

	<b>Knowledge Expectations 6-8</b>
<b>Mental and Emotional Health</b>	<ul style="list-style-type: none"> <li>• Describe how brain development and emotions change during adolescence.</li> <li>• Identify situations that can trigger different thoughts, feelings, and emotions.</li> <li>• Describe the importance of being aware of one's own feelings and emotions and how this can influence behavior.</li> <li>• Explain appropriate ways to express and manage needs, wants, emotions, and feelings.</li> <li>• Discuss how the expression of emotions or feelings can help or hurt oneself and others.</li> <li>• Describe characteristics and behaviors of a mentally and emotionally healthy person.</li> <li>• Describe ways the body can react to stressful situations and ways to reduce these impacts.</li> <li>• Identify personal stressors at home, in school, and with friends.</li> <li>• Explain the causes, symptoms, and effects of depression and anxiety.</li> <li>• Describe healthy and unhealthy ways to manage challenging emotions such as anger, stress, anxiety, frustration, disappointment, or sadness.</li> <li>• Identify strategies to effectively communicate feelings to peers.</li> <li>• Describe different ways to show empathy towards self and others.</li> <li>• Describe how stereotyping, bullying, harassment, bias, prejudice, and discrimination can impact mental and emotional health.</li> </ul>
<b>Food and Nutrition</b>	<ul style="list-style-type: none"> <li>• Explain the importance of trying new foods.</li> <li>• Describe the importance of eating a variety of foods to meet daily nutrient and energy needs.</li> <li>• Explain why individuals may have different nutritional needs.</li> <li>• Identify foods that provide key nutrients including fiber, iron, calcium, potassium, and vitamin D.</li> <li>• Identify how different stages of food processing can impact the nutrient profile of food.</li> <li>• Summarize the benefits of consuming enough water.</li> <li>• Describe major chronic diseases and their relationship to eating and physical activity patterns.</li> <li>• Identify healthy and risky approaches to weight management.</li> <li>• Describe the benefits of eating the amount of food needed to be healthy and energetic.</li> </ul>

# STANDARDS COMPARISON WORKING DOCUMENT OF SCHOOL DISTRICTS IN ALASKA

(ASD, FNSBSD, JSD, MSBSD)

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Violence Prevention</p>	<ul style="list-style-type: none"> <li>• Describe strategies for managing interpersonal conflicts nonviolently.</li> <li>• Identify strategies to resolve conflict in a group.</li> <li>• Describe how power and control differences in relationships can contribute to aggression and violence</li> <li>• Explain the benefits of living in a diverse society.</li> <li>• Explain how intolerance can affect others.</li> <li>• <b><u>Alaska Safe Children’s Act</u></b></li> <li>• Define consent and its importance for decisions about sexual behaviors.</li> <li>• Describe how to communicate consent for all sexual behaviors.</li> <li>• Explain how to receive consent and accept a lack or retraction of consent for sexual behaviors.</li> <li>• Describe how consent cannot be fully present when there is an imbalance of power.</li> <li>• Explain why a person who has experienced any form of sexual violence (e.g., sexual harassment, sexual assault, incest, rape, domestic violence, coercion, and dating violence) is never to blame for actions of the perpetrator.</li> <li>• Describe how a person can call attention to or leave an uncomfortable and dangerous situation, including instances of sexual violence.</li> </ul>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Safety</p>	<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 encourage others to reduce risk of injuries and stay safe.</li> <li>• Describe the relationship between using alcohol or other drugs and injuries.</li> <li>• Describe ways to reduce risk of injuries when playing sports.</li> <li>• Describe ways to reduce risk of injuries from firearms.</li> <li>• Describe actions to change unsafe situations at home, school, and in the community.</li> <li>• Describe how sharing or posting personal information electronically about self or others on social media sites (e.g., chat rooms, e-mail, texting, websites, phone, and tablet applications) can negatively impact personal safety of self and others.</li> </ul>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Alcohol and Drug-Use Prevention</p>	<ul style="list-style-type: none"> <li>• Define and differentiate between over-the-counter medications, prescription medications, and illicit drugs.</li> <li>• Differentiate between proper use and abuse of over-the-counter medicines.</li> <li>• Explain the dangers of sharing medications.</li> <li>• Summarize the physical and mental effects of using alcohol, marijuana, and illicit drugs.</li> <li>• Determine the immediate and long-term impacts of alcohol- and other drug-use on the brain, including impacts on decision-making.</li> <li>• Explain the potential effects of mixing any type of medication or drug with another (sometimes called poly-drug use).</li> <li>• Determine reasons why people choose to abstain from or misuse alcohol, marijuana, prescription medications, and illicit drugs.</li> <li>• Explain why using alcohol and other drugs is an unhealthy way to manage stress.</li> <li>• Determine the benefits of being drug-free.</li> <li>• Describe positive alternatives to using alcohol and other drugs.</li> <li>• Describe the relationship between using alcohol and other drugs and other health risks, such as unintentional injuries, violence, suicide, sexual risk behaviors, and tobacco use.</li> <li>• Explain the relationship between intravenous drug use and transmission of bloodborne diseases such as HIV and hepatitis.</li> </ul>

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<div style="border: 1px solid black; padding: 5px; display: inline-block; transform: rotate(-90deg); transform-origin: center;">             Personal Health and Wellness         </div>	<ul style="list-style-type: none"> <li>• Explain the risks associated with using alcohol or other drugs and driving a motor vehicle.</li> <li>• Explain school policies and community laws about alcohol, marijuana, prescription medications, and illicit drugs.</li> </ul>
<div style="border: 1px solid black; padding: 5px; display: inline-block; transform: rotate(-90deg); transform-origin: center;">             Sexual Health         </div>	<ul style="list-style-type: none"> <li>• Summarize the benefits of good hygiene practices for promoting health and maintaining positive social relationships.</li> <li>• Summarize the benefits of getting proper rest and sleep for healthy growth and development.</li> <li>• Explain the difference between infectious, noninfectious, and chronic diseases.</li> <li>• Summarize the symptoms of someone who is sick or getting sick.</li> <li>• Summarize the symptoms of someone who is seriously ill and needs immediate medical attention, including attention for mental health.</li> <li>• Describe the importance of seeking help and treatment for common infectious diseases, chronic diseases, and mental illnesses.</li> <li>• Summarize health practices to prevent the spread of infectious diseases that are transmitted by food, water, air, indirect contact, and person-to-person contact.</li> <li>• Identify appropriate situations for using different hand hygiene approaches (e.g., hand washing, alcohol-based hand rubs and sanitizers).</li> <li>• Explain ways to prevent the spread of germs that cause infectious diseases by not touching blood and not touching used hypodermic needles.</li> <li>• Explain behavioral and environmental factors that contribute to major chronic diseases and mental illnesses.</li> <li>• Describe how a sedentary lifestyle contributes to chronic disease.</li> </ul>
<div style="border: 1px solid black; padding: 5px; display: inline-block; transform: rotate(-90deg); transform-origin: center;">             Sexual Health         </div>	<ul style="list-style-type: none"> <li>• Describe internal and external reproductive body parts using medically accurate terms.</li> <li>• Understand reproductive health systems.</li> <li>• Describe the relationship between the menstrual cycle and conception.</li> <li>• Describe healthy and unhealthy relationships.</li> <li>• Explain the qualities of a healthy dating relationship.</li> <li>• Explain the importance of talking with parents, caregivers, and other trusted adults about issues related to growth and development, relationships, sex, and sexual and reproductive health services.</li> <li>• Describe how power differences (e.g., age, race/ethnicity, sex, gender, socio-economic status) impact relationships.</li> <li>• Explain the negative consequences of sending sexually explicit pictures, messages, or media (e.g., texting, chat groups, social media platforms, e-mail, websites, phone or tablet applications).</li> <li>• Explain why it is wrong to tease or bully others based on their growth and development, or physical appearance or ability.</li> <li>• Explain how the most common STIs, including HIV, are transmitted.</li> <li>• Describe stereotypes, myths, and stigma about STIs, including HIV.</li> <li>• Explain the importance of setting personal limits to avoid sexual risk behaviors.</li> <li>• Describe the benefits of being sexually abstinent.</li> <li>• Describe why sexual abstinence is the safest, most effective risk avoidance method of protection from STIs, including HIV, and unintended pregnancy.</li> <li>• Describe the factors that protect against engaging in sexual risk behaviors.</li> <li>• Describe ways sexually active people can reduce the risk of unintended pregnancy.</li> <li>• Identify the emotional, social, physical, and financial effects of becoming a parent.</li> <li>• Describe what confidential care is and give specific instances when confidential care cannot be maintained.</li> </ul>

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