

	<b>Knowledge Expectations 3-5</b>
<b>Mental and Emotional Health</b>	<ul style="list-style-type: none"> <li>• Identify internal and external signs that one is experiencing different feelings or emotions.</li> <li>• Describe how emotions can change throughout the day.</li> <li>• Describe the relationship between feelings, emotions, and behavior.</li> <li>• Identify appropriate ways to express and manage needs, wants, emotions, and feelings.</li> <li>• Describe how the expression of emotions or feelings can help or hurt oneself or others.</li> <li>• Describe how mental and emotional health can affect health-related behaviors.</li> <li>• Identify characteristics of a mentally and emotionally healthy person.</li> <li>• Identify role models who demonstrate positive mental and emotional health.</li> <li>• Identify feelings and emotions associated with loss and grief.</li> <li>• Identify ways to cope with challenging situations (e.g., losing a game, doing poorly on a test).</li> <li>• Describe resilience and how it impacts mental and emotional health.</li> <li>• Describe self-control and how it can benefit mental and emotional health.</li> <li>• Identify a parent, caregiver, or trusted adult to talk with about feelings.</li> <li>• Explain the importance of talking with parents and other trusted adults about feelings.</li> <li>• Describe healthy ways to express affection, love, friendship, and concern.</li> <li>• Describe the benefits of healthy peer and family relationships.</li> <li>• Identify relationships in family, peer groups, school, and the community that are caring.</li> <li>• Identify strategies for effectively communicating feelings to family members, trusted adults, and peers.</li> <li>• Identify healthy strategies to manage difficult relationships with family members and peers.</li> <li>• Describe examples of pro-social behaviors (e.g., helping others, being respectful of others, cooperation, and consideration.).</li> <li>• Describe what empathy is and why it is important.</li> </ul>
<b>Food and Nutrition</b>	<ul style="list-style-type: none"> <li>• Name the food groups and a variety of nutritious food and beverage choices for each food group.</li> <li>• Describe the components of a healthy meal.</li> <li>• Describe the benefits of eating plenty of whole fruits and vegetables (e.g., fresh, canned, frozen, and dried).</li> <li>• Explain the importance of eating a variety of foods from all the food groups.</li> <li>• Describe the benefits of consuming enough water.</li> <li>• Identify sugary drinks.</li> <li>• Identify foods that are high in added sugars, sodium, and saturated or trans-fat.</li> <li>• Identify sources of healthy fats (e.g., unsaturated fats and oils).</li> <li>• Describe the health benefits of limiting the consumption of saturated or trans-fat, added sugar, and sodium.</li> <li>• Describe how to make or choose good-tasting, nutrient-dense snacks.</li> <li>• Explain why breakfast should be eaten every day.</li> <li>• Describe methods to keep food safe from germs.</li> <li>• Explain the concept of eating the amount of food needed to be healthy and energetic.</li> <li>• Describe what it feels like to be hungry and full.</li> <li>• Explain what is enjoyable about eating meals with family and friends.</li> </ul>

Violence Prevention	<ul style="list-style-type: none"> <li>• Describe intolerance.</li> <li>• Explain that anger and related emotions (e.g., fear, shame, guilt) are normal.</li> <li>• Identify nonviolent ways to manage anger.</li> <li>• Identify appropriate ways to express and deal with emotions.</li> <li>• Identify examples of self-control.</li> <li>• Describe the difference between bullying and teasing.</li> <li>• Describe prejudice, discrimination, and bias.</li> <li>• Explain why it is wrong to tease or bully others.</li> <li>• Describe what to do if oneself or someone else is being bullied.</li> <li>• Identify examples of prosocial behaviors (e.g., using nonviolent conflict resolution, helping others, being respectful of others, and cooperation) that help prevent violence.</li> <li>• Identify situations that might lead to violence.</li> <li>• Recognize techniques used to coerce or pressure someone to use violence.</li> <li>• Describe how participation in gangs can lead to violence.</li> <li>• Explain the difference between tattling and reporting aggression, bullying, or violence.</li> <li>• Identify short- and long-term consequences of violence to perpetrators, victims, and bystanders.</li> <li>• Identify strategies to avoid physical fighting and violence.</li> <li>• Describe the benefits of using nonviolent means to solve interpersonal conflict.</li> <li>• Describe ways to appropriately communicate with others to resolve conflict.</li> <li>• Distinguish between wanted and unwanted touch.</li> <li>• Explain that unwanted or inappropriate touches should be reported to a trusted adult.</li> <li>• Explain why it is not a child's fault if someone touches them in an unwanted or inappropriate way.</li> <li>• Explain that everyone has the right to tell others not to touch their body.</li> <li>• Explain the importance of telling an adult if someone is in danger of hurting themselves or others.</li> </ul>
Safety	<ul style="list-style-type: none"> <li>• Identify the warning signs when a person may be at risk for harming themselves and when to seek help</li> <li>• Identify examples of dangerous or risky behaviors that might lead to injuries.</li> <li>• Explain how injuries can be prevented.</li> <li>• Identify ways to reduce risk of injuries while riding in a motor vehicle.</li> <li>• Explain why household products are harmful if ingested or inhaled.</li> <li>• Describe how sharing or posting personal information electronically about self or others on social media sites (e.g., chat groups, e-mail, texting, websites, phone and tablet applications) can negatively impact personal safety of self and others.</li> <li>• Identify ways to encourage others to reduce risk of injuries and stay safe.</li> </ul>

# STANDARDS COMPARISON WORKING DOCUMENT OF SCHOOL DISTRICTS IN ALASKA

(ASD, FNSBSD, JSD, MSBSD)

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Alcohol and Drug-Use Prevention</p>	<ul style="list-style-type: none"> <li>• Explain why household products are harmful if intentionally inhaled or absorbed.</li> <li>• Define over-the-counter medication (e.g., something you can buy off the store shelf) and prescription medication.</li> <li>• Explain how to use medications correctly.</li> <li>• Describe potential risks associated with inappropriate use of over-the-counter medications.</li> <li>• Explain the difference between medications and illicit drugs.</li> <li>• Identify the risks associated with alcohol, nicotine (smoking and vaping), and marijuana use.</li> <li>• Identify short- and long-term effects of illicit drug use, misuse of prescription or over-the-counter medications, and inappropriate use of alcohol, nicotine, and marijuana.</li> </ul>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Personal Health and Wellness</p>	<ul style="list-style-type: none"> <li>• Describe the benefits of personal care practices such as brushing and flossing teeth daily, washing hair, and bathing regularly.</li> <li>• Explain why sleep and rest are important for proper growth and good health.</li> <li>• Explain the difference between infectious diseases and non-infectious diseases.</li> <li>• Describe ways that common infectious diseases are transmitted.</li> <li>• Describe ways to prevent the spread of germs that cause infectious diseases.</li> <li>• Describe symptoms that occur when a person sick.</li> <li>• Describe the importance of seeking help and treatment for common infectious diseases.</li> <li>• Describe how germs can spread from direct and indirect person-to-person contact.</li> <li>• Describe how to keep food and water safe from harmful germs.</li> <li>• Explain how hand washing removes germs and chemicals from hands to protect the health of oneself and others.</li> <li>• Explain how alcohol-based hand rubs and sanitizers work and when and how to appropriately use them.</li> <li>• Explain the difference between cleaning and disinfecting.</li> </ul>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Sexual Health</p>	<ul style="list-style-type: none"> <li>• Explain the physical, social, and emotional changes that occur during puberty and adolescence and ways to manage them.</li> <li>• Explain how puberty prepares human bodies for the potential to reproduce.</li> <li>• Identify parents and other trusted adults of whom students can ask questions about puberty and adolescent health issues.</li> <li>• Describe consent and its importance in all relationships.</li> <li>• Describe how to say ‘yes’ and ‘no’ to people, behaviors, or situations that could make one feel uncomfortable or unsafe.</li> <li>• Explain how puberty and development can vary greatly and be normal.</li> </ul>