

Essential Learning 6-8	
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Mental and Emotional Health </div>	<ol style="list-style-type: none"> 1. Engage in activities that are mentally, emotionally, and socially healthy. 2. Establish and maintain safe relationships. 3. Manage interpersonal conflict in constructive ways. 4. Prevent and manage emotional stress and anxiety. 5. Show acceptance of difference in others. 6. Identify signs and symptoms of depression. 7. Identify risk and protective factors for suicide in self and others.
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Food and Nutrition </div>	<ol style="list-style-type: none"> 1. Learn about healthy eating patterns that meet individual preferences and needs for growth and development. 2. Understand the importance of drinking water. 3. Support healthy eating patterns for self and others. 4. Define and understand the different forms of disordered eating.

Violence Prevention

1. Recognize different types of abuse and methods to report abuse.
 2. Define physical and emotional boundaries.
 3. Recognize and identify passive, aggressive, and assertive behaviors.
 4. Learn about anger management, anger triggers, and conflict resolution.
 5. Learn about safe relationships.
- ALASKA SAFE CHILDREN'S ACT**
6. Explain why individuals have the right to refuse any sexual contact or activity.
 7. Explain that rape and sexual assault are illegal and should be reported to a trusted adult.
 8. Describe characteristics of healthy dating relationships.
 9. Explain why it is each individual's responsibility to verify that all sexual contact is consensual

Safety

1. Identify the warning signs when a person may be at risk for harming themselves and when to seek help.
2. 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 apps) can negatively impact safety of self and others.
3. Identify how culture influences stereotypes, labeling, negative influences, and victimization.
4. Apply safety rules and procedures to avoid risky behaviors and injury for self and others.
5. Avoid safety hazards in the home and community.
6. Get help for oneself or others when injured or suddenly ill.

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. Explain the difference between medications and illicit drugs. 2. Identify the risks associated with alcohol, nicotine (smoking, vaping, chewing), and marijuana use. 3. Identify short- and long-term effects of illicit drug use and misuse of medications. 4. How to use prescription and over-the-counter medications correctly. 5. Support others to be alcohol, nicotine, and drug-free.
<p>Personal Health and Wellness</p>	<ol style="list-style-type: none"> 1. Describe and understand the relationship of emotional, intellectual, physical, social health, and how they impact behaviors. 2. Understand how family and culture influence behaviors. 3. Describe ways in which a supportive school and community environment can promote personal wellness. 4. Learn about methods to access valid health information, products, and services. 5. Treat all people with dignity and respect.
<p>Sexual Health</p>	<ol style="list-style-type: none"> 1. Recognize developmental changes experienced by self and others during childhood and adolescence. 2. Understand reproductive health. 3. Establish and maintain safe relationships. 4. Give and receive consent in all situations. 5. Understand the benefits of choosing sexual abstinence. 6. Engage in behaviors that prevent or reduce sexually transmitted infections (STIs). 7. Support others to avoid and/or reduce sexual risk behaviors. 8. Identify appropriate health services to promote reproductive health.

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