

NORTH CAROLINA STANDARD COURSE OF STUDY
Crosswalk
Health Education

The purpose of this document is to provide a general comparison of the 2024 Health Education Standard Course of Study and the 2011 Health Education Standard Course of Study. It provides initial insight into similarities and differences between these two sets of standards. This document is not intended to answer all questions about the nuances of the new standards versus the old.

Note: The 2024 Health Education standards and objectives are not intended to be the curriculum, nor do they indicate the whole of a curriculum which will be written by a local public-school unit (PSU) or school. The standards for this course have been developed to serve as the framework which will guide each PSU in the development of the curriculum for Health Education.

Kindergarten

(MEH) Mental and Emotional Health		
2024 Standards/Objectives	2011 Standards/Objectives	Notes
K.MEH.1 Remember the association of healthy expression of emotions, mental health, and healthy behavior.	K.MEH.1 Remember the association of healthy expression of emotions, mental health, and healthy behavior.	No Revision
K.MEH.1.1 Identify a variety of feelings that people experience and ways of expressing them.	K.MEH.1.1 Recognize feelings and ways of expressing them.	
K.MEH.1.2 Demonstrate personal responsibilities for actions and possessions.	K.MEH.1.2 Recall stressors and stress responses.	
	K.MEH.1.3 Illustrate personal responsibility for actions and possessions.	
K.MEH.2 Identify that effort and practice lead to improved skills.		

K.MEH.2.1 Remember that mistakes are important for learning.		
K.MEH.2.2 Remember that practice is needed to improve performance.		

(PCH) Personal and Consumer Health		
2024 Standards/Objectives	2011 Standards/Objectives	Notes
K.PCH.1 Demonstrate age-appropriate personal behaviors that promote health and prevent disease.	K.PCH.1 Apply measures for cleanliness and disease prevention.	
K.PCH.1.1 Identify that healthy behaviors impact personal health.	K.PCH.1.1 Use steps of correct hand washing at appropriate times throughout the day.	
K.PCH.1.2 Use steps of correct hand washing at appropriate times throughout the day.	K.PCH.1.2 Illustrate proper tooth brushing techniques.	
K.PCH.1.3 Model proper tooth brushing techniques.	K.PCH.1.3 Explain rationale for not sharing hygiene products (combs, brushes, toothbrushes).	
K.PCH.1.4 Explain rationale for not sharing hygiene products (combs, brushes, toothbrushes).		
K.PCH.1.5 Select and use appropriate clothing according to the weather.		
K.PCH.2 Understand necessary steps to prevent and respond to unintentional injury.	K.PCH.2 Understand necessary steps to prevent and respond to unintentional injury.	No Revision

K.PCH.2.1 Recognize the meanings of traffic signs and safe practices for being a pedestrian and bicyclist.	K.PCH.2.1 Recognize the meanings of traffic signs and signals.	
K.PCH.2.2 Explain the benefits of safety equipment including seat belts, booster seats, helmets, mouth guards, shin guards, and flotation devices.	K.PCH.2.2 Explain the benefits of wearing seat belts and bicycle helmets.	
K.PCH.2.3 Illustrate how to get help in an emergency.	K.PCH.2.3 Illustrate how to get help in an emergency.	No Revision
K.PCH.2.4 Identify appropriate responses to warning signs, sounds, and labels.	K.PCH.2.4 Identify appropriate responses to warning signs, sounds, and labels.	No Revision

(ICHR) Interpersonal Communication and Healthy Relationships	(ICR) Interpersonal Communication and Relationships	
2024 Standards/Objectives	2011 Standards/Objectives	Notes
K.ICHR.1 Recognize healthy and effective interpersonal communication and relationships.	K.ICR.1 Understand healthy and effective interpersonal communication and relationships.	
K.ICHR.1.1 Explain reasons for sharing.	K.ICR.1.1 Explain reasons for sharing.	No Revision
K.ICHR.1.2 Recognize that all people have inherent value and dignity regardless of differences.	K.ICR.1.2 Compare people in terms of what they have in common and how they are unique.	
K.ICHR.1.3 Give examples of protective behaviors to use when approached by someone who you don't know or someone who makes you feel unsafe.	K.ICR.1.3 Summarize protective behaviors to use when approached by strangers.	

K.ICHR.1.4 Recognize bullying, teasing, and aggressive behaviors and how to respond.	K.ICR.1.4 Recognize bullying, teasing, and aggressive behaviors and how to respond.	
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(NPA) Nutrition and Physical Activity		
2024 Standards/Objectives	2011 Standards/Objectives	Notes
K.NPA.1 Identify sources of food and water and their importance to the body.	K.NPA.1 Understand MyPlate as a tool for selecting nutritious foods.	
K.NPA.1.1 Recognize that food gives us energy.	K.NPA.1.1 Classify foods by groups in MyPlate.	
K.NPA.1.2 Identify that fruits and vegetables come from plants.	K.NPA.1.2 Recall foods and beverages beneficial to teeth and bones.	
	K.NPA.1.3 Recall activities for fitness and recreation during out of school hours.	
K.NPA.2 State the importance of physical activity for the body.	K.NPA.2 Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.	
K.NPA.2.1 List ways to be physically active.	K.NPA.2.1 Recognize nutrient-dense foods in a list of foods that are culturally diverse.	
	K.NPA.2.2 Summarize the importance of a healthy breakfast and lunch.	

(ANCOD) Alcohol, Nicotine, Cannabis, and Other Drugs	(ATOD) Alcohol, Tobacco, and Other Drugs	
2024 Standards/Objectives	2011 Standards/Objectives	Notes
K.ANCOD.1 Understand household safety procedures for products and medicines with adult supervision.	K.ATOD.1 Understand how to use household products and medicines safely.	
K.ANCOD.1.1 Explain what is likely to happen if harmful household products are ingested or inhaled.	K.ATOD.1.1 Explain what is likely to happen if harmful household products are ingested or inhaled.	No Revision
K.ANCOD.1.2 Recognize that some medications look like candy.	K.ATOD.1.2 Classify things found around the house as medicinal drugs or other (e.g., candy).	
K.ANCOD.1.3 Identify adults and professionals who can be trusted to provide safety information about household products and medicines.	K.ANCOD.1.3 Identify a parent, guardian, or trusted adult and professionals who can be trusted to provide safety information about household products and medicines.	No Revision
K.ANCOD.1.4 Use appropriate strategies to access help when needed in emergencies involving household products and medicines.	K.ATOD.1.4 Use appropriate strategies to access help when needed in emergencies involving household products and medicines.	No Revision

First Grade

(MEH) Mental and Emotional Health		
2024 Standards/Objectives	2011 Standards/Objectives	Notes
1.MEH.1 Understand the connection between healthy expressions of emotions, mental wellness, and healthy behaviors.	1.MEH.1 Understand the relationships among healthy expression of emotions, mental health, and healthy behavior.	No Revision

1.MEH.1.1 Identify appropriate ways to express needs, wants and feelings.	1.MEH.1.1 Use effective communication to express and cope with emotions.	
1.MEH.1.2 Describe how different situations impact emotions and vary among individuals.	1.MEH.1.2 Use methods of positive coping with disappointment and failure.	
1.MEH.1.3 Utilize effective communication to express and cope with emotions.	1.MEH.1.3 Classify stressors as eustress or distress.	
1.MEH.2 Remember that effort and practice lead to improved skills.		
1.MEH.2.1 Identify more than one strategy to solve a problem.		
1.MEH.2.2 Identify resources to get help with solving a problem.		

(PCH) Personal and Consumer Health		
2024 Standards/Objectives	2011 Standards/Objectives	Notes
1.PCH.1 List various personal behaviors and practices that promote health and prevent disease.	1.PCH.1 Apply measures for cleanliness and disease prevention.	
1.PCH.1.1 Explain that germs produce illness and can be spread from one person to another.	1.PCH.1.1 Recognize that germs produce illness and can be spread from one person to another.	
1.PCH.1.2 Demonstrate measures for preventing the spread of germs.	1.PCH.1.2 Use measures for preventing the spread of germs.	

1.PCH.1.3 Summarize the transition between primary and permanent teeth and steps for seeking help for dental problems.		
1.PCH.1.4 Use appropriate clothing according to the weather.		
1.PCH.2 Understand necessary steps to prevent and respond to unintentional injury.	1.PCH.2 Understand wellness, disease prevention, and recognition of symptoms.	
1.PCH.2.1 Identify and describe situations that cause injury.	1.PCH.2.1 Illustrate symptoms of sickness and measures for getting well.	
1.PCH.2.2 Identify items that can cause burns and strategies to prevent fire and burn injury.	1.PCH.2.2 Summarize the transition between primary and permanent teeth and steps for seeking help for dental problems.	
1.PCH.2.3 Execute the Stop, Drop, and Roll response.		
1.PCH.2.4 Execute an emergency phone call.		
	1.PCH.3 Understand necessary steps to prevent and respond to unintentional injury.	
	1.PCH.3.1 Identify safety hazards in the home and injury prevention strategies.	
	1.PCH.3.2 Identify items that can cause burns, strategies to prevent fire and burn injury.	
	1.PCH.3.3 Execute the Stop, Drop, and Roll response.	

	1.PCH.3.4 Execute an emergency phone call.	
(ICHR) Interpersonal Communication and Healthy Relationships	(ICR) Interpersonal Communication and Relationships	
2024 Standards/Objectives	2011 Standards/Objectives	Notes
1.ICHR.1 Recognize healthy and effective interpersonal communications and relationships.	1.ICR.1 Understand healthy and effective interpersonal communication and relationships.	
1.ICHR.1.1 Explain the importance of demonstrating respect for the personal space and boundaries of others.	1.ICR.1.1 Explain the importance of demonstrating respect for the personal space and boundaries of others.	No Revision
1.ICHR.1.2 Describe positive characteristics that are unique to each individual.	1.ICR.1.2 Explain the value of having a diversity of students in the classroom.	
1.ICHR.1.3 Demonstrate how to tell a parent, guardian, or trusted adult when feeling threatened or unsafe.	1.ICR.1.3 Contrast tattling with reporting aggression, bullying, and violent behavior.	
1.ICHR.1.4 Recognize that anyone who has experienced bullying or mistreatment is not at fault.	1.ICR.1.4 Contrast appropriate and inappropriate touch.	
1.ICHR.1.5 Demonstrate effective refusal skills, including saying no and moving away to enforce personal boundaries for yourself and others.	1.ICR.1.5 Illustrate how to seek adult assistance for inappropriate touch.	

<p>1.ICHR.1.6 Identify a parent, guardian, or trusted adult within your home, school and community who can be informed when feeling threatened or harmed.</p>		
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(NPA) Nutrition and Physical Activity		
2024 Standards/Objectives	2011 Standards/Objectives	Notes
<p>1.NPA.1 Describe where food and water come from and their importance to the body.</p>	<p>1.NPA.1 Understand MyPlate as a tool for selecting nutritious foods.</p>	
<p>1.NPA.1.1 Name the reasons why we need to drink water.</p>	<p>1.NPA.1.1 Select a variety of foods based on MyPlate.</p>	
<p>1.NPA.1.2 Explore a variety of foods and why it's important to eat them</p>	<p>1.NPA.1.2 Contrast more nutrient dense foods from those that are less nutrient dense.</p>	
<p>1.NPA.1.3 Categorize the sources of a variety of foods.</p>		
<p>1.NPA.2 Recognize the benefits of physical activity for the body.</p>	<p>1.NPA.2 Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.</p>	
<p>1.NPA.2.1 List physical activities that are beneficial to your body.</p>	<p>1.NPA.2.1 Classify the sources of a variety of foods.</p>	
<p>1 NPA.2.2 Describe enjoyable physical activities that can be done inside and outside of school.</p>	<p>1.NPA.2.2 Select healthy alternatives to foods and beverages that are high in sugar.</p>	
	<p>1.NPA.3 Remember fitness concepts to enhance quality of life.</p>	

	1.NPA.3.1 Recognize the benefits of physical activity.	
	1.NPA.3.2 Recall fitness and recreation activities that can be used during out of school hours.	

(ANCOD) Alcohol, Nicotine, Cannabis, and Other Drugs	(ATOD) Alcohol, Tobacco, and Other Drugs	
2024 Standards/Objectives	2011 Standards/Objectives	Notes
1.ANCOD.1 Understand household safety procedures for products and medicines with adult supervision.	1.ATOD.1 Understand how to use household products and medicines safely.	
1.ANCOD.1.1 Recognize the harmful effects of medicine when used incorrectly.	1.ATOD.1.1 Recognize the harmful effects of medicine when used incorrectly.	No Revision
1.ANCOD.1.2 Recognize how to behave safely with medicines and household cleaners.	1.ATOD.1.2 Recognize how to behave safely with medicines and household cleaners.	No Revision
1 ANCOD.1.3 Explain the importance of asking an adult before handling household products.	1.ATOD.1.3 Classify products as harmful or safe.	
1 ANCOD.1.4 Identify strategies for reporting harmful substances.	1.ATOD.1.4 Summarize strategies for reporting harmful substances.	

Second Grade

(MEH) Mental and Emotional Health		
2024 Standards/Objectives	2011 Standards/Objectives	Notes
2.MEH.1 Demonstrate healthy expression of emotions, mental wellness, and healthy behavior.	2.MEH.1 Understand the relationship among healthy expression of emotions, mental health, and healthy behavior.	
2.MEH.1.1 Demonstrate appropriate ways to express needs, wants and feelings.	2.MEH.1.1 Identify appropriate standards for behavior.	
2.MEH.1.2 Identify behaviors to avoid risk and promote mental wellness.	2.MEH.1.2 Summarize behaviors that help to avoid risks.	
2.MEH.1.3 Examine the influence of peers, media, social media, technology, and the family on feelings, emotions, and behaviors.	2.MEH.1.3 Explain the influence of peers, the media, and the family on feelings and emotions.	
	2.MEH.1.4 Explain the influence on self-concept on performance and vice versa.	
	2.MEH.1.5 Summarize the potential negative effects of stress on the body and mind.	
2.MEH.2 Explain how challenges are opportunities for growth.		
2.MEH.2.1 Model accessing a resource to get help with solving a problem.		
2.MEH.2.2 Recount at least two strategies to solve a problem.		

2.MEH.2.3 Identify strategies that can be applied to various situations to promote resiliency.		
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(PCH) Personal and Consumer Health		
2024 Standards/Objectives	2011 Standards/Objectives	Notes
2.PCH.1 Explain personal behaviors and practices that promote health and prevent disease.	2.PCH.1 Apply measures for cleanliness and disease prevention.	
2.PCH.1.1 Recall the benefits of good dental health.	2.PCH.1.1 Recall the benefits of good dental health.	No Revision
2.PCH.1.2 Execute the proper techniques for brushing teeth.	2.PCH.1.2 Execute the proper techniques for brushing teeth.	No Revision
2.PCH.1.3 Define sleep and its contribution to overall well-being.		
2.PCH.1.4 Demonstrate ways to prevent the spread of germs that cause common communicable diseases.		
2.PCH.1.5 Explain the dangers associated with excessive sun exposure and methods for protecting oneself from these dangers.		
	2.PCH.2 Understand wellness, disease prevention, and recognition of symptoms.	
	2.PCH.2.1 Summarize reasons and strategies for preventing contact with body fluids.	

	2.PCH.2.2 Explain the dangers associated with excessive sun exposure (e.g., sun burn, damage to eyes, skin cancer) and methods for protecting oneself from these dangers.	
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(ICHR) Interpersonal Communication and Healthy Relationships	(ICR) Interpersonal Communication and Relationships	
2024 Standards/Objectives	2011 Standards/Objectives	Notes
2.ICHR.1 Identify healthy and effective interpersonal communications and relationships to enhance wellbeing.	2.ICR.1 Understand healthy and effective interpersonal communication and relationships.	
2.ICHR.1.1 Describe characteristics of a trusted friend.	2.ICR.1.1 Classify behaviors as helpful or hurtful to friendships.	
2.ICHR.1.2 Demonstrate techniques of active listening.	2.ICR.1.2 Interpret the feelings of others and how to respond when angry or sad.	
2.ICHR.1.3 Identify the characteristics of bullying and develop skills to respond appropriately.	2.ICR.1.3 Explain why it is wrong to tease others.	
2.ICHR.1.4 Exemplify how to communicate with others with kindness and respect.	2.ICR.1.4 Recognize bullying behaviors and what to do if someone is bullied.	
	2.ICR.1.5 Exemplify how to communicate with others with kindness and respect.	

(NPA) Nutrition and Physical Activity		
2024 Standards/Objectives	2011 Standards/Objectives	Notes
2.NPA.1 Explain where food and water come from and their importance to the body.	2.NPA.1 Understand MyPlate as a tool for selecting nutritious foods.	
2.NPA.1.1 Explain the importance of eating a variety of foods from different groups according to the USDA.	2.NPA.1.1 Recognize the interrelationship of parts of MyPlate.	
2.NPA.1.2 Classify foods into groups according to USDA.	2.NPA.1.2 Plan meals that are chosen for energy and health.	
2.NPA.1.3 Describe the body's signals when you are hungry and thirsty.	2.NPA.1.3 Classify activities in terms of their appropriateness for a healthy lifestyle.	
2 NPA.1.4 Compare and contrast possible benefits of eating a meal with family or friends versus eating alone.		
2.NPA.2 Examine the benefits of physical activity.	2.NPA.2 Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.	
2.NPA.2.1 Explain why the body needs daily physical activity.	2.NPA.2.1 Summarize motivations for eating food, including hunger vs. satiety.	
	2.NPA.2.2 Explain the importance of a healthy breakfast and lunch.	
	2.NPA.3 Remember nutrition and fitness concepts to enhance quality of life.	

	2.NPA.3.1 Contrast a physically active and inactive lifestyle.	
	2.NPA.3.2 Plan family physical activities that are fun and contribute to fitness.	

(ANCOD) Alcohol, Nicotine, Cannabis, and Other Drugs	(ATOD) Alcohol, Tobacco, and Other Drugs	
2024 Standards/Objectives	2011 Standards/Objectives	Notes
2.ANCOD.1 Understand household safety procedures for products and medicines with adult supervision.	2.ATOD.1 Understand how to use household products and medicines safely.	
2.ANCOD.1.1 Define medication and ways that it can be helpful and harmful.	2.ATOD.1.1 Classify uses of medicine or drugs as appropriate and inappropriate.	
2.ANCOD.1.2 Identify the importance of following healthcare provider directions with medications.	2.ATOD.1.2 Summarize the health risks associated with inappropriate medicine and drug use.	
	2.ATOD.1.3 Use goal-setting strategies to prevent the misuse of medicines or household products.	

Third Grade

(MEH) Mental and Emotional Health		
2024 Standards/Objectives	2011 Standards/Objectives	Notes
3.MEH.1 Explore characteristics of healthy expression of emotions, mental wellness, and personal awareness that contribute	3.MEH.1 Understand positive stress management strategies.	

to wellbeing.		
3.MEH.1.1 Identify the body's physical response and appropriate ways to express needs, wants, and feelings.	3.MEH.1.1 Explain how self-control is a valuable tool in avoiding health risks.	
3.MEH.1.2 Elaborate on the influence of peers, social media, technology, and the family on feelings, emotions, and behaviors.	3.MEH.1.2 Classify stress as preventable or manageable.	
3.MEH.1.3 Explore strategies that can be applied to promote a growth mindset and resiliency.		
3.MEH.1.4 Summarize how to access resources for assistance with feelings, various challenges, and mental wellness.		
3.MEH.2 Explain how challenges are opportunities for growth.	3.MEH.2 Understand the relationship between healthy expression of emotions, mental health, and healthy behavior.	
3.MEH.2.1 Describe how persistent effort and trying alternate strategies can help solve a problem.	3.MEH.2.1 Identify common sources for feelings of grief or loss.	
3.MEH.2.2 List at least two resources for help to solve a challenging problem.	3.MEH.2.2 Summarize how to seek resources for assistance with feelings of grief or loss.	
3.MEH.3 Define stress and understand how positive and negative stressors can affect wellbeing.		
3.MEH.3.1 Explain how positive stress management techniques are beneficial for our overall wellness.		

<p>3.MEH.3.2 Construct a list of positive self-management techniques and resources you can use to cope with stress.</p>		
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(PCH) Personal and Consumer Health		
2024 Standards/Objectives	2011 Standards/Objectives	Notes
<p>3.PCH.1 Apply personal behaviors and practices that promote health and prevent disease.</p>	<p>3.PCH.1 Understand wellness, disease prevention, and recognition of symptoms.</p>	
<p>3.PCH.1.1 Recognize dental hygiene practices prevent plaque, gum disease and cavities.</p>	<p>3.PCH.1.1 Classify behaviors in terms of whether they are related to physical, social, mental, and emotional health.</p>	
<p>3.PCH.1.2 Implement proper flossing to prevent tooth decay and gum disease.</p>	<p>3.PCH.1.2 Classify behaviors in terms of whether they do or do not contribute to healthy living.</p>	
<p>3.PCH.1.3 Explain the importance of personal hygiene in supporting one's health.</p>		
<p>3.PCH.1.4 Describe how sleep and regular physical activity benefit your health.</p>		
<p>3.PCH.2 Explain necessary steps to prevent and respond to unintentional injury.</p>	<p>3.PCH.2 Apply measures for cleanliness and disease prevention.</p>	
<p>3.PCH.2.1 Demonstrate methods for prevention of common unintentional injuries.</p>	<p>3.PCH.2.1 Recognize plaque and lack of dental hygiene result in gum disease and cavities.</p>	
<p>3.PCH.2.2 Summarize methods that increase and reduce injuries in and around water.</p>	<p>3.PCH.2.2 Implement proper flossing to prevent tooth decay and gum disease.</p>	

3.PCH.2.3 Identify ways to prevent injuries from firearms.		
3.PCH.2.4 Implement a plan to escape fire at home while avoiding smoke inhalation.		
	3.PCH.3 Understand necessary steps to prevent and respond to unintentional injury.	
	3.PCH.3.1 Use methods for prevention of common unintentional injuries.	
	3.PCH.3.2 Summarize methods that increase and reduce injuries in and around water.	
	3.PCH.3.3 Summarize the dangers of weapons and how to seek help if a weapon or firearm is found.	
	3.PCH.3.4 Implement a plan to escape fire at home while avoiding smoke inhalation.	

(ICHR) Interpersonal Communication and Healthy Relationships	(ICR) Interpersonal Communication and Relationships	
2024 Standards/Objectives	2011 Standards/Objectives	Notes
3.ICHR.1 Explain healthy and effective interpersonal communications and relationships to enhance wellbeing.	3.ICR.1 Understand healthy and effective interpersonal communication and relationships.	
3.ICHR.1.1 Identify behaviors that promote healthy relationships with families and peers.	3.ICR.1.1 Summarize qualities and benefits of a healthy relationship.	

3.ICHR.1.2 Demonstrate effective communication skills and personal boundaries to enhance respect and well-being for others and self.	3.ICR.1.2 Plan how to show compassion for all living things and respect for other people's property.	
3.ICHR.1.3 Recognize the causes of conflict and apply appropriate strategies for resolution.	3.ICR.1.3 Illustrate how to seek help from an adult if a weapon is found or a threat is communicated.	
	3.ICR.1.4 Illustrate how to effectively and respectfully express opinions that differ.	
	3.ICR.1.5 Analyze situations in terms of the strategies used by people in those situations that help or hinder healthy relationships.	

(NPA) Nutrition and Physical Activity		
2024 Standards/Objectives	2011 Standards/Objectives	Notes
3.NPA.1 Recall why the body needs a variety of foods.	3.NPA.1 Apply tools (MyPlate, Food Facts Label) to plan healthy nutrition and fitness.	
3.NPA.1.1 Recall the food groups and what foods are in each food group, according to the USDA.	3.NPA.1.1 Use MyPlate to eat a nutritious breakfast each morning.	
3.NPA.1.2 Identify food group components of a variety of example meals.	3.NPA.1.2 Check the Food Facts Label to determine foods that are low in sugar and high in calcium.	
3.NPA.1.3 Plan activities for fitness and recreation during out of school hours.	3.NPA.1.3 Plan activities for fitness and recreation during out of school hours.	No Revision

3.NPA.2 Investigate factors that influence which foods we eat.	3.NPA.2 Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.	
3.NPA.2.1 List the factors that influence which foods you eat.	3.NPA.2.1 Identify the sources of a variety of foods.	
3.NPA.2.2 List the body's signals when you are hungry and thirsty.	3.NPA.2.2 Categorize beverages that are more nutrient dense.	
	3.NPA.2.3 Recognize appropriate portion sizes of foods for most Americans.	
3.NPA.3 Examine the benefits of physical activity.		
3.NPA.3.1 Categorize different activities for all levels of ability in order to promote overall wellness.		

(ANCOD) Alcohol, Nicotine, Cannabis, and Other Drugs	(ATOD) Alcohol, Tobacco, and Other Drugs	
2024 Standards/Objectives	2011 Standards/Objectives	Notes
3.ANCOD.1 Apply household safety procedures for products and medicines with adult supervision.	3.ATOD.1 Understand how to use household products and medicines safely.	
3.ANCOD.1.1 Summarize how medications can help with common health problems.	3.ATOD.1.1 Identify examples of medications that help individuals with common health problems.	

3.ANCOD.1.2 Explain the consequences of disregarding medical recommendations for prescription and nonprescription medications.	3.ATOD.1.2 Recall rules for taking medicine at school and at home.	
3.ANCOD.2 Apply strategies involving risk reduction behaviors to protect self and others from the negative effects of alcohol, nicotine, and other drugs.	3.ATOD.2 Apply strategies involving risk- reduction behaviors to protect self and others from the negative effects of alcohol, tobacco, and other drugs.	No Revision
3.ANCOD.2.1 Recognize refusal skills when confronted or pressured to use alcohol, nicotine, cannabis, or other drugs.	3.ATOD.2.1 Use refusal skills when confronted or pressured to use alcohol, tobacco, or other drugs.	
3.ANCOD.2.2 Identify refusal skills when personal safety is at risk.	3.ATOD.2.2 Identify ways of refusing to ride in vehicles driven by someone who has been using alcohol.	

Fourth Grade

(MEH) Mental and Health		
2024 Standards/Objectives	2011 Standards/Objectives	Notes
4.MEH.1 Examine characteristics of health expression of emotions, mental wellness, and personal awareness that contribute to wellbeing.	4.MEH.1 Apply positive stress management strategies.	
4.MEH.1.1 Identify strategies that can be adapted when dealing with a challenging problem.	4.MEH.1.1 Summarize effective coping strategies to manage stress.	
4.MEH.1.2 Identify growth mindset strategies for everyday problems.	4.MEH.1.2 Implement healthy strategies for handling stress, including asking for assistance.	

4.MEH.1.3 Explore individual character strengths that contribute to mental wellness.		
4.MEH.2 Summarize positive and negative stressors to promote wellbeing.	4.MEH.2 Understand the relationship between healthy expression of emotions, mental health, and healthy behavior.	
4.MEH.2.1 Determine personal positive and negative stressors.	4.MEH.2.1 Identify unique personal characteristics that contribute to positive mental health.	
4.MEH.2.2 Explore personal positive stress management strategies.	4.MEH.2.2 Explain how effective problem-solving aids in making healthy choices.	

(PCH) Personal and Consumer Health		
2024 Standards/Objectives	2011 Standards/Objectives	Notes
4.PCH.1 Apply personal behaviors and practices that promote health and prevent disease.	4.PCH.1 Understand wellness, disease prevention, and recognition of symptoms.	
4.PCH.1.1 Compare methods that prevent the spread of germs.	4.PCH.1.1 Explain how to prevent or control common childhood illnesses and conditions such as asthma, allergies, diabetes, and epilepsy.	
4.PCH.1.2 Describe factors which lead to sufficient sleep and regular physical activity.	4.PCH.1.2 Recognize methods that prevent the spread of germs that cause communicable diseases.	
4 PCH.1.3 Recognize and respond to obvious symptoms of common childhood illnesses and conditions such as asthma, allergies, diabetes, and epilepsy.		

4.PCH.1.4 Create a personal dental health plan.		
4.PCH.2 Understand necessary steps to prevent and respond to unintentional injury.	4.PCH.2 Understand body systems and organs, functions, and their care.	
4.PCH.2.1 Identify personal protection equipment needed for sports or recreational activities.	4.PCH.2.1 Identify the basic components and functions of the respiratory system.	
4.PCH.2.2 Illustrate skills for providing first aid for choking victims.	4.PCH.2.2 Summarize habits to care for the skin.	
4.PCH.3 Understand body systems and organs, their functions, and their care.	4.PCH.3 Analyze health information and products.	
4.PCH.3.1 Identify the basic components and functions of the respiratory system.	4.PCH.3.1 Outline the functions of various health products.	
4.PCH.3.2 Summarize habits to care for the skin.	4.PCH.3.2 Analyze advertisements of health products and services in terms of claims made and the validity of those claims.	
	4.PCH.4 Understand necessary steps to prevent and respond to unintentional injury.	No revision
	4.PCH.4.1 Explain why it is safe to be a friend of someone who has a disease or health condition (cancer, HIV, asthma, or epilepsy).	
	4.PCH.4.2 Identify personal protection equipment needed for sports or recreational activities.	

	4.PCH.4.3 Illustrate skills for providing first aid for choking victims (including the Heimlich maneuver).	
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(ICHR) Interpersonal Communication and Healthy Relationships	(ICR) Interpersonal Communication and Relationships	
2024 Standards/Objectives	2011 Standards/Objectives	Notes
4.ICHR.1 Apply healthy and effective interpersonal communications and relationships to enhance wellbeing.	4.ICR.1 Understand healthy and effective interpersonal communication and relationships.	
4.ICHR.1.1 Demonstrate respect and empathy for others.	4.ICR.1.1 Explain the importance of showing respect for self and respect and empathy for others.	
4.ICHR.1.2 Interpret non-verbal communications of others.	4.ICR.1.2 Exemplify empathy toward those affected by disease and disability.	
4.ICHR.1.3 Apply appropriate strategies for conflict resolution for conflict/bullying.	4.ICR.1.3 Interpret facial expressions and posture to emotions and empathy.	
4.ICHR.1.4 List characteristics of healthy relationships including empathy, respect, patience, and kindness.	4.ICR.1.4 Recognize situations that might lead to violence.	
	4.ICR.1.5 Exemplify how to seek assistance for bullying.	
	4.ICR.1.6 Contrast healthy and unhealthy relationships.	
4.ICHR.2 Understand the changes that occur during puberty and adolescence.	4.ICR.2 Understand the changes that occur during puberty and adolescence.	No Revision

4.ICHR.2.1 Summarize physical and emotional changes during puberty.	4.ICR.2.1 Summarize physical and emotional changes during puberty.	No Revision
4.ICHR.2.2 Recognize that individuals experience puberty at different ages and for different lengths of time (early, average, late).	4.ICR.2.2 Recognize that individuals experience puberty at different rates (early, average, late).	

(NPA) Nutrition and Physical Activity		
2024 Standards/Objectives	2011 Standards/Objectives	Notes
4.NPA.1 Interpret tools to apply nutrition information.	4.NPA.1 Apply tools (MyPlate, Food Facts Label) to plan healthy nutrition and fitness.	
4.NPA.1.1 Using a school lunch or breakfast menu, plan a meal that includes 3-5 different food groups.	4.NPA.1.1 Plan meals using MyPlate.	
4.NPA.1.2 Explain that foods are generally grouped into food groups based on the nutrients they provide.	4.NPA.1.2 Carry out measures to prevent food borne illness, including hand washing and appropriate food storage and preparation.	
	4.NPA.1.3 Use the Food Facts Label to plan meals and avoid food allergies.	
4.NPA.2 Explore external factors that affect which foods we eat.	4.NPA.2 Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.	
4.NPA.2.1 Evaluate influences that affect the food you eat.	4.NPA.2.1 Compare unhealthy and healthy eating patterns, including eating in moderation.	

4.NPA.2.2 List measures to prevent food borne illnesses, including washing hands and food storage methods.	4.NPA.2.2 Explain the effects of eating healthy and unhealthy breakfasts and lunches.	
4.NPA.3 Compare the benefits of different activities for your body to promote wellness.	4.NPA.3 Understand the benefits of nutrition and fitness to disease prevention.	
4.NPA.3.1 Identify short- and long-term benefits of moderate and vigorous physical activity.	4.NPA.3.1 Explain how nutrition and fitness affect cardiovascular health.	
4.NPA.3.2 Describe the benefits of drinking water before, during, and after physical activity.	4.NPA.3.2 Summarize the association between caloric intake and expenditure to prevent obesity.	

(ANCOD) Alcohol, Nicotine, Cannabis, and Other Drugs	(ATOD) Alcohol, Tobacco, and Other Drugs	
2024 Standards/Objectives	2011 Standards/Objectives	Notes
4.ANCOD.1 Understand health risks associated with the use of nicotine products.	4.ATOD.1 Understand health risks associated with the use of tobacco products.	
4.ANCOD.1.1 Summarize the short-term and long-term effects of nicotine products.	4.ATOD.1.1 Summarize short-term and long-term effects of cigarettes and smokeless tobacco products.	
4.ANCOD.1.2 Explain why nicotine products are addictive.	4.ATOD.1.2 Explain why tobacco is an addictive product.	
4.ANCOD.2 Understand why people use nicotine products.	4.ATOD.2 Understand why people use tobacco products.	
4.ANCOD.2.1 Identify possible personal and societal influences on nicotine use.	4.ATOD.2.1 Identify possible internal and external influences on tobacco use.	

4.ANCOD.2.2 Analyze the use of various marketing strategies to influence people to purchase various nicotine products.	4.ATOD.2.2 Explain why people are influenced by various marketing strategies employed by tobacco companies.	
4.ANCOD.3 Apply risk reduction behaviors to protect self and others from alcohol, nicotine, cannabis, and other drug use.	4.ATOD.3 Apply risk reduction behaviors to protect self and others from alcohol, tobacco, and other drug use.	
4.ANCOD.3.1 Identify refusal skills to resist the pressure to experiment with a variety of nicotine products.	4.ATOD.3.1 Use refusal skills to resist the pressure to experiment with tobacco.	
4.ANCOD.3.2 Select strategies to use in avoiding situations in which smoked and electronic nicotine products are being used to minimize exposure to secondhand smoke and aerosol.	4.ATOD.3.2 Select strategies to use in avoiding situations in which tobacco is being used to minimize exposure to second-hand smoke.	

Fifth Grade

(MEH) Mental and Emotional Health		
2024 Standards/Objectives	2011 Standards/Objectives	Notes
5.MEH.1 Summarize strategies to address persistent, challenging, or negative thoughts and emotions.	5.MEH.1 Apply positive stress management strategies.	
5.MEH.1.1 Identify ways to cope with challenging situations.	5.MEH.1.1 Implement positive stress management strategies.	

5.MEH.1.2 Identify a parent, guardian, or trusted adult to talk with about feelings.	5.MEH.1.2 Evaluate the effectiveness of stress management strategies.	
5.MEH.1.3 Describe how the expression of emotions or feelings can help or hurt oneself or others.		
5.MEH.2 Investigate positive stress management strategies.	5.MEH.2 Understand help-seeking strategies for depression and mental disorders.	
5.MEH.2.1 Compare and contrast personal current and newly identified stress management strategies.	5.MEH.2.1 Interpret feelings of depression and sadness as normal responses to loss.	
5.MEH.2.2 Implement new positive stress management strategies.	5.MEH.2.2 Summarize how to seek assistance from reliable resources for depression and sadness.	
5.MEH.3 Develop growth mindset strategies for everyday problems.		
5.MEH.3.1 Explain how practicing a growth mindset can help solve challenging problems.		
5.MEH.3.2 Explain the importance of adjusting strategies and persistent effort to solve problems.		

(PCH) Personal and Consumer Health		
2024 Standards/Objectives	2011 Standards/Objectives	Notes
5.PCH.1 Utilize personal behaviors and practices that promote health and prevent disease.	5.PCH.1 Understand wellness, disease prevention, and recognition of symptoms.	

5.PCH.1.1 Develop a personal hygiene plan.	5.PCH.1.1 Explain the influence of personal values on health behaviors.	
5.PCH.1.2 Outline personal strategies to obtain sufficient sleep and regular physical activity.	5.PCH.1.2 Design a personal action plan for sufficient rest and sleep.	
5.PCH.1.3 Discuss the benefits of sunlight, and the importance of taking measures to prevent sunburn.		
5.PCH.2 Understand necessary steps to prevent and respond to unintentional injury.	5.PCH.2 Analyze health products and sources of health information.	
5.PCH.2.1 Implement safety strategies to avoid causing injury to self and others.	5.PCH.2.1 Recognize dependable resources for health information.	
	5.PCH.2.2 Differentiate between safe and unsafe products.	
5.PCH.3 Understand body systems and organs, functions, and their care.	5.PCH.3 Apply measures for cleanliness and disease prevention.	
5.PCH.3.1 Summarize the functions of the organs which make up the digestive system.	5.PCH.3.1 Implement a personal dental health plan to include brushing, flossing, nutrition, and injury prevention.	
5.PCH.3.2 Interpret the relationship between and among the vessels and organs of the circulatory system.	5.PCH.3.2 Carry out activities that avoid harmful effects of the sun.	
	5.PCH.4 Understand body systems and organs, functions, and their care.	

	5.PCH.4.1 Summarize the functions of the organs which make up the digestive system.	
	5.PCH.4.2 Interpret the relationship between and among the vessels and organs of the circulatory system.	

(ICHR) Interpersonal Communication and Healthy Relationships	(ICR) Interpersonal Communication and Relationships	
2024 Standards/Objectives	2011 Standards/Objectives	Notes
5.ICHR.1 Analyze healthy and effective interpersonal communications and relationships to enhance wellbeing.	5.ICR.1 Understand healthy and effective interpersonal communication and relationships.	
5.ICHR.1.1 Recognize the dangers of communicating with known and unknown peers and adults within the community and online.	5.ICR.1.1 Illustrate the dangers of communicating with unknown individuals.	
5.ICHR.1.2 Identify a parent, guardian, or trusted adult and resources for assistance with unhealthy communication with peers, adults, and strangers within the community and online.	5.ICR.1.2 Summarize things you can do to seek assistance when encountering a stranger.	
5.ICHR.1.3 Categorize the factors of a healthy relationship with peers, family, and adults.	5.ICR.1.3 Explain the impact of stereotyping and discrimination on other people's self-respect and feelings.	
5.ICHR.1.4 Model appropriate strategies for conflict resolution for conflict/bullying.	5.ICR.1.4 Summarize how to solve problems and resolve conflict without avoidance or violence.	

5.ICHR.2 Summarize the changes that occur during puberty and adolescence.	5.ICR.2 Analyze the changes and influences that occur during puberty and adolescence.	
5.ICHR.2.1 Define physical, mental-emotional, and cognitive changes.	5.ICR.2.1 Recall that puberty is characterized by the development of secondary sex characteristics and onset of reproductive capacity.	
5.ICHR.2.2 Identify valid accurate sources of information about puberty and development.	5.ICR.2.2 Differentiate between accurate and inaccurate sources of information about puberty and development.	
5.ICHR.2.3 Explain physical changes during puberty.	5.ICR.2.3 Summarize the functions of the male and female reproductive systems.	
5.ICHR.2.4 Identify how peers, adults, resources, and cultural influences can impact behavioral choices and feelings during puberty.	5.ICR.2.4 Illustrate how societal influences can impact behavioral choices and feelings regarding one's reproductive health.	
5.ICHR.2.5 Analyze media messages as they relate to their influence on perceptions about desirable bodies.	5.ICR.2.5 Deconstruct media messages as they relate to their influence on perceptions of desirable body sizes and shapes.	

(NPA) Nutrition and Physical Activity		
2024 Standards/Objectives	2011 Standards/Objectives	Notes
5.NPA.1 Use tools and resources to interpret nutrition information.	5.NPA.1 Apply tools (MyPlate) to plan healthy nutrition and fitness.	
5.NPA.1.1 Name the primary nutrients that each food group provides.	5.NPA.1.1 Use MyPlate to make healthy choices of foods and beverages.	

5.NPA.1.2 Using the USDA Food Groups plan a meal with 3-5 food groups included.	5.NPA.1.2 Use recommendations in MyPlate to increase physical activity.	
5.NPA.1.3 Calculate nutrients based on the components of a Nutrition Facts label.		
5.NPA.2 Investigate external factors that affect which foods we eat.	5.NPA.2 Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.	
5.NPA.2.1 Describe how family and culture influence food choices, other eating practices, and enjoyment of food.	5.NPA.2.1 Summarize the influences of family, culture, and the media on food choices.	
5.NPA.2.2 Describe how school and community settings influence food choices and other eating practices and behaviors.	5.NPA.2.2 Infer the benefits of limiting the consumption of foods and beverages high in fat and added sugar.	
5.NPA.2.3 Describe how media/technology influence what and how we eat.		
5.NPA.3 Evaluate the benefits of different activities for your body to promote wellness.	5.NPA.3 Understand the benefits of nutrition and fitness to disease prevention.	
5.NPA.3.1 Develop a plan to implement a variety of physical activities into your daily routine that includes warm-up, stretching, and proper hydration.	5.NPA.3.1 Contrast dieting and healthy weight management, including limiting high-fat and high-sugar foods.	
	5.NPA.3.2 Explain the benefits of regular physical activity on physical, mental, emotional, and social health.	

	5.NPA.3.3 Summarize normal weight gain and body changes during puberty.	
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(ANCOD) Alcohol, Nicotine, Cannabis, and Other Drugs	(ATOD) Alcohol, Tobacco, and Other Drugs	
2024 Standards/Objectives	2011 Standards/Objectives	Notes
5.ANCOD.1 Understand health risks associated with using alcohol, nicotine, cannabis, and other drugs.	5.ATOD.1 Understand health risks associated with use of alcohol.	
5.ANCOD.1.1 Explain the short-term and long-term effects of alcohol, nicotine, and cannabis misuse.	5.ATOD.1.1 Explain the short-term and long-term effects of alcohol abuse.	
5.ANCOD.1.2 Understand the effects of alcohol, nicotine, cannabis, and other drug misuse on others.	5.ATOD.1.2 Explain the effects of alcohol abuse on others.	
5.ANCOD.2 Recognize why people misuse alcohol, nicotine, cannabis, and other drug products.	5.ATOD.2 Understand why people use alcohol.	
5.ANCOD.2.1 Identify personal and societal influences to use alcohol, nicotine, cannabis, and other drug products.	5.ATOD.2.1 Explain possible internal and external influences to use alcohol.	
5.ANCOD.2.2 Analyze the use of various marketing strategies to influence people to use alcohol, nicotine, cannabis, and other drug products.	5.ATOD.2.2 Evaluate the effect of advertising strategies of alcohol companies on people's use of alcohol.	

5.ANCOD.3 Apply risk reduction behaviors to protect oneself and others from alcohol, nicotine, cannabis, and other drug misuse.	5.ATOD.3 Apply risk reduction behaviors to protect self and others from alcohol use.	
5.ANCOD.3.1 Use refusal skills to resist the pressure to experiment with alcohol, nicotine, cannabis, and other drugs.	5.ATOD.3.1 Use refusal skills to resist the pressure to experiment alcohol and other drug use.	
5.ANCOD.3.2 Create a plan for maintaining a drug-free lifestyle that includes challenges to the plan and ways of overcoming the challenges.	5.ATOD.3.2 Design strategies for maintaining an alcohol-free lifestyle that include barriers and ways of overcoming these barriers.	

Sixth Grade

(MEH) Mental and Emotional Health		
2024 Standards/Objectives	2011 Standards/Objectives	Notes
6.MEH.1 Analyze the impact of health-related decisions on mental and emotional health.	6.MEH.1 Apply structured thinking (decision making and goal setting) to benefit emotional well-being.	
6.MEH.1.1 Recognize that guidance from a parent, guardian, or trusted adult is beneficial and should be sought for healthy decision-making.	6.MEH.1.1 Implement a structured decision-making model to enhance health behaviors.	
6.MEH.1.2 Determine when health-related situations require the application of a thoughtful decision-making process.	6.MEH.1.2 Execute a goal setting plan to enhance health behaviors.	
6.MEH.1.3 Develop a goal to adopt, maintain, or improve a personal mental health plan.		

6.MEH.2 Demonstrate a variety of positive stress management techniques.	6.MEH.2 Analyze the potential outcome of positive stress management techniques.	
6.MEH.2.1 Compare and contrast positive and negative stress management techniques.	6.MEH.2.1 Organize common responses to stressors based on the degree to which they are positive or negative and their likely health outcomes.	
6.MEH.2.2 Create a personal stress management plan.	6.MEH.2.2 Differentiate between positive and negative stress management strategies.	
6.MEH.3 Analyze the relationship between healthy expression of emotions, mental health, and healthy behaviors.	6.MEH.3 Analyze the relationship between healthy expression of emotions, mental health, and healthy behavior.	No Revision
6.MEH.3.1 Develop the ability to reframe challenges or setbacks and see them as opportunities for growth.	6.MEH.3.1 Interpret failure in terms of its potential for learning and growth.	
6.MEH.3.2 Analyze the relationship between health-enhancing behaviors and navigating challenges.	6.MEH.3.2 Analyze the relationship between health-enhancing behaviors (communication, goal- setting and decision making) and the ability to cope with failure.	

(PCH) Personal and Consumer Health		
2024 Standards/Objectives	2011 Standards/Objectives	Notes
6.PCH.1 Demonstrate age and developmentally appropriate practices that promote health and prevent or reduce the risk of disease.	6.PCH.1 Understand wellness, disease prevention, and recognition of symptoms.	

6.PCH.1.1 Differentiate between communicable and chronic diseases.	6.PCH.1.1 Explain the increase of incidence of disease and mortality over the last decades.	
6.PCH.1.2 Recall symptoms associated with common communicable and chronic diseases.	6.PCH.1.2 Differentiate between communicable and chronic diseases.	
6.PCH.1.3 Identify methods of prevention based on the modes of transmission of communicable diseases.	6.PCH.1.3 Recall symptoms associated with common communicable and chronic diseases.	
6.PCH.1.4 Summarize the triggers and symptoms for respiratory illnesses and strategies for controlling them.	6.PCH.1.4 Select methods of prevention based on the modes of transmission of communicable diseases.	
	6.PCH.1.5 Explain methods of protecting eyes and vision.	
	6.PCH.1.6 Summarize protective measures for ears and hearing.	
	6.PCH.1.7 Summarize the triggers and symptoms for asthma and strategies for controlling asthma.	
6.PCH.2 Develop health literacy through the examination of health claims and products.	6.PCH.2 Analyze health information and products.	
6.PCH.2.1 Analyze how messages from media influence health behaviors.	6.PCH.2.1 Analyze claims for health products and services.	

6.PCH.2.2 Analyze the validity of health information, products, and services from print and electronic sources.	6.PCH.2.2 Evaluate the validity of claims made in advertisements for health products and services.	
	6.PCH.3 Analyze measures necessary to protect the environment.	
	6.PCH.3.1 Differentiate between individual behaviors that can harm or help the environment.	
	6.PCH.3.2 Implement plans to work collaboratively to improve the environment.	

(ICHR) Interpersonal Communication and Healthy Relationships	(ICR) Interpersonal Communication and Relationships	
2024 Standards/Objectives	2011 Standards/Objectives	Notes
6.ICHR.1 Use skills for communicating effectively with family, peers, and others to enhance health.	6.ICR.1 Understand healthy and effective interpersonal communication and relationships.	
6.ICHR.1.1 Distinguish when individual or collaborative decision making is appropriate.	6.ICR.1.1 Classify behaviors as either productive or counterproductive to group functioning.	
6.ICHR.1.2 Demonstrate the use of verbal and nonverbal communication skills.	6.ICR.1.2 Implement verbal and non-verbal communication skills that are effective for a variety of purposes and audiences.	
6.ICHR.1.3 Demonstrate how to effectively communicate kindness, empathy, compassion, and respect for others.	6.ICR.1.3 Use strategies to communicate care, consideration, and respect for others.	

6.ICHR.2 Apply strategies and skills for developing and maintaining healthy relationships.	6.ICR.2 Apply strategies and skills for developing and maintaining healthy relationships.	No Revision
6.ICHR.2.1 Explain how the physical and hormonal changes during puberty affect social relationships, and physical, mental, and emotional health.	6.ICR.2.1 Explain the impact of early sexual activity outside of marriage on physical, mental, emotional, and social health.	
6.ICHR.2.2 Identify trusted resources to report sexual harassment and bullying.	6.ICR.2.2 Summarize the responsibilities of parenthood.	
6.ICHR.2.3 Summarize strategies for predicting and avoiding conflict.	6.ICR.2.3 Use effective refusal skills to avoid negative peer pressure, sexual behaviors, and sexual harassment.	
6.ICHR.2.4 Design productive and positive solutions to conflicts based on an understanding of the perspectives of those involved in the conflicts.	6.ICR.2.4 Use resources in the family, school, and community to report sexual harassment and bullying.	
6.ICHR.2.5 Compare and contrast the signs of healthy and unhealthy relationships.	6.ICR.2.5 Summarize strategies for predicting and avoiding conflict.	
	6.ICR.2.6 Design nonviolent solutions to conflicts based on an understanding of the perspectives of those involved in the conflicts.	
	6.ICR.2.7 Explain the signs of an abusive relationship and access resources for help.	
6.ICHR.3 Summarize the changes that occur during puberty and adolescence.	6.ICR.3 Understand the changes that occur during puberty and adolescence.	

6.ICHR.3.1 Discuss the maturing of body systems during puberty.	6.ICR.3.1 Identify the challenges associated with the transitions in social relationships that take place during puberty and adolescence.	
6.ICHR.3.2 Examine the responsibilities of parenthood or guardianship.	6.ICR.3.2 Summarize the relationship between conception and the menstrual cycle.	
6.ICHR.3.3 Demonstrate refusal skills that avoid or reduce health risks.		

(NPA) Nutrition and Physical Activity		
2024 Standards/Objectives	2011 Standards/Objectives	Notes
6.NPA.1 Compare tools such as Dietary Guidelines and the Nutrition Facts Label as they relate to the planning of healthy nutrition and physical activity.	6.NPA.1 Analyze tools such as Dietary Guidelines and Food Facts Label as they relate to the planning of healthy nutrition and fitness.	
6.NPA.1.1 Attribute the prevention of nutrition-related diseases to following the Dietary Guidelines for Americans.	6.NPA.1.1 Attribute the prevention of nutrition-related diseases to following the Dietary Guidelines for Americans.	No Revision
6.NPA.1.2 Evaluate food choices using Nutrition Facts labels.	6.NPA.1.2 Evaluate Food Facts label with the advertisement of nutrition choices and allowable claims on food labels.	
6.NPA.1.3 Apply current dietary guidelines for meal planning with a variety of food choices.	6.NPA.1.3 Apply MyPlate meal-planning guides to ethnic and vegetarian choices.	
6.NPA.2 Explore the benefits of consuming a variety of foods and beverages.	6.NPA.2 Apply strategies to consume a variety of nutrient dense foods and beverages in moderation.	

6.NPA.2.1 Identify the six essential nutrients to make informed decisions regarding healthy eating.	6.NPA.2.1 Compare weight management strategies for healthy eating patterns, including attention to portion and serving sizes.	
6.NPA.2.2 Compare the nutrients in a variety of beverages.	6.NPA.2.2 Differentiate the health effects of beverages which are nutrient dense with those high in sugar and calories.	
6.NPA.2.3 Discuss the benefits of consuming foods high in fiber.	6.NPA.2.3 Implement a plan to consume adequate amounts of foods high in fiber.	
6.NPA.3 Apply lifelong nutrition and health-related fitness concepts to enhance quality of life.	6.NPA.3 Apply lifelong nutrition and health-related fitness concepts to enhance quality of life.	No Revision
6.NPA.3.1 Explain the relationships between food consumption, physical activity, and overall health.	6.NPA.3.1 Explain the relationships between food consumption, physical activity, and healthy weight management.	
6.NPA.3.2 Design a personal wellness plan addressing nutrition and physical activity to enhance quality of life.	6.NPA.3.2 Implement a personal wellness plan in nutrition and fitness to enhance quality of life.	No Revision

(ANCOD) Alcohol, Nicotine, Cannabis, and Other Drugs	(ATOD) Alcohol, Tobacco, and Other Drugs	
2024 Standards/Objectives	2011 Standards/Objectives	Notes
6.ANCOD.1 Summarize the health risks associated with alcohol, nicotine products, cannabis, and other drug use.	6.ATOD.1 Analyze influences that the use alcohol, tobacco, and other drugs.	

6.ANCOD.1.1 Explain potential consequences of using any nicotine products, including vaping.	6.ATOD.1.1 Analyze the marketing and advertising of alcohol and tobacco companies in terms of the strategies they use to influence youth experimentation with their products.	
6.ANCOD.1.2 Identify benefits of a smoke/vape-free and nicotine-free environment.	6.ATOD.1.2 Illustrate the effects of alcohol and other drugs on behavior, judgment, family relationships, and long-term success.	
6.ANCOD.1.3 Analyze family, media, and peer influences on the use, misuse, and avoidance of alcohol, nicotine, cannabis, and other drugs.		
6.ANCOD.1.4 Describe the potential effects of alcohol, nicotine, cannabis, and other drugs on physical, mental, and social health.		
6.ANCOD.2 Apply refusal skills to protect self and others from alcohol, nicotine products, cannabis, and other drug use.	6.ATOD.2 Understand the health risks associated with alcohol, tobacco, and other drug use.	
6.ANCOD.2.1 Explain the importance of accepting responsibility for personal actions to avoid risk-taking behaviors related to substance abuse.	6.ATOD.2.1 Explain the immediate social and physical consequences of tobacco use, including spit tobacco.	
6.ANCOD.2.2 Identify the types of support available at school and in the community for substance abuse.	6.ATOD.2.2 Summarize the short-term and long-term effects of being exposed to secondhand smoke.	
6.ANCOD.2.3 Examine how health-enhancing and risky behaviors can influence the likelihood of engaging in more of the same behaviors.		

	6.ATOD.3 Apply risk reduction behaviors to protect self and others from alcohol, tobacco, and other drug use.	No revision
	6.ATOD.3.1 Use effective assertive refusal skills to avoid pressure to use alcohol and other drugs.	
	6.ATOD.3.2 Summarize the short-term and long-term benefits of resistance to drug abuse.	

Seventh Grade

(MEH) Mental and Emotional Health		
2024 Standards/Objectives	2011 Standards/Objectives	Notes
7.MEH.1 Analyze the relationship between healthy expression of emotions, mental health, and healthy behaviors.	7.MEH.1 Analyze the relationship between healthy expression of emotions, mental health, and healthy behavior.	No Revision
7.MEH.1.1 Explain how emotions change during adolescence.	7.MEH.1.1 Interpret the transition of adolescence, including emotions in flux.	
7.MEH.1.2 Describe the potential outcomes of impulsive behaviors.	7.MEH.1.2 Infer the potential outcome from impulsive behaviors.	
7.MEH.1.3 Identify resources for mental and emotional health.	7.MEH.1.3 Organize resources (family, school, community) for mental and emotional health problems.	
7.MEH.2 Evaluate positive stress management strategies.	7.MEH.2 Evaluate positive stress management strategies.	No Revision

7.MEH.2.1 Assess a variety of stress management techniques.	7.MEH.2.1 Critique a variety of stress management techniques.	
7.MEH.2.2 Design a stress management plan.	7.MEH.2.2 Design a stress management plan that is appropriate for the situation and individual traits and skills.	
7.MEH.3 Identify help-seeking strategies for mental health challenges.	7.MEH.3 Apply help-seeking strategies for depression and mental disorders.	
7.MEH.3.1 Identify numerous resources that would be appropriate for supporting mental health challenges.	7.MEH.3.1 Identify resources that would be appropriate for treating common mental disorders.	
7.MEH.3.2 Implement strategies to seek help from a parent, guardian, or trusted adult when noticing harmful and/or negative thoughts or behaviors.	7.MEH.3.2 Implement strategies to seek help from an adult for self-destructive thoughts or behaviors.	

(PCH) Personal and Consumer Health		
2024 Standards/Objectives	2011 Standards/Objectives	Notes
7.PCH.1 Understand wellness, disease prevention, and recognition of symptoms.	7.PCH.1 Understand wellness, disease prevention, and recognition of symptoms.	No Revision
7.PCH.1.1 List personal behaviors that are risk factors of chronic illnesses.	7.PCH.1.1 Explain health and academic consequences of inadequate rest and sleep.	
7.PCH.1.2 Name the social determinants of health and how they relate to chronic illnesses.	7.PCH.1.2 Explain environmental, psychological, and social factors affecting excessive sun exposure.	

7.PCH.1.3 Explain mental and physical consequences of inadequate rest and sleep.		
7.PCH.1.4 Explain the effects of excessive sun exposure on your overall health and the importance of regular skin checks.		
7.PCH.2 Analyze the immune system in terms of the organs, their functions, and their interrelationships.	7.PCH.2 Analyze the immune system in terms of the organs, their functions, and their interrelationships.	No Revision
7.PCH.2.1 Describe the parts of the immune system and their purpose.	7.PCH.2.1 Analyze the immune system in terms of the organs, their functions, and their interrelationships.	
7.PCH.2.2 Explain how the immune system functions to protect the body.		
7.PCH.2.3 Identify strategies to protect your immune system.		
7.PCH.3 Demonstrate health literacy when evaluating health claims for misinformation and bias.	7.PCH.3 Evaluate health information and product.	
7.PCH.3.1 Identify resources that help to make educated decisions on health services and products.	7.PCH.3.1 Recognize health quackery as a false claim for a cure and the ploys quacks use to promote unproven products and services.	
7.PCH.3.2 Discuss misconceptions about health and the efficacy of health products and services.	7.PCH.3.2 Critique misconceptions about health and the efficacy of health products and services.	

7.PCH.4 Analyze necessary steps to prevent and respond to unintentional injury.	7.PCH.4 Analyze necessary steps to prevent and respond to unintentional injury.	No Revision
7.PCH.4.1 Deconstruct the interaction of individual behaviors, the environment, and other factors that cause or prevent injuries.	7.PCH.4.1 Deconstruct how the interaction of individual behaviors, the environment, and other factors that cause or prevent injuries.	
7.PCH.4.2 Demonstrate techniques of basic first aid and procedures for treating injuries and emergencies.	7.PCH.4.2 Demonstrate techniques of basic first aid and procedures for treating injuries and emergencies.	No Revision
7.PCH.4.3 Design plans that reduce the risk of fire-related injuries at home, in school, and in the community at large.	7.PCH.4.3 Design plans that reduce the risk of fire-related injuries at home, in school, and in the community at large.	No Revision
7.PCH.4.4 Create a plan to reduce the risk of water-related injuries.	7.PCH.4.4 Create a plan to reduce the risk of water-related injuries.	No Revision

(ICHR) Interpersonal Communication and Healthy Relationships	(ICR) Interpersonal Communication and Relationships	
2024 Standards/Objectives	2011 Standards/Objectives	Notes
7.ICHR.1 Understand healthy and effective interpersonal communications and relationships.	7.ICR.1 Understand healthy and effective interpersonal communication and relationships.	No Revision
7.ICHR.1.1 Contrast characteristics of healthy and unhealthy relationships.	7.ICR.1.1 Contrast characteristics of healthy and unhealthy relationships.	No Revision
7.ICHR.1.2 Predict short-term and long-term consequences of violence to perpetrators, victims, and bystanders.	7.ICR.1.2 Predict short-term and long-term consequences of violence to perpetrators, victims, and bystanders.	No Revision

7.ICHR.1.3 Demonstrate safe and effective ways to manage and resolve conflict.	7.ICR.1.3 Illustrate strategies that can be used to manage anger in healthy and non-hurtful ways.	
7.ICHR.1.4 Identify risks of becoming a perpetrator or victim of bullying via social media.	7.ICR.1.4 Use structured thinking to avoid becoming a perpetrator or victim in cyber-bullying.	
7.ICHR.1.5 Recognize that all people have inherent value and dignity and contribute much in life, regardless of differences.	7.ICR.1.5 Explain why tolerance is beneficial in a society characterized by diversity.	
7.ICHR.1.6 Discuss the appropriate role of bystanders in preventing and stopping bullying and violence.	7.ICR.1.6 Illustrate the appropriate role of bystanders in preventing and stopping bullying and violence.	
7.ICHR.2 Explain the physical, social, and emotional benefits of choosing to abstain from sexual activity until marriage.	7.ICR.2 Remember abstinence from sexual activity outside of marriage as a positive choice for young people.	
7.ICHR.2.1 Explain how family, peers, culture, media, technology, and other factors can affect sexual health decisions including remaining abstinent from sexual activity until marriage.	7.ICR.2.1 Explain the effects of culture, media, and family values on decisions related to becoming or remaining abstinent.	
7.ICHR.2.2 Analyze the meaning of the term abstinence in the context of sexual health and living a healthy life.	7.ICR.2.2 Identify the positive benefits of abstinence from sexual activity outside of marriage.	

7.ICHR.2.3 Explain that sexual activity includes physical contact between individuals involving intimate/private areas of the body that can potentially result in pregnancy, STIs, and/or emotional consequences.		
7.ICHR.3 Explain strategies that develop and maintain reproductive and sexual health.	7.ICR.3 Apply strategies that develop and maintain reproductive and sexual health.	
7.ICHR.3.1 Recognize common STIs (including HIV & HPV), modes of transmission, symptoms, effects if untreated, and FDA-approved methods of prevention.	7.ICR.3.1 Recognize common STDs (including HIV and HPV), modes of transmission, symptoms, effects if untreated, and methods of prevention.	
7.ICHR.3.2 Summarize the FDA-approved methods for avoiding unwanted pregnancy.	7.ICR.3.2 Summarize the safe and effective use of FDA-approved methods of preventing sexually transmitted diseases.	
7.ICHR.3.3 List ways that different forms of sexual assault and sexual abuse can physically, mentally, or emotionally harm a person.	7.ICR.3.3 Recognize that sexual harassment may contribute to sexual abuse, sexual assault and sex trafficking and the feelings that result from these behaviors.	
7.ICHR.3.4 Explain sex trafficking and the ways victims are groomed and recruited.	7.ICR.3.4 Use strategies to be safe, reject inappropriate or unwanted sexual advances, and to report incidences to an adult when assistance is needed.	
7.ICHR.3.5 Explain the importance of reporting actual or suspected sexual abuse of self or others to a parent, guardian, trusted adult, or local authority.		

<p>7.ICHR.3.6 Recognize abstinence is the only certain means of avoiding pregnancy, sexually transmitted infections and other associated health and emotional problems.</p>		
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(NPA) Nutrition and Physical Activity		
2024 Standards/Objectives	2011 Standards/Objectives	Notes
<p>7.NPA.1 Apply resources to plan and employ balanced nutrition and physical activity plans.</p>	<p>7.NPA.1 Apply tools (MyPlate, Food Facts Label) to plan and employ healthy nutrition and fitness.</p>	
<p>7.NPA.1.1 Develop a balanced dietary plan.</p>	<p>7.NPA.1.1 Use the Dietary Guidelines for Americans to eat nutrient dense foods in moderation.</p>	
<p>7.NPA.1.2 Develop a balanced physical activity plan.</p>	<p>7.NPA.1.2 Analyze Food Facts Labels for nutrients such as proteins, fats, and carbohydrates.</p>	
<p>7.NPA.1.3 Identify the health benefits of consuming adequate amounts of water.</p>		
<p>7.NPA.2 Apply healthy nutrition and physical activity concepts to enhance quality of life.</p>	<p>7.NPA.2 Apply strategies to consume a variety of nutrient dense foods and beverages in moderation.</p>	
<p>7.NPA.2.1 Design goals for enhancing physical activity and strategies for achieving those goals.</p>	<p>7.NPA.2.1 Compare weight management strategies for healthy eating patterns, including attention to portion and serving sizes.</p>	
<p>7.NPA.2.2 Implement a personal health plan that balances nutrition and physical activity.</p>	<p>7.NPA.2.2 Recall the health benefits of consuming more water.</p>	

	7.NPA.3 Analyze the relationship of nutrition, fitness, and healthy weight management to the prevention of diseases such as diabetes, obesity, cardiovascular diseases, and eating disorders.	
	7.NPA.3.1 Interpret the relationship between poor nutrition and chronic illnesses such as diabetes, cardiovascular diseases, and obesity.	
	7.NPA.3.2 Attribute a positive body image to healthy self-esteem and the avoidance of risky eating behaviors.	
	7.NPA.4 Apply lifelong nutrition and health-related fitness concepts to enhance quality of life.	
	7.NPA.4.1 Design goals for increasing physical activity and strategies for achieving those goals.	No revision
	7.NPA.4.2 Implement a personal fitness plan that balances caloric intake and expenditure.	

(ANCOD) Alcohol, Nicotine, Cannabis, and Other Drugs	(ATOD) Alcohol, Tobacco, and Other Drugs	
2024 Standards/Objectives	2011 Standards/Objectives	Notes
7.ANCOD.1 Analyze the health risks associated with alcohol, nicotine, cannabis, drugs, and other mind-altering substances.	7.ATOD.1 Understand the health risks associated with alcohol, tobacco, and other drug use.	

7.ANCOD.1.1 Explain the link between addiction to alcohol, nicotine, cannabis, drugs, and other mind-altering substances to chronic disease and other risky behaviors.	7.ATOD.1.1 Explain the common sequence of substance abuse that leads to serious health risks.	
7.ANCOD.1.2 Explain health risks resulting from injection drug use.	7.ATOD.1.2 Explain health risks resulting from injection drug use.	No Revision
7.ANCOD.1.3 Discuss consequences of over the counter and prescription medicine misuse.	7.ATOD.1.3 Predict consequences of abuse of over-the-counter medicines from information provided by the manufacturers of these medicines.	
7.ANCOD.1.4 Explain how drug dependence and addiction create barriers to achieving personal goals.	7.ATOD.1.4 Explain how drug dependence and addiction create barriers to achieving personal goals.	No Revision
7.ANCOD.2 Explain how drug use can negatively impact decision making and problem solving.	7.ATOD.2 Apply risk reduction behaviors to protect self and others from alcohol, tobacco, and other drug use.	
7.ANCOD.2.1 Develop strategies to avoid nicotine products, alcohol, cannabis, and other drugs.	7.ATOD.2.1 Use communication strategies to avoid the consequences of tobacco, alcohol, and other drug use.	
7.ANCOD.2.2 Discuss methods of avoiding peer pressure and social media pressures regarding nicotine products.	7.ATOD.2.2 Design methods of avoiding the consequences of tobacco, including addiction, by seeking resources for prevention and cessation.	

Eighth Grade

(MEH) Mental and Emotional Health		
2024 Standards/Objectives	2011 Standards/Objectives	Notes
8.MEH.1 Evaluate how structured thinking benefits emotional well-being.	8.MEH.1 Create positive stress management strategies.	
8.MEH.1.1 Evaluate the uses of defense mechanisms in terms of whether they are healthy or unhealthy.	8.MEH.1.1 Evaluate stress management strategies based on personal experience.	
8.MEH.1.2 Explain how personal responsibility for one's choices is linked to self-worth and growth.	8.MEH.1.2 Design a plan to prevent stressors or manage the effects of stress.	
	8.MEH.1.3 Design effective methods to deal with anxiety.	
8.MEH.2 Design a personal plan for both preventing and managing stress and anxiety.	8.MEH.2 Evaluate how structured thinking (decision making, problem solving, goal setting) benefits emotional well-being.	
8.MEH.2.1 Compare and contrast positive and negative stress management techniques.	8.MEH.2.1 Evaluate the uses of defense mechanisms in terms of whether they are healthy or unhealthy.	
8.MEH.2.2 Design a plan to minimize stressors or manage the effects of stress.	8.MEH.2.2 Critique personal use of structured thinking to enhance emotional well-being (based on appropriateness, effectiveness, and consistency).	
8.MEH.3 Apply help-seeking strategies for mental health challenges.	8.MEH.3 Apply help-seeking strategies for depression and mental disorders.	

8.MEH.3.1 Identify signs of behaviors that contribute to harm to self or others.	8.MEH.3.1 Recognize signs and symptoms of hurting self or others.	
8.MEH.3.2 Create a plan for seeking adult help for yourself or peers who exhibit signs of self-harm or suicidal intent.	8.MEH.3.2 Implement a plan for seeking adult help for peers who express symptoms of self-injury or suicidal intent.	

(PCH) Personal and Consumer Health		
2024 Standards/Objectives	2011 Standards/Objectives	Notes
8.PCH.1 Understand wellness, disease prevention, and recognition of symptoms.	8.PCH.1 Understand wellness, disease prevention, and recognition of symptoms.	No Revision
8.PCH.1.1 Examine risk factors and social determinants of health that impact health outcomes throughout the lifespan.	8.PCH.1.1 Classify the risk factors (based on risk behaviors) begun in childhood and adolescence associated with leading and premature causes of death.	
8.PCH.1.2 Explain behavioral and environmental factors that contribute to major chronic diseases and the methods for reducing problems associated with common conditions.	8.PCH.1.2 Explain behavioral and environmental factors that contribute to major chronic diseases and the methods for reducing problems associated with common conditions (asthma, allergies, diabetes, and epilepsy).	
8.PCH.1.3 Determine individual risk for preventable diseases based on personal health data and family history.	8.PCH.1.3 Interpret health appraisal data to assess personal risks for preventable disease.	
8.PCH.1.4 Identify specific ways the environment impacts personal and community health.		

8.PCH.2 Apply health literacy skills when examining health claims and products.	8.PCH.2 Evaluate health information and products.	
8.PCH.2.1 Create a PSA about a health topic using evidence-based information.	8.PCH.2.1 Critique medical information resources in terms of reliability, unreliability, accuracy, and significance.	
8.PCH.2.2 Demonstrate how to influence and support others to make positive health choices.	8.PCH.2.2 Judge the effects of popular fads on health (tattooing, piercing, artificial fingernails).	
8.PCH.3 Analyze necessary steps to prevent and respond to unintentional injury.	8.PCH.3 Analyze measures necessary to protect the environment.	
8.PCH.3.1 Execute abdominal thrusts on a mannequin.	8.PCH.3.1 Outline the potential health consequences of global environmental problems.	
8.PCH.3.2 Demonstrate CPR compressions and procedures on a mannequin.	8.PCH.3.2 Explain the impact of personal behaviors on the environment, both positively and negatively.	
	8.PCH.4 Analyze necessary steps to prevent and respond to unintentional injury.	
	8.PCH.4.1 Execute the Heimlich maneuver on a mannequin.	
	8.PCH.4.2 Demonstrate basic CPR techniques and procedures on a mannequin and pass a Red Cross or American Heart Association approved test of CPR skills.	

(ICHR) Interpersonal Communication and Healthy Relationships	(ICR) Interpersonal Communication and Relationships	
2024 Standards/Objectives	2011 Standards/Objectives	Notes
8.ICHR.1 Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	8.ICR.1 Understand healthy and effective interpersonal communication and relationships.	
8.ICHR.1.1 Contrast characteristics of healthy and unhealthy relationships for friendships and for dating.	8.ICR.1.1 Contrast characteristics of healthy and unhealthy relationships for friendships and for dating.	No Revision
8.ICHR.1.2 Create strategies to communicate personal boundaries and show respect for the boundaries of others.	8.ICR.1.2 Identify the reasons that people engage in violent behaviors (bullying, hazing, dating violence, sexual assault, family violence, verbal abuse, sex trafficking) and resources for seeking help.	
8.ICHR.1.3 Identify potential consequences of unhealthy relationships and intolerance which can lead to dating violence, discrimination, and hate crimes.	8.ICR.1.3 Explain the effects of tolerance and intolerance on individuals and society.	
8.ICHR.1.4 Demonstrate communication skills that build and maintain healthy relationships.	8.ICR.1.4 Illustrate communication skills that build and maintain healthy relationships.	
8.ICHR.1.5 Use decision-making strategies appropriate for responding to unknown people via social media, digital messaging, or other means to avoid sexual trafficking.	8.ICR.1.5 Use decision-making strategies appropriate for responding to unknown people via the Internet, telephone, and face-to-face.	

8.ICHR.1.6 Explore resources for safe and respectful ways to end an unhealthy or unwanted relationship.	8.ICR.1.6 Recognize resources that can be used to deal with unhealthy relationships.	
8.ICHR.2 Explain how avoiding sexual activity is the most effective way to prevent pregnancy and STIs.	8.ICR.2 Remember that abstinence from sexual activity outside of marriage means a positive choice for young people.	
8.ICHR.2.1 Compare and contrast sexual risk avoidance versus sexual risk reduction as they relate to pregnancy, STI, and other risks.	8.ICR.2.1 Recall abstinence as voluntarily refraining from intimate sexual behavior that could lead to unintended pregnancy and disease.	
8.ICHR.2.2 Discuss refusal skills and behaviors that are required for delaying sexual activity.	8.ICR.2.2 Recall skills and strategies for abstaining from sexual activity outside of marriage.	
8.ICHR.3 Identify strategies that maintain reproductive and sexual health.	8.ICR.3 Analyze strategies that develop and maintain reproductive and sexual health.	
8.ICHR.3.1 Discuss the emotional, social, educational, and financial impact of teen pregnancy on teen parents and their families.	8.ICR.3.1 Explain the health, legal, financial, and social consequences of adolescent and unintended pregnancy and the advantages of delaying parenthood.	
8.ICR.3.2 Analyze methods of FDA-approved contraceptives in terms of their safety and their effectiveness in preventing unintended pregnancy.	8.ICR.3.2 Evaluate methods of FDA-approved contraceptives in terms of their safety and their effectiveness in preventing unintended pregnancy.	
8.ICHR.3.3 Explore family, school, and community resources for the prevention of sexual risks through abstinence, postponed sexual activity, and safer sex practices.	8.ICR.3.3 Select family, school, and community resources for the prevention of sexual risk taking through abstinence and safer sex practices.	

<p>8.ICHR.3.4 Examine examples of how media, social media, and technology can positively or negatively influence sexual attitudes and behaviors.</p>	<p>8.ICR.3.4 Summarize ways to avoid being a victim or perpetrator of sexual abuse via digital media (including social network sites, texting, and cell phone).</p>	
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(NPA) Nutrition and Physical Activity		
2024 Standards/Objectives	2011 Standards/Objectives	Notes
<p>8.NPA.1 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.</p>	<p>8.NPA.1 Apply tools (Body Mass Index, Dietary Guidelines) to plan healthy nutrition and fitness.</p>	
<p>8.NPA.1.1 Examine the destructive nature of body shaming and negative body image.</p>	<p>8.NPA.1.1 Interpret the Body Mass Index in terms of body composition and healthy weight, underweight, overweight and obesity.</p>	
<p>8.NPA.1.2 Explain the importance of assuming responsibility for personal dietary choices.</p>	<p>8.NPA.1.2 Summarize the benefit of consuming adequate amounts of vitamins A, E, and C, magnesium, calcium, iron, fiber, folic acid, and water in a variety of foods.</p>	
<p>8.NPA.1.3 Identify resources to advocate for those who are at risk for poor nutrition.</p>	<p>8.NPA.1.3 Implement meal plans that are consistent with the Dietary Guidelines.</p>	
<p>8.NPA.2 Apply strategies to consume a variety of foods and beverages.</p>	<p>8.NPA.2 Create strategies to consume a variety of nutrient dense foods and beverages in moderation.</p>	
<p>8.NPA.2.1 Summarize the benefits of consuming adequate amounts of micronutrients and water in a variety of foods.</p>	<p>8.NPA.2.1 Plan healthy personal eating strategies with attention to caloric intake and expenditure.</p>	

8.NPA.2.2 Create a healthful eating plan incorporating food choice inside and outside the home setting.	8.NPA.2.2 Generate a healthful eating plan incorporating food choices inside and outside the home setting.	
8.NPA.3 Explore various diet and physical activity trends to enhance quality of life.	8.NPA.3 Analyze the relationship of nutrition, fitness, and healthy weight management to the prevention of diseases such as diabetes, obesity, cardiovascular diseases, and eating disorders.	
8.NPA.3.1 Identify risks and benefits of various dietary preferences and eating patterns.	8.NPA.3.1 Identify media and peer pressures that result in unhealthy weight control (eating disorders, fad dieting, excessive exercise, smoking).	
8.NPA.3.2 Summarize the benefits and risks of current physical activity trends.	8.NPA.3.2 Differentiate the signs, symptoms, and consequences of common eating disorders from more healthy eating behaviors.	
8.NPA.3.3 Discuss effects of food preparation on your health.	8.NPA.3.3 Use strategies to advocate for those who are at risk for eating disorders or poor nutrition.	
	8.NPA.4 Analyze plans for lifelong nutrition and health-related fitness to enhance quality of life.	
	8.NPA.4.1 Outline strategies that can be used to overcome barriers to healthy eating.	
	8.NPA.4.2 Differentiate methods of food preparation in terms of their health and safety.	

	8.NPA.4.3 Summarize the benefits of regular physical activity.	
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(ANCOD) Alcohol, Nicotine, Cannabis, and Other Drugs	(ATOD) Alcohol, Tobacco, and Other Drugs	
2024 Standards/Objectives	2011 Standards/Objectives	Notes
8.ANCOD.1 Assess the short- and long-term health risks associated with alcohol, nicotine, cannabis, and other drug use.	8.ATOD.1 Analyze influences related to alcohol, tobacco, and other drug use and avoidance.	
8.ANCOD.1.1 Explain the impact of alcohol and other drug use on vehicle crashes, injuries, violence, and risky sexual behavior.	8.ATOD.1.1 Analyze policies and laws related to the sale and use of tobacco products in terms of their purposes and benefits.	
8.ANCOD.1.2 Evaluate the magnitude and likelihood of the risks associated with the use of performance-enhancing supplements.	8.ATOD.1.2 Predict the potential effect of anti-tobacco messages on the use of tobacco by youth and adults.	
8.ANCOD.2 Evaluate positive and negative influences on adolescent health practices and behaviors including peers, family, media, culture, community, technology, and social platforms.	8.ATOD.2 Understand the health risks associated with alcohol, tobacco, and other drug use.	
8.ANCOD.2.1 Analyze policies and laws related to the sale and use of alcohol and nicotine products in terms of their purposes and benefits.	8.ATOD.2.1 Explain the impact of alcohol and other drug use on vehicle crashes, injuries, violence, and risky sexual behavior.	
8.ANCOD.2.2 Create persuasive messaging to reduce the use of alcohol, nicotine, cannabis, and other drugs.	8.ATOD.2.2 Evaluate the magnitude and likelihood of the risks associated with the use of performance-enhancing drugs.	

8.ANCOD 2.3 Use strategies to avoid riding in a car with someone impaired by alcohol or drugs.		
8.ANCOD.2.4 Identify positive alternatives to the use of alcohol and drugs.		
	8.ATOD.3 Apply risk reduction behaviors to protect self and others from alcohol, tobacco, and other drug use.	
	8.ATOD.3.1 Use strategies to avoid riding in a car with someone impaired by alcohol or drugs.	
	8.ATOD.3.2 Identify positive alternatives to the use of alcohol and drugs.	
	8.ATOD.3.3 Use advocacy skills to promote the avoidance of alcohol, tobacco, and drugs by others.	

Ninth Grade

(MEH) Mental and Emotional Health		
2024 Standards/Objectives	2011 Standards/Objectives	Notes
9.MEH.1 Promote the destigmatization of seeking mental health resources.	9.MEH.1 Create positive stress management strategies.	
9.MEH.1.1 Identify causes, symptoms, and strategies for treating mental health challenges.	9.MEH.1.1 Identify the body's physical and psychological responses to stressful situations and positive coping mechanisms.	

9.MEH.1.2 Recognize at-risk populations, causes and symptoms of depression, suicide, and impaired mental health.	9.MEH.1.2 Plan effective methods to deal with anxiety.	
9.MEH.1.3 Develop a support plan for peers experiencing mental health challenges.		
9.MEH.2 Identify a variety of positive stress management and self-regulation strategies that would benefit overall health.	9.MEH.2 Create help-seeking strategies for depression and mental disorders.	
9.MEH.2.1 Identify the short and long term physical and psychological responses to stress.	9.MEH.2.1 Identify causes and symptoms of depression and mental disorders.	
9.MEH.2.2 Explore healthy strategies for managing stress, anxiety, anger, and impulsive behaviors.	9.MEH.2.2 Design useful help-seeking strategies for depression and mental disorders.	

(PCH) Personal and Consumer Health		
2024 Standards/Objectives	2011 Standards/Objectives	Notes
9.PCH.1 Understand wellness, disease prevention, and recognition of symptoms.	9.PCH.1 Analyze wellness, disease prevention, and recognition of symptoms.	
9.PCH.1.1 Identify controllable versus uncontrollable risk factors for communicable and chronic diseases.	9.PCH.1.1 Recognize that individuals have some control over risks for communicable and chronic diseases.	
9.PCH.1.2 Identify the procedures for organ donation, local and state resources, as well as the pros and cons.	9.PCH.1.2 Summarize the procedures for organ donation, local and state resources, and benefits.	

9.PCH.1.3 Explain the procedures for health screenings, checkups, and other early detection measures in terms of their health-related benefits.	9.PCH.1.3 Explain the procedures for health screenings, checkups, and other early detection measures in terms of their health-related benefits.	No Revision
9.PCH.1.4 Formulate an effective long-term personal health plan for reducing the risk of chronic disease.	9.PCH.1.4 Design strategies for reducing risks for chronic diseases.	
9.PCH.1.5 Identify measures to improve sleep and rest habits.	9.PCH.1.5 Select measures to get adequate rest and sleep.	
9.PCH.1.6 Identify strategies for the prevention and early detection of skin cancer.	9.PCH.1.6 Recognize the early warning signs of skin cancer and the importance of early detection.	
9.PCH.1.7 Assess personal health practices and overall health status.	9.PCH.1.7 Differentiate between the lifelong effects of positive and negative health behaviors.	
9.PCH.2 Evaluate messages conveyed in media, social media, and technology to determine their influence on health behaviors.	9.PCH.2 Evaluate health information and products.	
9.PCH.2.1 Discuss the potential short term and long-term health and social impacts of body art.	9.PCH.2.1 Critique the potential health and social consequences of body art (tattooing and piercing).	
9.PCH.2.2 Evaluate the effect of media on personal and family health.	9.PCH.2.2 Monitor the effects of media and popular culture on normative beliefs that contradict scientific research on health.	
9.PCH.3 Describe necessary steps to prevent and respond to unintentional injury.	9.PCH.3 Understand necessary steps to prevent and respond to unintentional injury.	

9.PCH.3.1 Explain the risks associated with operating firearms and motor vehicles.	9.PCH.3.1 Summarize the risks associated with operating ATVs and motorcycles.	
9.PCH.3.2 Discuss strategies for reducing unintentional injuries.	9.PCH.3.2 Analyze reports of injuries to determine how they might have been prevented and what first aid measures should be taken.	
9.PCH.4 Apply critical literacy/thinking skills related to personal, family and community wellness.		
9.PCH.4.1 Use knowledge of relevant medical and healthcare terminology, to ask questions and make decisions about health benefits.		
9.PCH.4.2 Discuss immediate and long-term impact on individual, family, community, and environment when making health-related decisions.		
9.PCH.4.3 Discuss individual, family, community, and environmental influences when making health-related decisions.		

(ICHR) Interpersonal Communication and Healthy Relationships	(ICR) Interpersonal Communication and Relationships	
2024 Standards/Objectives	2011 Standards/Objectives	Notes
9 ICHR.1 Analyze how effective interpersonal communication can benefit personal health and well-being.	9.ICR.1 Understand healthy and effective interpersonal communication and relationships.	

9.ICHR.1.1 Demonstrate how to effectively communicate kindness, empathy, compassion, and care for others.	9.ICR.1.1 Illustrate the ability to respond to others with empathy.	
9.ICHR.1.2 Implement negotiation and collaboration skills in solving problems or resolving conflicts.	9.ICR.1.2 Classify negotiation and collaboration skills as helpful or harmful in solving problems or resolving conflicts.	
9.ICHR.1.3 Develop healthy strategies for dating and prevention of intimate partner violence.	9.ICR.1.3 Illustrate strategies for resolving interpersonal conflict without harming self or others.	
9.ICHR.1.4 Explain the concept of consent, in relation to communicating and maintaining personal boundaries.	9.ICR.1.4 Summarize principles of healthy dating.	
9.ICHR.1.5 Analyze harmful cultural messages conveyed in sexually explicit media that objectify or sexualize people, normalize sexual violence and exploitation, encourage teenage sex, and ignore negative consequences.	9.ICR.1.5 Explain how power and control in relationships can contribute to aggression, violence, and sex trafficking.	
9.ICHR.1.6 Examine applicable state laws governing the age of sexual consent and how violating such laws can lead to serious legal consequences.		
9.ICHR.2 Evaluate abstinence from sexual intercourse until marriage as a positive choice for young people.	9.ICR.2 Evaluate abstinence from sexual intercourse as a positive choice for young people.	No revision

9.ICHR.2.1 Evaluate skills and strategies to utilize safer sex options, including abstinence until marriage, postponing participation in sexual activity, and contraceptive use.	9.ICR.2.1 Critique skills and strategies that are used to promote abstinence from sexual activity in terms of their effectiveness.	
9.ICHR.2.2 Explain the potential risks of STIs, including HIV and HPV, and describe their mode of transmission, symptoms, testing, and treatment.	9.ICR.2.2 Explain the consequences of early and unprotected sexual behaviors.	
9.ICHR.2.3 Explain the limitations of FDA approved methods of contraception in reducing the risk of STIs and pregnancy.		
9.ICHR.3 Identify strategies that develop and maintain reproductive and sexual health.	9.ICR.3 Create strategies that develop and maintain reproductive and sexual health.	
9.ICHR.3.1 Identify a parent, guardian, or trusted adult and medically accurate resources to address sexual and reproductive health questions.	9.ICR.3.1 Contrast the myths, misconceptions, and stereotypes pertaining to sexual assault and sexual abuse with what is known based on law and research.	
9.ICHR.3.2 Summarize the importance of prenatal care to minimize preventable risks during pregnancies.	9.ICR.3.2 Design safe plans for the prevention of sexual assault and abuse that include appropriate resources and needed skills.	
9.ICHR.3.3 Explain the importance for regular STI screenings for optimal sexual health.	9.ICR.3.3 Illustrate skills related to safe and effective use of methods to prevent STDs as well as access resources for testing and treatment.	

9 ICHR 3.4 Identify local resources for STI screenings and sexual healthcare, including for those who have been sexually abused to heal physically, mentally, and emotionally.	9.ICR.3.4 Exemplify decision-making skills and problem solving regarding safe and effective use of methods to prevent unintended pregnancy.	
	9.ICR.3.5 Summarize preventable risks for subsequent pregnancies including induced abortion, smoking, alcohol consumption, the use of illicit drugs and inadequate prenatal care.	

(NPA) Nutrition and Physical Activity		
2024 Standards/Objectives	2011 Standards/Objectives	Notes
9.NPA.1 Describe the prevalence, causes and long-term consequences of poor nutrition, extended screen time, and sedentary lifestyle.	9.NPA.1 Analyze strategies using tools (MyPlate, Dietary Guidelines, Food Facts Label) to plan healthy nutrition and fitness.	
9.NPA.1.1 Summarize evidence-based approaches for individual prevention of disease.	9.NPA.1.1 Attribute the prevention of chronic diseases to healthy nutrition and physical activity.	
9.NPA.1.2 Summarize evidence-based approaches for community prevention of disease.	9.NPA.1.2 Organize meal plans to meet special dietary needs for athletes, pregnant women, diabetics, and those experiencing allergies.	
	9.NPA.1.3 Recognize the benefits of folic acid and other vitamins and minerals.	

9.NPA.2 Develop strategies to consume a variety of foods and beverages.	9.NPA.2 Create strategies to consume a variety of nutrient dense foods and beverages in moderation.	
9.NPA.2.1 Summarize the benefits of consuming the six essential nutrients in adequate amounts in a variety of foods.	9.NPA.2.1 Plan vegetarian diets that are balanced and nutrient dense.	
9.NPA.2.2 Summarize the effects of hydration and dehydration and preventive measures for dehydration.	9.NPA.2.2 Recall the number of servings recommended from each food group and the need for balanced nutrition.	
	9.NPA.2.3 Summarize the effects of hydration and dehydration and preventive measures for dehydration.	
9.NPA.3 Analyze health behaviors in relation to community and global disease prevention.	9.NPA.3 Analyze the relationship of nutrition, fitness, and healthy weight management to the prevention of diseases such as diabetes, obesity, cardiovascular diseases, and eating disorders.	
9.NPA.3.1 Evaluate how the school and community culture can affect personal health practice and behaviors.	9.NPA.3.1 Differentiate between healthy and unhealthy plans for weight gain, maintenance, and loss.	
9.NPA.3.2 Advocate for those experiencing local and global barriers that interfere with optimal health.	9.NPA.3.2 Classify the effects of eating disorders as short-term or long-term.	
	9.NPA.3.3 Recall resources for seeking help for people with eating disorders.	

9.NPA.4 Apply lifelong nutrition and physical activity concepts to enhance quality of life.	9.NPA.4 Apply lifelong nutrition and health-related fitness concepts to enhance quality of life.	
9.NPA.4.1 Design and implement a personal physical activity program with safety and effectiveness.	9.NPA.4.1 Execute exercise programs with safety and effectiveness.	
9.NPA.4.2 Identify appropriate methods to avoid/respond to the climate-related conditions during physical activity that impact overall health.	9.NPA.4.2 Use appropriate methods for avoiding and responding to climate-related physical conditions during physical activity.	
9.NPA.4.3 Evaluate your personal fitness plan.	9.NPA.4.3 Implement a personal plan to improve current habits to achieve balanced nutrition and fitness.	

(ANCOD) Alcohol, Nicotine, Cannabis, and Other Drugs	(ATOD) Alcohol, Tobacco, and Other Drugs	
2024 Standards/Objectives	2011 Standards/Objectives	Notes
9.ANCOD.1 Apply avoidance behaviors to protect self and others from alcohol, nicotine, cannabis, and other drug use.	9.ATOD.1 Understand the health risks associated with alcohol, tobacco, and other drug use.	
9.ANCOD.1.1 Identify the consequences of driving or riding with someone under the influence of alcohol or other drugs.	9.ATOD.1.1 Explain the short-term and long-term effects of performance-enhancing drugs on health and eligibility to participate in sports.	
9.ANCOD.1.2 Develop a set of personal standards to resist the use of alcohol, nicotine, cannabis, and other harmful substances and behaviors.	9.ATOD.1.2 Analyze the role of family, community, and cultural norms in deciding to use alcohol, tobacco, and other drugs.	

	9.ATOD.1.3 Contrast prescription medicines, nonprescription medicines, and illegal substances in terms of their use and abuse.	
	9.ATOD.1.4 Summarize the risks of IV drug use, including blood borne diseases.	
	9.ATOD.1.5 Predict the effects of substance abuse on other people as well as society as a whole.	
	9.ATOD.1.6 Summarize the consequences of alcohol or tobacco use during pregnancy.	
9.ANCOD.2 Evaluate effects of alcohol and other substances on brain function, behavior, and human body systems.	9.ATOD.2 Apply risk reduction behaviors to protect self and others from alcohol, tobacco, and other drug use.	
9.ANCOD.2.1 Explain the short-term and long-term effects of performance-enhancing drugs on health and eligibility to participate in sports.	9.ATOD.2.1 Identify ways to avoid riding in a car or engaging in other risky behaviors with someone who is under the influence of alcohol or other drugs.	
9.ANCOD.2.2 Evaluate positive and negative influences on health practices and behaviors.	9.ATOD.2.2 Use strategies for avoiding binge drinking.	
9.ANCOD.2.3 Describe the trends in use and misuse of prescription and non-prescription drugs.		
9.ANCOD.2.4 Summarize the risks of IV drug use, including blood borne diseases.		

9.ANCOD.2.5 Discuss the complexity of addiction and its effects on individuals and society.		
9.ANCOD.2.6 Examine the consequences of alcohol or nicotine use/exposure during different stages of growth and development.		