

	Essential Learning 9-12
<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. Manage interpersonal conflict in healthy ways. 2. Establish and maintain safe relationships. 3. Recognize personal stressors and healthy coping strategies. 4. Learn about effective techniques for managing stress, conflict, and solving problems. 5. Develop an awareness of the various types of mental disorders (mood, anxiety, eating). 6. Identify several types of mental disorders and differentiate between temporary mental distress and chronic mental illness, (e.g., feeling depressed versus suffering from depression). 7. Explain how to access school and community resources that promote mental and emotional wellbeing. 8. Differentiate myths and facts surrounding suicide and potential causes of suicide. 9. Identify warning signs exhibited by people at risk for suicide.
<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. Learn about the benefits of drinking water. 3. Support healthy eating patterns for self and others. 4. Know and understand the role of the six basic nutrients. 5. Understand nutritional labeling on food products. 6. Recognize the factors contributing to healthy and unhealthy food choices and meals. 7. Understand serving sizes and portion control. 8. Compare fad diets and balanced diets. 9. Understand the role exercise plays in being healthy and in weight management. 10. Recognize the relationship between poor eating habits and chronic diseases.

Violence Prevention	<ol style="list-style-type: none">1. Recognize different types of abuse and learn about reporting procedures.2. Understand different types of violence and how to protect yourself from harm.3. Learn about anger management and recognize various anger triggers.4. Learn about safe relationships.5. Identify the cycle of abuse and violence. <p><u>ALASKA SAFE CHILDREN'S ACT</u></p> <ol style="list-style-type: none">6. Identify dating violence and how to get help.7. Explain why individuals have the right to refuse any sexual contact or activity.8. Explain that rape and sexual assault are illegal and should be reported to a trusted adult.9. Describe characteristics of healthy dating relationships.10. Explain why it is everyone's responsibility to verify that all sexual contact is consensual.11. Understand the consequences of sexting and cyberbullying.
Safety	<ol style="list-style-type: none">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 personal safety of self and others.3. Identify how family and culture influence stereotypes, labeling, negative influences, and victimization.4. Understand safety rules and procedures that help to prevent risky behaviors and injury.5. Define safety hazards in the home and community.6. Understand how to get help for oneself or others when injured or suddenly ill.

STANDARDS COMPARISON WORKING DOCUMENT OF SCHOOL DISTRICTS IN ALASKA

(ASD, FNSBSD, JSD, MSBSD)

Alcohol and Drug-Use Prevention	<ol style="list-style-type: none">1. Identify categories of drugs and their effects.2. Identify how substance use and abuse effects human physiology and the brain.3. Analyze how drug use, misuse, and abuse is perceived by society.4. Identify the dangers of use and abuse of alcohol, nicotine (vaping, smoking, and chewing), and other drugs for teens and adults.5. Identify resources for teens to help with personal or family addictions.6. Identify strategies that help maintain a substance-free lifestyle for self and others.
Personal Health and Wellness	<ol style="list-style-type: none">1. Understand the importance of good decision-making and goal setting to personal health and wellness.2. Understand risk factors and their impact on the health and wellness of teens.3. Recognize the role all forms of media (including social media) play in our lives.4. Define strategies to remain safe in a variety of social situations, including on the internet.5. Identify the relationship between personal needs, social pressures, and behavior.6. Discuss immunizations and the role they play in health.7. Learn about refusal skills.8. Understand the characteristics of a safe and healthy relationship.9. Identify differences and the importance of treating others respectfully.10. Recognize and understand the importance of effective communication.

Sexual Health

1. Define and understand sexual growth and development including the anatomy and physiology of reproduction.
2. Understand messages and attitudes affecting teen sexuality.
3. Recognize and describe healthy and safe relationship characteristics and differentiate from unhealthy relationship characteristics.
4. Learn about the benefits of sexual abstinence.
5. Give and receive consent in all situations.
6. Understand how personal decisions can impact reproductive health issues.
7. Identify health services to promote reproductive health.
8. Identify how your understanding of gender roles and stereotypes can impact your relationships.
9. Learn about the emotional and physical impact of early sexual activity and multiple partners.
10. Understand the effectiveness of a variety of contraceptive methods (including abstinence) and understand how they can help prevent pregnancy and/or STI's.
11. Discuss myths and facts surrounding teen pregnancy, STI's, and birth control.
12. Recognize the early signs of pregnancy and importance of pre-natal care.
13. Know the risk factors for and warning signs of STIs.
14. Identify health services for obtaining testing of STI's and other diseases.