

Essential Learning 3rd – 5th grade	
Mental and Emotional Health	<ol style="list-style-type: none">1. Define safe ways to express and process emotions.2. Understand personal, social, and emotional boundaries of self and others.3. Explore the concept of loss and grief.4. Introduce concepts of sadness, depression, and hopelessness.5. Understand personal thoughts and feelings6. Distinguish among intensity levels of emotions7. Understand physical responses to emotion8. Recognize the correlation between emotion and behavior9. Establish and maintain healthy age-appropriate relationships.
Food and Nutrition	<ol style="list-style-type: none">1. Discuss Healthy School and Home Food Options2. Explore the relationship between healthy food and personal health3. Understand how healthy and unhealthy food choices impact mood and behavior.4. Discuss individual/personal responsibility for healthy bodies.

Violence Prevention	<ol style="list-style-type: none">1. Understand the difference between safe and risky behaviors in a relationship2. Recognize the difference between positive and negative relationships3. Describe causes and effects of conflicts4. Distinguish between destructive and constructive ways of dealing with conflict5. Describe ways that people are similar and different6. Identify differences and similarities in individuals and families;7. Avoid engaging in violence, including harassment, coercion, exploitation, physical fighting8. Avoid situations where violence is likely to occur.9. Avoid associating with others who are involved in or who encourage violence or criminal activity.10. Get help to prevent or stop violence including harassment, abuse, bullying, hazing, fighting.11. Get help to prevent or stop unwanted or inappropriate touching.12. Get help to stop being subjected to violence or physical abuse.13. Get help for oneself or others who are in danger of hurting themselves.14. Establish and maintain healthy age-appropriate relationships.15. Compare effective verbal and non-verbal communication skills
Safety	<ol style="list-style-type: none">1. Follow appropriate safety rules when riding in or on a motor vehicle.2. Avoid driving a motor vehicle—or riding in a motor vehicle driven by someone—while under the influence of alcohol or other drugs.3. Use safety equipment appropriately and correctly.4. Apply safety rules and procedures to avoid risky behaviors and injury.5. Avoid safety hazards in the home and community.6. Recognize and avoid dangerous surroundings.7. Support others to avoid risky behaviors and be safe

STANDARDS COMPARISON WORKING DOCUMENT OF SCHOOL DISTRICTS IN ALASKA

(ASD, FNSBSD, JSD, MSBSD)

<p>Alcohol and Drug-Use Prevention</p>	<ol style="list-style-type: none"> 1. Use prescription and over-the-counter medications correctly. 2. Avoid misuse and abuse of over-the-counter and prescription drugs. 3. Avoid the use of alcohol. 4. Avoid the use of illegal drugs.
<p>Personal Health and Wellness</p>	<ol style="list-style-type: none"> 1. Discuss and define the practice of appropriate hygiene habits. 2. Understand the importance of age-appropriate sleep and rest 3. Discuss and explore infectious diseases and ways to prevent them. 4. Discuss and define chronic diseases. 4. Explore and practice behaviors that prevent foodborne and waterborne illnesses. 5. Learn about local healthcare services to address common infectious diseases and manage chronic diseases and conditions. 6. Establish and maintain healthy age-appropriate relationships.
<p>Sexual Health</p>	<ol style="list-style-type: none"> 1. Recognize and understand developmental changes experienced by self and others during childhood and adolescence. 2. Give and receive consent in all situations. 3. Learn about reproductive health <p>* Parent/Family letter to go home with student prior to beginning module.</p>