain how HIV is transmitted. **HIV/STD Lesson 7**
- SH1.8.18 Describe usual signs and symptoms of common STDs. **HIV/STD Lesson 6**
- SH1.8.19 Describe usual signs and symptoms of HIV. **HIV/STD Lesson 7**
- SH1.8.20 Explain that some STDs and HIV are asymptomatic. **HIV/STD Lesson 6 (STD), HIV/STD Lesson 7 (HIV)**
- SH1.8.21 Explain the short- and long-term consequences of common STDs. **HIV/STD Lesson 6**
- SH1.8.22 Explain the short- and long-term consequences of HIV. **HIV/STD Lesson 7**
- SH1.8.23 Summarize which STDs can be cured and which can be treated. **HIV/STD Lesson 6**
- SH1.8.24 Summarize ways to decrease the spread of STDs and HIV by not having sex, using condoms consistently and correctly when having sex, not touching blood, and not touching used hypodermic needles. **Covered in HIV/STD Lesson 6 (STD) and HIV/STD Lesson 7 (HIV), but not an objective**
- SH1.8.25 Describe how the effectiveness of condoms can reduce the risk of HIV, and other STDs including HPV (human papillomavirus). **HIV/STD Lesson 14 (but HPV not specifically discussed)**
- SH1.8.26 Describe ways sexually active people can reduce the risk of HIV, and other STDs including HPV (human papillomavirus). **HIV/STD Lesson 6 and HIV/STD Lesson 7 (abstinence), HIV/STD Lesson 13 (condoms)**
- SH1.8.27 Summarize basic male and female reproductive body parts and their functions. **ABST Lesson 6, ABST Lesson 7**
- SH1.8.28 Describe conception and its relationship to the menstrual cycle. **ABST Lesson 8 [Describe how pregnancy occurs]; HIV/STD Lesson 5 [Explain how pregnancy occurs]**
- SH1.8.29 Identify the emotional, social, physical and financial effects of being a teen parent. **ABST Lesson 17; HIV/STD Lesson 5**
- SH1.8.30 Summarize ways to prevent pregnancy, including not having sex and effective use of contraceptives. **HIV/STD Lesson 5 (abstinence), HIV/STD Lesson 13 (condoms); other contraceptives covered in High School only**
- SH1.8.31 Describe how the effectiveness of condoms can reduce the risk of pregnancy. **HIV/STD Lesson 14**
- SH1.8.32 Describe ways sexually active people can reduce the risk of pregnancy. **Covered in HIV Lesson 5 (abstinence) and HIV Lesson 13 (condoms), but not an objective**
- SH1.8.33 Explain the benefits of respecting individual differences in aspects of sexuality (such as sexual activity, sexual abstinence, sexual orientation, gender, or gender identity), growth and development or physical appearance. **Covered in ABST Lesson 4 (aspects of sexuality), but not an objective**

Sexual Health (Continued)

- SH1.8.34 Explain why it is wrong to tease or bully others based on aspects of their sexuality (such as sexual activity, sexual abstinence, sexual orientation, gender, or gender identity). **Covered in HIV Lesson 3 (sexual stereotyping), but not an objective**
- SH1.8.35 Describe how intolerance can affect others when aspects of their sexuality (such as sexual activity, sexual abstinence, sexual orientation, gender, or gender identity) are different from one's own. **HIV Lesson 3 (sexual stereotyping)**
- SH1.8.36 Describe ways to show courtesy and respect for others when aspects of their sexuality (such as sexual activity, sexual abstinence, sexual orientation, gender, or gender identity) are different from one's own. **Covered in HIV Lesson 3 (sexual stereotyping), but not an objective**

Tobacco

- T1.8.1 Describe short- and long-term physical effects of using tobacco. **TAOD Lesson 3**
- T1.8.2 Summarize the dangers of experimenting with tobacco products. **TAOD Lesson 6**
- T1.8.3 Describe situations that could lead to the use of tobacco. **Not an objective, but implied in TAOD Lesson 8 on influences and discussed in TAOD Lesson 15**
- T1.8.4 Describe the relationship between using tobacco and alcohol or other drugs. **Not covered**
- T1.8.5 Summarize the benefits of being tobacco free. **TAOD Lesson 3, TAOD Lesson 19**
- T1.8.6 Describe the social, economic, and cosmetic consequences of tobacco use. **Covered in TAOD Lesson 7, but not an objective**
- T1.8.7 Explain reasons most individuals do not use tobacco products. **Not an objective, but covered in TAOD Lesson 10 and other places negative consequences are discussed**
- T1.8.8 Explain school policies and community laws related to the sale and use of tobacco products. **TAOD Lesson 11 (for all kinds of drugs)**
- T1.8.9 Summarize that tobacco use is an addiction that can be treated. **Not an objective, but discussed in TAOD Lesson 6**
- T1.8.10 Summarize the effects of secondhand smoke. **TAOD Lesson 3**
- T1.8.11 Describe ways to support family and friends who are trying to stop using tobacco. **Not covered**
- T1.8.12 Summarize how addiction to tobacco use can be treated. **Not covered**
- T1.8.13 Summarize how smoking cessation programs can be successful. **Not covered**

Violence Prevention

- V1.8.1 Describe ways to manage interpersonal conflict nonviolently. **VIP Lesson 15**
- V1.8.2 Determine the benefits of using non-violence to solve interpersonal conflict. **VIP Lesson 15**
- V1.8.3 Explain why it is important to understand the perspectives of other in resolving conflict situations nonviolently. **VIP Lesson 15**
- V1.8.4 Analyze the risks of using violence as an impulsive behavior or response to stress or conflict. **Covered in VIP Lesson 9, but not an objective**
- V1.8.5 Describe how power and control differences in relationships can contribute to aggression and violence. **VIP Lesson 10 (in relation to bullying)**
- V1.8.6 Describe examples of self-control. **Not covered**
- V1.8.7 Identify a variety of non-violent ways to respond to stress when angry or upset. **VIP Lesson 14**
- V1.8.8 Analyze how impulsive behaviors can lead to violence. **Covered in VIP Lesson 9, but not an objective**
- V1.8.9 Explain why it is wrong to tease others based on their body type or other personal characteristics. **Not covered**
- V1.8.10 Explain the role of bystanders in escalating, preventing or stopping bullying, fighting, and violence. **VIP Lesson 8; also covered but not an objective in VIP Lesson 11 on bullying**
- V1.8.11 Describe pro-social behaviors that help prevent violence. **VIP Lesson 9**
- V1.8.12 Describe the similarities and differences between violent behaviors (e.g., bullying, hazing, fighting, dating violence, sexual assault, family violence, verbal abuse, acquaintance rape). **VIP Lesson 8**
- V1.8.13 Describe short- and long-term consequences of violence to perpetrators, victims, and bystanders. **VIP Lesson 8, VIP Lesson 10, VIP Lesson 12**
- V1.8.14 Describe how prejudice, discrimination, and bias can lead to violence. **VIP Lesson 9**
- V1.8.15 Explain how intolerance can lead to violence. **Covered in VIP Lesson 9, but not an objective**
- V1.8.16 Recognize techniques that are used to coerce or pressure someone to have sex. **ABST Lesson 15**
- V1.8.17 Explain that acquaintance rape and sexual assault are illegal. **Covered in VIP Lesson 8, but not an objective**
- V1.8.18 Describe strategies to avoid physical fighting and violence. **VIP Lesson 14**
- V1.8.19 Describe examples of dangerous or risky behaviors that might lead to injuries. **VIP Lesson 1 [Describe situations that could lead to unsafe risks that cause injuries.]**
- V1.8.20 Describe how changing behavior or changing the environment interacts to increase or decrease the likelihood of violence. **Not covered**
- V1.8.21 Analyze techniques that are used to coerce or pressure someone to use violence. **Not covered**
- V1.8.22 Describe how the presence of weapons increases the risk of serious violent injuries. **Not covered**
- V1.8.23 Explain why individuals have the right to refuse sexual contact. **Covered in ABST Lesson 10, but not an objective**
- V1.8.24 Describe actions to change unsafe situations at school that could lead to violence. **Addressed in VIP Lesson 11 (bullying), VIP Lesson 12 (hazing) and VIP Lesson 13 (code of conduct), but not an objective**
- V1.8.25 Describe actions to change unsafe situations in the community that could lead to violence. **Not covered**
- V1.8.26 Describe situations that could lead to physical fighting and violence. **VIP Lesson 14**
- V1.8.27 Summarize how participation in gangs can lead to violence. **Not covered**
- V1.8.28 Explain that a person who has been sexually assaulted or raped is not at fault. **Covered in VIP Lesson 8, but not an objective**
- V1.8.29 Explain that rape and sexual assault should be reported to a trusted adult. **Covered in VIP Lesson 8 (all violence should be reported), but not an objective**
- V1.8.30 Explain the importance of telling an adult if there are people who are in danger of hurting themselves or others. **Covered in VIP Lesson 11 (reporting bullying), but not an objective**
- V1.8.31 Describe the signs and symptoms of people who are in danger of hurting themselves or others. **Covered in EMH Lesson 9 (signs that troublesome feelings need help), but not an objective**