

## Here's Looking At You Grades 5

| Lessons  | Health Benchmarks   | Science Benchmarks | Language Arts Benchmarks  |
|--|---|--------------------|---|
| <p><b><u>Lesson 1: The Further Adventures of X</u></b></p> | <p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe the role and organization of various community, state, and regional health agencies/services. 2:2:a</p> <p>Determine how to choose and access health products and services at the local and state levels. 2:2:c</p> <p>Describe situations when professional services are needed for personal health. 2:3:a</p> <p>Explore ways to contact or obtain health services. 2:3:b</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> |                    | <p>Select the appropriate cues and/or strategies needed for comprehension of specific types of text. 1:1:b</p> <p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Examine oral/visual information for usefulness. 3:3:a</p> <p>Use various questioning approaches to clarify oral/visual information. 3:3:b</p> <p>Determine ways to organize oral/visual information for later recall. 3:3:c</p> <p>Use appropriate conventions of language in personal communication. 4:2:c</p> |

| Lessons  | Health Benchmarks  | Science Benchmarks | Language Arts Benchmarks  |
|--|--|--------------------|---|
| <b><u>Lesson 1: (Cont')</u></b>                | <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Identify resources needed to implement community health plans. 5:2:b</p>  |                    |   |
| <b><u>Lesson 2: Fun, Safe, and Healthy</u></b> | <p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe the role and organization of various community, state, and regional health agencies/services. 2:2:a</p> <p>Determine how to choose and access health products and services at the local and state levels. 2:2:c</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> |                    | <p>Select the appropriate cues and/or strategies needed for comprehension of specific types of text. 1:1:b</p> <p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Examine oral/visual information for usefulness. 3:3:a</p> <p>Use various questioning approaches to clarify oral/visual information. 3:3:b</p> <p>Determine ways to organize oral/visual information for later recall. 3:3:c</p> <p>Use appropriate conventions of language in personal communication. 4:2:c</p> |

|   | Explore how personal choices can affect one's health. 3:3:a  |                           |  |
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| <b>Lessons</b>                            | <b>Health Benchmarks</b>   | <b>Science Benchmarks</b> | <b>Language Arts Benchmarks</b>  |
| <b><u>Lesson 2: (Cont')</u></b>           | <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Describe ways to communicate care, consideration, and respect for self and others. 4:1:a</p> <p>Explain various communication techniques used when interacting with family, peers, and community. 4:1:b</p> <p>Develop effective interpersonal communication skills. 4:1:c</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p>  |                           |  |
| <b><u>Lesson 3: Friends by Choice</u></b> | <p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> |                           | <p>Examine oral/visual information for usefulness. 3:3:a</p> <p>Use various questioning approaches to clarify oral/visual information. 3:3:b</p> <p>Determine ways to organize oral/visual information for later recall. 3:3:c</p> <p>Use appropriate conventions of language in personal communication. 4:2:c</p> |

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|  | Determine personal health progress and make adjustments for improvement. 3:2:c |  |  |
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| Lessons  | Health Benchmarks  | Science Benchmarks | Language Arts Benchmarks  |
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| <b><u>Lesson 3: (Cont')</u></b>                            | <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Describe ways to communicate care, consideration, and respect for self and others. 4:1:a</p> <p>Explain various communication techniques used when interacting with family, peers, and community. 4:1:b</p> <p>Develop effective interpersonal communication skills. 4:1:c</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p>   |                    |   |
| <b><u>Lesson 4: The Making of Friends Skill -Day 1</u></b> | <p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> |                    | <p>Select the appropriate cues and/or strategies needed for comprehension of specific types of text. 1:1:b</p> <p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Examine oral/visual information for usefulness. 3:3:a</p> <p>Use various questioning approaches to clarify oral/visual information. 3:3:b</p> <p>Determine ways to organize oral/visual information for later recall. 3:3:c</p> <p>Use appropriate conventions of language in personal communication. 4:2:c</p> |



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|---|--|--------------------|---|
| <b><u>Lesson 4: (Cont')</u></b>                             | <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Describe ways to communicate care, consideration, and respect for self and others. 4:1:a</p> <p>Explain various communication techniques used when interacting with family, peers, and community. 4:1:b</p> <p>Develop effective interpersonal communication skills. 4:1:c</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Differentiate between negative and positive behaviors in conflict situations. 4:3:a</p> <p>Describe appropriate conflict resolution strategies. 4:3:b</p> <p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p> |                    |   |
| <b><u>Lesson 5: The Making of Friends Skill - Day 2</u></b> | <p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p>  |                    | <p>Select the appropriate cues and/or strategies needed for comprehension of specific types of text. 1:1:b</p> <p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> |

Describe examples of risky and harmful behavior. 3:1:a

Write to interpret and use new or unfamiliar information. 2:4:b

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| <b>Lesson 5: (Cont')</b> | <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Describe ways to communicate care, consideration, and respect for self and others. 4:1:a</p> <p>Explain various communication techniques used when interacting with family, peers, and community. 4:1:b</p> <p>Develop effective interpersonal communication skills. 4:1:c</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Differentiate between negative and positive behaviors in conflict situations. 4:3:a</p> <p>Describe appropriate conflict resolution strategies. 4:3:b</p> <p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p> |                    | <p>Examine oral/visual information for usefulness. 3:3:a</p> <p>Use various questioning approaches to clarify oral/visual information. 3:3:b</p> <p>Determine ways to organize oral/visual information for later recall. 3:3:c</p> <p>Use appropriate conventions of language in personal communication. 4:2:c</p> |



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| <p><b><u>Lesson 6: Smoking and Chewing</u></b></p> | <p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Identify significant community health issues. 5:1:a</p> <p>Examine information to determine causes of major health issues. 5:1:b</p> <p>Predict the possible impact of various health plans/strategies on family and community. 5:2:c</p> |                    | <p>Select the appropriate cues and/or strategies needed for comprehension of specific types of text. 1:1:b</p> <p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Examine oral/visual information for usefulness. 3:3:a</p> <p>Use various questioning approaches to clarify oral/visual information. 3:3:b</p> <p>Determine ways to organize oral/visual information for later recall. 3:3:c</p> <p>Use appropriate conventions of language in personal communication. 4:2:c</p> |



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| <p><b><u>Lesson 7: The Effects of Alcohol</u></b></p> | <p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe the basic structure and functions of the human body systems. 1:2:a</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Identify significant community health issues. 5:1:a</p> <p>Examine information to determine causes of major health issues. 5:1:b</p> | <p>Identify relationships between structures and functions within an organism. 3:1:a</p> | <p>Select the appropriate cues and/or strategies needed for comprehension of specific types of text. 1:1:b</p> <p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Examine oral/visual information for usefulness. 3:3:a</p> <p>Use various questioning approaches to clarify oral/visual information. 3:3:b</p> <p>Determine ways to organize oral/visual information for later recall. 3:3:c</p> <p>Use appropriate conventions of language in personal communication. 4:2:c</p> |

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| <b><u>Lesson 7: (Cont')</u></b>             | Predict the possible impact of various health plans/strategies on family and community. 5:2:c   |                    |   |
| <b><u>Lesson 8: The Boy and the Hat</u></b> | <p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Identify significant community health issues. 5:1:a</p> <p>Examine information to determine causes of major health issues. 5:1:b</p> |                    | <p>Select the appropriate cues and/or strategies needed for comprehension of specific types of text. 1:1:b</p> <p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Examine oral/visual information for usefulness. 3:3:a</p> <p>Use various questioning approaches to clarify oral/visual information. 3:3:b</p> <p>Determine ways to organize oral/visual information for later recall. 3:3:c</p> <p>Use appropriate conventions of language in personal communication. 4:2:c</p> |

| Lessons                                       | Health Benchmarks   | Science Benchmarks | Language Arts Benchmarks   |
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| <b><u>Lesson 8: (Cont')</u></b>               | Predict the possible impact of various health plans/strategies on family and community. 5:2:c   |                    |  |
| <b><u>Lesson 9: Cocaine and Inhalants</u></b> | <p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Identify significant community health issues. 5:1:a</p> <p>Examine information to determine causes of major health issues. 5:1:b</p> |                    | <p>Select the appropriate cues and/or strategies needed for comprehension of specific types of text. 1:1:b</p> <p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Examine oral/visual information for usefulness. 3:3:a</p> <p>Use various questioning approaches to clarify oral/visual information. 3:3:b</p> <p>Determine ways to organize oral/visual information for later recall. 3:3:c</p> <p>Use appropriate conventions of language in personal communication. 4:2:c</p> |

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| <b><u>Lesson 9: (Cont')</u></b>                | <p>Predict the possible impact of various health plans/strategies on family and community. 5:2:c</p> <p>Explore the ways to help others obtain good health care. 5:3:c</p>   |                    |   |
| <b><u>Lesson 10: Share the Information</u></b> | <p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe the role and organization of various community, state, and regional health agencies/services. 2:2:a</p> <p>Determine how to choose and access health products and services at the local and state levels. 2:2:c</p> <p>Describe situations when professional services are needed for personal health. 2:3:a</p> <p>Explore ways to contact or obtain health services. 2:3:b</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> |                    | <p>Select the appropriate cues and/or strategies needed for comprehension of specific types of text. 1:1:b</p> <p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Examine oral/visual information for usefulness. 3:3:a</p> <p>Use various questioning approaches to clarify oral/visual information. 3:3:b</p> <p>Determine ways to organize oral/visual information for later recall. 3:3:c</p> <p>Use appropriate conventions of language in personal communication. 4:2:c</p> |

| Lessons                                     | Health Benchmarks   | Science Benchmarks | Language Arts Benchmarks  |
|---|---|--------------------|---|
| <b><u>Lesson 10: (Cont')</u></b>            | <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Identify significant community health issues. 5:1:a</p> <p>Examine information to determine causes of major health issues. 5:1:b</p> <p>Predict the possible impact of various health plans/strategies on family and community. 5:2:c</p> <p>Explore the ways to help others obtain good health care. 5:3:c</p> |                    |   |
| <b><u>Lesson 11: Drugs and my Plans</u></b> | <p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Describe the characteristics of good personal health. 3:2:a</p>   |                    | <p>Select the appropriate cues and/or strategies needed for comprehension of specific types of text. 1:1:b</p> <p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Examine oral/visual information for usefulness. 3:3:a</p> <p>Use various questioning approaches to clarify oral/visual information. 3:3:b</p> <p>Determine ways to organize oral/visual information for later recall. 3:3:c</p> |

| Lessons   | Health Benchmarks   | Science Benchmarks | Language Arts Benchmarks   |
|---|---|--------------------|--|
| <b><u>Lesson 11: (Cont')</u></b>                | <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Predict the possible impact of various health plans/strategies on family and community. 5:2:c</p> <p>Explore the ways to help others obtain good health care. 5:3:c</p>  |                    | <p>Use appropriate conventions of language in personal communication. 4:2:c</p>  |
| <b><u>Lesson 12: The DECIDE Skill Day 1</u></b> | <p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Examine the media's impact on personal health decisions and practices. 2:1:b</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Describe the characteristics of good personal health. 3:2:a</p> |                    | <p>Examine oral/visual information for usefulness. 3:3:a</p> <p>Use various questioning approaches to clarify oral/visual information. 3:3:b</p> <p>Determine ways to organize oral/visual information for later recall. 3:3:c</p> <p>Use appropriate conventions of language in personal communication. 4:2:c</p> |

|   | Explain ways to achieve and maintain good health. 3:2:b  |                           |   |
|---|--|---------------------------|---|
| <b>Lessons</b>                                  | <b>Health Benchmarks</b>   | <b>Science Benchmarks</b> | <b>Language Arts Benchmarks</b>   |
| <b><u>Lesson 12: (Cont')</u></b>                | <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Differentiate between negative and positive behaviors in conflict situations. 4:3:a</p> <p>Describe appropriate conflict resolution strategies. 4:3:b</p> <p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p> |                           |   |
| <b><u>Lesson 13: The DECIDE Skill Day 2</u></b> | <p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Examine the media's impact on personal health decisions and practices. 2:1:b</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p>   |                           | <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p> <p>Describe ways to assess the validity and accuracy of oral and visual information. 3:2:b</p> <p>Examine oral/visual information for usefulness. 3:3:a</p> <p>Use various questioning approaches to clarify oral/visual information. 3:3:b</p> |

Describe practices which promote lifelong health and well-being. 3:1:c

Describe the characteristics of good personal health. 3:2:a

Determine ways to organize oral/visual information for later recall. 3:3:c

Use appropriate conventions of language in personal communication. 4:2:c

| Lessons                                 | Health Benchmarks   | Science Benchmarks | Language Arts Benchmarks  |
|---|---|--------------------|---|
| <b><u>Lesson 13: (Cont')</u></b>        | <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Differentiate between negative and positive behaviors in conflict situations. 4:3:a</p> <p>Describe appropriate conflict resolution strategies. 4:3:b</p> <p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p> |                    |   |
| <b><u>Lesson 14: You Can Refuse</u></b> | <p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p>  |                    | <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Examine oral/visual information for usefulness. 3:3:a</p> <p>Use various questioning approaches to clarify oral/visual information. 3:3:b</p> <p>Determine ways to organize oral/visual information for later recall. 3:3:c</p> <p>Use appropriate conventions of language in personal communication. 4:2:c</p> |



| Lessons  | Health Benchmarks   | Science Benchmarks | Language Arts Benchmarks  |
|--|---|--------------------|---|
| <b><u>Lesson 14: (Cont')</u></b>                 | <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p>  |                    |   |
| <b><u>Lesson 15: The Refusal Skill Day 1</u></b> | <p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> |                    | <p>Select the appropriate cues and/or strategies needed for comprehension of specific types of text. 1:1:b</p> <p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Examine oral/visual information for usefulness. 3:3:a</p> <p>Use various questioning approaches to clarify oral/visual information. 3:3:b</p> <p>Determine ways to organize oral/visual information for later recall. 3:3:c</p> <p>Use appropriate conventions of language in personal communication. 4:2:c</p> |

|  | Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c  |                           |   |
|--|---|---------------------------|---|
| <b>Lessons</b>                                   | <b>Health Benchmarks</b>  | <b>Science Benchmarks</b> | <b>Language Arts Benchmarks</b>   |
| <b><u>Lesson 15: (Cont')</u></b>                 | <p>Describe ways to communicate care, consideration, and respect for self and others. 4:1:a</p> <p>Explain various communication techniques used when interacting with family, peers, and community. 4:1:b</p> <p>Develop effective interpersonal communication skills. 4:1:c</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Differentiate between negative and positive behaviors in conflict situations. 4:3:a</p> <p>Describe appropriate conflict resolution strategies. 4:3:b</p> <p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p> |                           |   |
| <b><u>Lesson 16: The Refusal Skill Day 2</u></b> | <p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Describe the characteristics of good personal health. 3:2:a</p>   |                           | <p>Select the appropriate cues and/or strategies needed for comprehension of specific types of text. 1:1:b</p> <p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Examine oral/visual information for usefulness. 3:3:a</p> <p>Use various questioning approaches to clarify oral/visual information. 3:3:b</p> <p>Determine ways to organize oral/visual information for later recall. 3:3:c</p> |

Explain ways to achieve and maintain good health. 3:2:b

Use appropriate conventions of language in personal communication. 4:2:c

| Lessons   | Health Benchmarks  | Science Benchmarks | Language Arts Benchmarks  |
|---|--|--------------------|---|
| <b><u>Lesson 16: (Cont')</u></b>                            | <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Describe ways to communicate care, consideration, and respect for self and others. 4:1:a</p> <p>Explain various communication techniques used when interacting with family, peers, and community. 4:1:b</p> <p>Develop effective interpersonal communication skills. 4:1:c</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Differentiate between negative and positive behaviors in conflict situations. 4:3:a</p> <p>Describe appropriate conflict resolution strategies. 4:3:b</p> <p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p> |                    |   |
| <b><u>Lesson 17: The Refusal Skill for Self Control</u></b> | <p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p>  |                    | <p>Select the appropriate cues and/or strategies needed for comprehension of specific types of text. 1:1:b</p> <p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> |

Describe examples of risky and harmful behavior. 3:1:a

Write to interpret and use new or unfamiliar information. 2:4:b

| Lessons                          | Health Benchmarks   | Science Benchmarks | Language Arts Benchmarks   |
|----------------------------------|---|--------------------|--|
| <b><u>Lesson 17: (Cont')</u></b> | <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Differentiate between negative and positive behaviors in conflict situations. 4:3:a</p> <p>Describe appropriate conflict resolution strategies. 4:3:b</p> <p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p> |                    | <p>Examine oral/visual information for usefulness. 3:3:a</p> <p>Use various questioning approaches to clarify oral/visual information. 3:3:b</p> <p>Determine ways to organize oral/visual information for later recall. 3:3:c</p> <p>Use appropriate conventions of language in personal communication. 4:2:c</p>                                 |
| <b><u>Lesson 18: Stress</u></b>  | <p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p>   |                    | <p>Select the appropriate cues and/or strategies needed for comprehension of specific types of text. 1:1:b</p> <p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p> |

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|---|--|---------------------------|--|
|   | Describe how social pressure can influence risk-taking behaviors. 3:1:b  |                           | Examine oral/visual information for usefulness. 3:3:a  |
| <b>Lessons</b>                              | <b>Health Benchmarks</b>   | <b>Science Benchmarks</b> | <b>Language Arts Benchmarks</b>  |
| <b><u>Lesson 18: (Cont')</u></b>            | <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p>   |                           | <p>Use various questioning approaches to clarify oral/visual information. 3:3:b</p> <p>Determine ways to organize oral/visual information for later recall. 3:3:c</p> <p>Use appropriate conventions of language in personal communication. 4:2:c</p>  |
| <b><u>Lesson 19: The Forever Secret</u></b> | <p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe situations when professional services are needed for personal health. 2:3:a</p> <p>Explore ways to contact or obtain health services. 2:3:b</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> |                           | <p>Select the appropriate cues and/or strategies needed for comprehension of specific types of text. 1:1:b</p> <p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Examine oral/visual information for usefulness. 3:3:a</p> <p>Use various questioning approaches to clarify oral/visual information. 3:3:b</p> <p>Determine ways to organize oral/visual information for later recall. 3:3:c</p> <p>Use appropriate conventions of language in personal communication. 4:2:c</p> |

|  | Describe the characteristics of good personal health. 3:2:a   |                           |   |
|--|---|---------------------------|---|
| <b>Lessons</b>                               | <b>Health Benchmarks</b>  | <b>Science Benchmarks</b> | <b>Language Arts Benchmarks</b>   |
| <b><u>Lesson 19: (Cont')</u></b>             | <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Identify resources needed to implement community health plans. 5:2:b</p>   |                           |   |
| <b><u>Lesson 20: Where to Turn Day 1</u></b> | <p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe the role and organization of various community, state, and regional health agencies/services. 2:2:a</p> <p>Determine how to choose and access health products and services at the local and state levels. 2:2:c</p> <p>Describe situations when professional services are needed for personal health. 2:3:a</p> <p>Explore ways to contact or obtain health services. 2:3:b</p> |                           | <p>Select the appropriate cues and/or strategies needed for comprehension of specific types of text. 1:1:b</p> <p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Examine oral/visual information for usefulness. 3:3:a</p> <p>Use various questioning approaches to clarify oral/visual information. 3:3:b</p> <p>Determine ways to organize oral/visual information for later recall. 3:3:c</p> |

Describe examples of risky and harmful behavior. 3:1:a

Describe how social pressure can influence risk-taking behaviors. 3:1:b

Use appropriate conventions of language in personal communication. 4:2:c

| Lessons                                      | Health Benchmarks  | Science Benchmarks | Language Arts Benchmarks   |
|--|--|--------------------|--|
| <b><u>Lesson 20: (Cont')</u></b>             | <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Identify resources needed to implement community health plans. 5:2:b</p> |                    |  |
| <b><u>Lesson 21: Where to Turn Day 2</u></b> | <p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe the role and organization of various community, state, and regional health agencies/services. 2:2:a</p> <p>Determine how to choose and access health products and services at the local and state levels. 2:2:c</p> <p>Describe situations when professional services are needed for personal health. 2:3:a</p>  |                    | <p>Examine oral/visual information for usefulness. 3:3:a</p> <p>Use various questioning approaches to clarify oral/visual information. 3:3:b</p> <p>Determine ways to organize oral/visual information for later recall. 3:3:c</p> <p>Use appropriate conventions of language in personal communication. 4:2:c</p> |

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|  | Explore ways to contact or obtain health services. 2:3:b |  |  |
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| Lessons  | Health Benchmarks   | Science Benchmarks | Language Arts Benchmarks  |
|--|---|--------------------|---|
| <b><u>Lesson 21: (Cont')</u></b>               | <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Identify resources needed to implement community health plans. 5:2:b</p> |                    |   |
| <b><u>Lesson 22: Fishing for Questions</u></b> | <p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p>  |                    | <p>Select the appropriate cues and/or strategies needed for comprehension of specific types of text. 1:1:b</p> <p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Examine oral/visual information for usefulness. 3:3:a</p> |

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|                            | Describe practices which promote lifelong health and well-being. 3:1:c   |                           | Use various questioning approaches to clarify oral/visual information. 3:3:b  |
| <b>Lessons</b>             | <b>Health Benchmarks</b>   | <b>Science Benchmarks</b> | <b>Language Arts Benchmarks</b>   |
| <b>Lesson 22: (Cont')</b>  | <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p>   |                           | <p>Determine ways to organize oral/visual information for later recall. 3:3:c</p> <p>Use appropriate conventions of language in personal communication. 4:2:c</p>   |
| <b>Lesson 23: Transfer</b> | <p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> |                           | <p>Select the appropriate cues and/or strategies needed for comprehension of specific types of text. 1:1:b</p> <p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Examine oral/visual information for usefulness. 3:3:a</p> <p>Use various questioning approaches to clarify oral/visual information. 3:3:b</p> <p>Determine ways to organize oral/visual information for later recall. 3:3:c</p> <p>Use appropriate conventions of language in personal communication. 4:2:c</p> |

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|--|--|--|--|
|  | Determine personal health progress and make adjustments for improvement. 3:2:c |  |  |
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| Lessons                          | Health Benchmarks  | Science Benchmarks | Language Arts Benchmarks |
|----------------------------------|--|--------------------|--------------------------|
| <b><u>Lesson 23: (Cont')</u></b> | <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Differentiate between negative and positive behaviors in conflict situations. 4:3:a</p> <p>Describe appropriate conflict resolution strategies. 4:3:b</p> <p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p> |                    |                          |