

Health Promotion Wave (HPW) SCOPE AND SEQUENCE

KINDERGARTEN

PERSONAL AND MENTAL HEALTH

- Recognize each child as a valued member of the class.
- Demonstrate acceptable methods of gaining attention.
- Make a connection between physical, emotional and social health.
- Recognize personal responsibility for promoting healthy growth.
- Identify and share feelings in appropriate ways.
- Avoid self-destructive behaviors and practice self-control.
- Demonstrate acceptable actions towards others.
- Know and use appropriate ways to make new friends.

FAMILY LIFE

- Define family and foster positive feelings about families.
- Illustrate a wide variety of family structures with love and support as the core.
- Promote family pride.
- Illustrate the importance of accepting responsibility for ones actions.
- Demonstrate behaviors which promote healthy family relationships.
- Practice skills which demonstrate being kind and considerate of others.
- Identify and discuss family responsibilities.
- Recognize and appreciate the many differences among children throughout the world.
- Practice accepting and respecting others.
- Practice a positive view of differences and accepting diversity with family members.
- Recognize situations and actions that lead to conflict and discuss effective ways to resolve problems.
- Practice resolving conflicts in non-violent ways.

SAFETY & INJURY PREVENTION

- Identify safety rules to follow on the way to school, inside the school, and on the playground.
- Recognize common street safety signs, and learn about safe street behavior.
- Review important water safety skills in and around water.
- Practice important safety concepts at home.
- Identify and recognize basic emergency situations.
- Identify vital information necessary in an emergency situation.
- Practice appropriate behaviors in an emergency situation.
- Practice being prepared for a disaster.
- Appreciate the danger of fires, and learn important basic fire safety skills.
- Practice fire prevention skills, such as stop, drop, and roll.
- Identify and avoid hitting, and other hurtful behavior.
- Differentiate between good and bad touch, and recognize ways of avoiding and preventing hurtful touch.
- Share personal safety skills with parents.

NUTRITION & FITNESS

- Identify healthy foods in different ways.
- Practice choosing balance and variety.
- Define nutrition and recognize the importance of choosing healthy foods.
- Discuss why exercise is important and identify healthy forms of exercise.
- Identify and practice exercises that children can participate in and enjoy.
- Promote physical activity at home.
- Learn about different foods and spices while experimenting with different ingredients.
- Demonstrate proper hygiene and sanitation when handling and preparing foods.
- Practice planning and preparing a healthy snack.
- Demonstrate food and fitness skills with their families, and enjoy preparing a healthy snack together.

TOBACCO, ALCOHOL & OTHER DRUGS

- Practice distinguishing between medicines and other drugs.
- Reinforce important drug prevention concepts at home.
- Recognize the universal poison sign, and identify different poisons.
- Reinforce the dangers of harmful substances with family members, and identify poisons in the home.
- Recognize tobacco products and discuss some of the health dangers associated with their use.
- Identify many ways to stay safe and have fun without using drugs.

GROWTH & DEVELOPMENT

- Recognize variations in growth patterns.
- Recognize that each individual is unique and special, and adapt group activities to include others.
- Appreciate the wonders of human life and the capabilities of the human body.
- Appreciate different forms of new life.
- Illustrate various developmental stages, spanning several years of growth, including newborn to school age.
- Illustrate healthy choices and behaviors which promote healthy growth and development.
- Practice making healthy choices.

DISEASE PREVENTION

- Introduce the concept of disease.
- Describe the importance of disease prevention behaviors.
- Illustrate ways of keeping clean.
- Identify and practice good dental hygiene.
- Describe what germs look like and where they can be found.
- Identify different ways that germs spread.
- Practice preventing the spread of germs.
- Recognize when and where to get help when sick.

Health Promotion Wave (HPW) SCOPE AND SEQUENCE

GRADE 1

PERSONAL AND MENTAL HEALTH

- Discuss how personal health behaviors affect well-being.
- Understand the importance of a healthy mind and body
- Demonstrate ways to communicate respect for self and others.
- Demonstrate healthy ways to express needs, wants, and feelings.
- Share positive personal qualities with family members.
- Demonstrate acceptable actions towards others.
- Demonstrate ability to cooperate and share with others.
- Identify and practice unique ways to express emotions appropriately.
- Avoid self-destructive behaviors and practice self-control.
- Demonstrate effective coping skills for dealing with loss.

FAMILY LIFE

- Demonstrate ways children can help share family and school responsibilities.
- Illustrate the importance of being part of a family.
- Demonstrate the special roles and responsibilities of each family member.
- Demonstrate ways that children can help share family responsibilities.
- Identify and follow family rules and responsibilities.
- Explore family heritage and enhance family pride through the use of a family tree.
- Identify important adult family members and explain how they provide love and support.
- Share family traditions and enhance family pride.
- Identify the importance of solving problems before they become fights.
- Identify and practice conflict resolution skills.
- Practice positive actions towards family and friends.
- Illustrate the importance of sharing our many differences and learning from one another's differences.
- Learn and use appropriate ways to make new friends.

SAFETY & INJURY PREVENTION

- Assess baseline knowledge of basic safety concepts.
- Review basic safety concepts important for staying safe.
- Identify and practice neighborhood safety concepts.
- Recognize and promote safe cycling behaviors.
- Identify important water safety skills.
- Recognize and avoid dangerous outdoor situations.
- Identify important school and bus safety concepts at home.
- Identify and practice fire safety rules.
- Share fire and earthquake safety rules, and be prepared for these emergencies in the home.
- Recognize the importance of personal privacy, and distinguish between good and bad touch.
- Develop and use communication skills to tell others when touching is unwanted.

NUTRITION & FITNESS

- Illustrate the effects that nutrition and exercise choices have on one's health.
- Demonstrate different ways of caring for their bodies, including eating nutritious foods, exercising, and getting plenty of rest.
- Chart nutrition and fitness behaviors at home.
- Identify various sources of food and understand the importance of eating a variety of foods.

NUTRITION & FITNESS (cont'd)

- Identify healthy foods that provide sufficient energy for work and play.
- Identify food combinations that provide balance and variety.
- Practice making healthy food choices at home.
- Introduce the new pyramid.
- Practice using 'MyPyramid' to plan healthy meals.
- Participate in enjoyable and energizing fitness activities based on the President's Council on Fitness guidelines.
- Promote physical fitness and family recreation at home.

TOBACCO, ALCOHOL & OTHER DRUGS

- Recognize the difference between medicines and other drugs.
- Identify the universal poison sign and recognize poisons as dangerous.
- Practice identifying and avoiding poisons in the home.
- Illustrate the dangers of tobacco use, particularly on overall health and wellness.
- Recognize that advertising can have an effect on the choices we make.
- Identify accurate and current information about the health effects of alcohol.
- Identify and practice strategies for refusing and resisting negative pressures.
- Identify basic steps in the decision making process.
- Apply the steps to decision making to drug-related scenarios.
- Illustrate the importance of making healthy choices.

GROWTH & DEVELOPMENT

- Use physical activity to introduce some of the major body organs.
- Identify the location and basic function of the major body organs.
- Identify the five senses and practice positive behaviors that protect the senses.
- Cooperate in regular health screening.
- Identify important health care providers and their roles in promoting and maintaining health.
- Identify the many different changes occurring in personal growth patterns.
- Illustrate healthy growth and foster pride for all levels of growth and development.
- Illustrate the importance of cleanliness and personal hygiene.
- Promote personal hygiene at home.
- Enhance student understanding of the life cycle.
- Appreciate the importance of each phase of the life cycle and illustrate specific roles and responsibilities which accompany certain stages.

DISEASE PREVENTION

- Identify germs, where they are found, and how they are spread.
- Illustrate how germs are spread.
- Practice preventing the spread of germs.
- Recognize when and where to get help when sick.

Health Promotion Wave (HPW) SCOPE AND SEQUENCE

GRADE 2

PERSONAL AND MENTAL HEALTH

- Identify common health problems of children and possible ways to prevent these problems.
- Identify positive health behaviors that help reduce the risk of disease.
- Understand and follow classroom rules.
- Demonstrate personal characteristics that contribute to self-control and self-esteem.
- Know various ways of communicating care and consideration of others.
- Develop protective factors that help to foster resiliency.
- Recognize they are worthy and capable of love.
- Recognize how to use positive communication skills when expressing needs, wants, and feelings.
- Identify and share feelings in appropriate ways.
- Define goal and understand the importance of setting goals.
- Practice setting goals by creating wellness projects.

FAMILY LIFE

- Demonstrate family pride.
- Recognize that individuals have different cultural backgrounds that influence health practices.
- Understand the various roles and responsibilities of family members for health promotion, disease prevention.
- Explore various roles and responsibilities of family members.
- Recognize the importance of friendships.
- Identify important qualities of friends.
- Identify various ways of communication care and consideration of others.
- Know the skills needed to be a good friend.
- Practice making new friends.
- Define problem and list some common problems of second graders.
- Recognize problematic situations and identify resources for dealing with problems.
- Resolve conflicts in a positive, constructive way.
- Communicate feelings about death and loss.

SAFETY & INJURY PREVENTION

- Demonstrate safe behavior in and around motor vehicles.
- Review water safety rules and identify safe behaviors when in and around water.
- Recognize emergencies and respond appropriately.
- Identify potentially dangerous and abusive situations.
- Practice communication skills, including refusal and assertiveness skills, when touching is unwanted.

NUTRITION & FITNESS

- Identify the food groups and understand the concepts of serving size and recommended number of servings.
- Identify individual number of servings from MyPyramid for maintaining a well-balanced diet.
- Review basic fitness concepts and participate regularly in active play while observing safety rules.
- Explore the various sources of foods.
- Discuss various influences on food choices.
- Prepare a variety of foods safely.
- Appreciate how senses influence food choices.

NUTRITION & FITNESS (cont'd)

- Identify reliable sources of information for making healthy food choices.
- Identify major structures of the circulatory system and how it works.
- Distinguish between healthy and unhealthy choices for maintaining a healthy heart.
- Practice heart-healthy exercise habits at home.
- Practice skills for making healthy food and exercise choices.

TOBACCO, ALCOHOL & OTHER DRUGS

- Demonstrate a basic understanding of drug prevention concepts.
- Review the major body organs and the basic functions of these organs.
- Identify the negative impact of harmful drugs on these organs.
- Distinguish between harmful and helpful drugs.
- Recognize the harmful effects of tobacco and alcohol.
- Resist pressures to use harmful drugs.
- Reinforce resistance and assertiveness skills at home with parents.
- Review the basic decision making steps and practice using these steps in making good decisions.

GROWTH & DEVELOPMENT

- Describe the cycle of growth in humans and other animal species.
- Accept and respect differences among peers.
- Identify the basic structures and functions of the skeletal system and appreciate the important role of the skeletal system.
- Identify and practice behaviors that protect and the promote a healthy skeletal system.
- Practice good hygiene and other health-promoting behaviors.

DISEASE PREVENTION

- Formulate a realistic concept of disease.
- Identify various causes of disease.
- Identify various health care providers and their roles in preventing and treating illness.
- Practice personal behaviors which prevent disease and promote well-being.
- Reinforce positive health behaviors at home.

Health Promotion Wave (HPW) SCOPE AND SEQUENCE

GRADE 3

PERSONAL AND MENTAL HEALTH

- Define health and assess behaviors that enhance health and well-being.
- Demonstrate positive practices within the school.
- Recognize that each individual is unique and special.
- Build self-confidence and promote self-esteem.
- Develop and carry out a plan to improve personal health.

FAMILY LIFE

- Support and value all family members.
- Demonstrate ways to help support positive family interactions.
- Illustrate unique family heritages.
- Identify feelings related to change within the family.
- Identify and appreciate the love and support of family members.
- Know ways to effectively express feelings and opinions on health issues.
- Know the skills needed to be a responsible friend.
- Recognize important qualities of a true friend.
- Demonstrate effective communication skills.
- Demonstrate acceptable actions towards others.
- Know various ways individuals and groups can work together.
- Practice giving constructive criticism.
- Identify a wide variety of emotions and demonstrate the ability to express emotions in acceptable ways.
- Develop and use effective coping strategies.
- Know appropriate sources of information for making health-related decisions.

SAFETY & INJURY PREVENTION

- Practice fire and earthquake drills.
- Understand how families influence personal health.
- Identify and reduce safety risks both indoors and out.
- Obey school safety rules and promote a healthy school environment.
- Improve safety in their neighborhoods.
- Recognize the dangers of weapons to self and others.
- Interact safely with strangers.
- Know strategies for avoiding threatening or abusive situations.
- Know how to locate resources from home that provide valid health information.

NUTRITION & FITNESS

- Understand the principles of making healthy food choices.
- Identify the food groups and determine their recommended number of servings for each.
- Identify a variety of foods from different parts of the plant.
- Understand the role of culture and age on food preferences.
- Participate regularly in active play and enjoyable physical activities.
- Explore out-of-school activities that promote fitness and health.
- Illustrate the impact of outside influences on nutrition and fitness choices.
- Know the criteria for selecting health resources, products and services.

TOBACCO, ALCOHOL & OTHER DRUGS

- Understand how unreliable sources of information influence personal health choices.
- Review the definition of medicines and distinguish between medicines and other drugs.
- Know the characteristics of valid health information, products, and services.
- Illustrate the importance of having a trusted adult administer medicines.
- Identify the specific adverse effects of all tobacco products.
- Improve decision-making skills.
- Know how to apply the decision making process to health issues and problems.
- Demonstrate their ability to recognize harmful drugs.
- Review the health effects of alcohol on the body and mind.
- Know appropriate resources for making health-related decisions.
- Practice refusal and resistance skills.

GROWTH & DEVELOPMENT

- Demonstrate understanding of the concepts of growth and development.
- Identify specific changes they have gone through over the last year.
- Appreciate the many wonders of the human body.
- Review major body organs and their functions.
- Discuss with parents the importance of taking good care of our bodies.
- Adapt group activities to include a variety of individuals.
- Appreciate the complexities of the Digestive System.
- Demonstrate healthful choices that promote the health of the digestive system.
- Illustrate the important roles of the heart and lungs.
- Identify basic structures and functions of the respiratory system.

DISEASE PREVENTION

- Define illness and know why illnesses should be detected and treated early.
- Identify common childhood illnesses and recognize their symptoms.
- Discuss these common illnesses with parents and identify ways to help prevent the illness or speed recovery.
- Review the definition of germs and how they are spread.
- Identify and practice good personal hygiene to prevent the spread of germs.
- Provide accurate information about HIV transmission.
- Eliminate unwarranted fears about HIV/AIDS.

Health Promotion Wave (HPW) SCOPE AND SEQUENCE

GRADE 4

PERSONAL AND MENTAL HEALTH

- Identify the indicators of physical, mental, emotional, and social health.
- Recognize and share special qualities and personal talents.
- Share unique personal qualities and attributes with family members.
- Appreciate positive personal qualities in self and others.
- Know various ways to communicate care, consideration and acceptance of self and others.
- Illustrate the importance of setting personal goals, and recognize the commitment and hard work that is necessary to achieve personal goals.

FAMILY LIFE

- Illustrate the importance of healthy relationships, including families and friendships.
- Understand how families influence personal health behaviors.
- Understand the relationship between verbal and nonverbal communication.
- Know the skills needed to be a responsible friend and family member.
- Demonstrate polite, positive, and productive ways of communicating with family members.
- Know nonviolent, positive behaviors for resolving conflict.
- Identify important qualities of friendship, and practice making new friends.
- Demonstrate the skills needed to be a responsible friend.

STRESS MANAGEMENT

- Define stress and recognize different stresses and their causes.
- Learn effective ways of coping with stress from parents and other family members.
- Identify different types of personal loss, and discuss effective ways of coping with the death of a loved one.
- Recognize and reduce common causes of conflict.
- Recognize the benefits of resolving conflict in a nonviolent way.
- Practice resolving conflicts using peaceful methods.

SAFETY & INJURY PREVENTION

- Recognize and practice responding to emergency situations.
- Create and review a family plan for dealing with emergencies.
- Appreciate the importance of bicycle and road safety.
- Illustrate the potential dangers associated with water, and recognize the importance of water safety.
- Recognize potential hazards in and around water, and to practice proper water safety.
- Assume responsibility for safety issues, and set new personal safety goals.

NUTRITION & FITNESS

- Illustrate the principles of healthy eating with the new pyramid.
- Identify the major nutrients and recognize the importance of each nutrient.
- Illustrate the importance of eating a wide variety of nutritious foods.
- Successfully interpret important nutrition information on food labels.
- Know the criteria for selecting healthy food servings.
- Assess personal diets for variety and nutrient content.
- Know how the media influence the selection of health information, products, and services.

- Recognize and practice safe and sanitary food preparation and handling.
- Distinguish between healthy and unhealthy snacks.
- Develop a plan for improving personal fitness.
- Reinforce important fitness concepts and skills at home.

TOBACCO, ALCOHOL & OTHER DRUGS

- Recognize the importance of keeping schools and homes free of harmful substances.
- Define new vocabulary terms related to drug prevention, and to distinguish between harmful and helpful substances.
- Identify the social, emotional, and health consequences of tobacco use, and to appreciate the difficulty of quitting this addictive drug.
- Practice effective prevention skills.
- Learn about the harmful health effects and social consequences of alcohol abuse.
- Demonstrate knowledge gained through research, and identify specific health and social consequences of various illegal and legal drugs.
- Identify and apply the steps of the decision making process.
- Know why illegal drugs should not be used and the consequences of their use.
- Know how to locate resources from home, school, and community that provide valid health information.
- Develop safe and fun alternatives to using harmful drugs.
- Promote community involvement and responsibility through the development of a drug-free school initiative.

GROWTH & DEVELOPMENT

- Appreciate different rates of growth and development, and to make this period of growth and transition a positive experience.
- Demonstrate an understanding of individual differences, and develop a realistic body image.
- Examine common changes and concerns which accompany pre-adolescence.
- Identify the basic structures of the circulatory system and the functions of each.
- Identify and practice heart-healthy choices.
- Identify, select, and prepare heart-healthy snacks.
- Identify and participate in physical activities which promote heart health.

DISEASE PREVENTION

- Take inventory of personal behaviors, and explore the effects of behavior on health.
- Demonstrate the importance of good personal hygiene habits.
- Explore the basic structures and functions of the immune system and identify common illnesses and their symptoms.
- Distinguish between communicable and non-communicable diseases.
- Identify ways that germs are spread, and practice skills for avoiding and preventing disease.
- Seek reliable advice and information from parents about important disease prevention concepts.
- Identify ways that HIV/AIDS is and is not transmitted.
- Demonstrate care and concern for people dealing with chronic illness, including HIV/AIDS.
- Review HIV/AIDS-related knowledge and skills with parents.

Health Promotion Wave (HPW) SCOPE AND SEQUENCE

GRADE 5

PERSONAL AND MENTAL HEALTH

- Identify the most common health problems of young people.
- Know how personal health behaviors influence well-being.
- Illustrate the importance of feeling loved and being worthy of love.
- Appreciate their personal qualities and uniqueness.
- Identify and strengthen personal values and recognize the important role values play in decision-making.
- Demonstrate ways to show respect for others in their daily lives.
- Appreciate the role of personal responsibility in individual health.
- Set a realistic, health-related, short-term goal.

FAMILY LIFE

- Identify characteristics of different groups and appreciate the importance of belonging to a group.
- Understand how families influence personal health.
- Identify changing roles and responsibilities in the family.
- Exhibit attentive listening skills.
- Demonstrate skills for dealing with family change.
- Identify important qualities to look for in friends
- Demonstrate communication skills for making new friends.

STRESS MANAGEMENT

- Identify common stressors among young people.
- Review basic stress management concepts.
- Illustrate the role of conflict in stress and identify common conflicts among young people.
- Illustrate the role of prejudice in conflict and stress.
- Identify bullying behavior and learn how to effectively deal with bullies.
- Distinguish normal stress from traumatic stress.
- Illustrate the difficulties of coping with loss.
- Discuss loss with their children and discuss the many feelings experienced after loss.
- Practice conflict resolution skills.
- Illustrate social problems which often lead to conflict and discrimination.

SAFETY & INJURY PREVENTION

- Recognize common emergencies requiring basic first aid and the treatment for these emergencies.
- Practice first aid measures in common emergencies.
- Distinguish between appropriate and inappropriate touch and develop the skills for avoiding personal harm.
- Recognize the number of people killed each year by firearms, and identify safety rules for guns and other weapons.
- Identify current school safety policies and assess how well they are enforced.
- Identify a safety issue that needs to be addressed in the school.
- Assess gains in health knowledge and skills related to Safety and Injury Prevention.

NUTRITION & FITNESS

- Assess baseline knowledge of nutrition and fitness, including the digestive system.
- Recognize the Dietary Guidelines and the principles of 'MyPyramid.'
- Identify the nutrient requirements for a balanced diet.
- Recognize the consequences of poor nutrition.
- Increase the number of nutritious foods from each food group.

- Expand the variety of nutritious foods in the diet.
- Demonstrate ability to distinguish between healthy and unhealthy nutrition and fitness choices.
- Identify how and where to obtain reliable information and practice making effective consumer choices.
- Identify the important role of physical activity in maintaining health.
- Identify flexibility and toning as important components of fitness.
- Recognize the role of physical fitness in maintaining health and adding vigorous activity to weekly routines.

TOBACCO, ALCOHOL & OTHER DRUGS

- Assess baseline knowledge of drugs and drug concepts.
- Review the body systems most affected by drugs.
- Distinguish between legal and illegal drugs and explain why some drugs are illegal.
- Review the harmful effects of tobacco, alcohol, and other drugs.
- Research drug-related information for a drug prevention guide which they will be developing.
- Recognize the far-reaching impact of drug use on the individual, family, and community.
- Recognize the signs and symptoms of chemical dependency within the home and identify where to go for help.
- Identify misleading advertisements which encourage drug use.
- Demonstrate skills necessary for improving and maintaining personal health.
- Present parents the Drug Prevention Guide for Parents, and commit to remaining drug-free.

GROWTH & DEVELOPMENT

- Recognize similarities and differences throughout the life cycle.
- Accept body images and appreciate the wide range of normalcy during adolescence.
- Appreciate qualities and characteristics of all people.
- Discuss gender roles and stereotyping.
- Address common questions and concerns about puberty.
- Identify the basic structures and functions of the reproductive system.
- Recognize the need for good personal hygiene.
- Communicate with their parents about adolescent changes.
- Assess baseline knowledge of the nervous system.
- Identify basic structures and functions of the nervous system.
- Identify and describe basic disorders of the nervous system.

DISEASE PREVENTION

- Recognize health as an important value and understand why health problems should be detected and treated early.
- Reinforce the concept of disease.
- Review the structures and functions of the immune system.
- Distinguish between communicable and non-communicable diseases and identify common communicable diseases.
- Demonstrate an understanding of disease prevention concepts.
- Assess baseline knowledge of HIV/AIDS.
- Recognize accurate information about HIV infection and AIDS.
- Develop understanding and compassion for people with HIV/AIDS.
- Discuss with parents some common questions about HIV/AIDS.

Health Promotion Wave (HPW) SCOPE AND SEQUENCE

GRADE 6

PERSONAL AND MENTAL HEALTH

- Know how physical, mental, emotional, and social aspects of health interrelate during adolescence.
- Know strategies for improving and maintaining personal health.
- Understand the role of self-concept and self-esteem in promoting wellness.
- Understand emotional and social health risks caused by prejudice in the community.
- Identify sources of reliable health information and services.
- Focus on promoting a healthy future by practicing goal-setting skills.
- Develop a focus on the future, and identify personal goals.
- Practice goal-setting, and pursue positive health experiences that match student interests and abilities.

FAMILY LIFE

- Promote family pride, and foster strong bonds between family members.
- Explore different roles and responsibilities of family members, and support and value the contributions of all family members.
- Develop skills and identify resources that are helpful for dealing with change and family diversity.
- Identify and appreciate quality relationships with family members and other loved ones.
- Promote positive family interactions.
- Explore different methods of communicating.
- Identify effective methods of communicating, and learn about personal communication styles.
- Develop and use effective communication skills.
- Practice expressing emotions and feelings in appropriate ways.
- Reinforce effective communication skills at home.

STRESS MANAGEMENT

- Define stress and recognize common reactions to stress.
- Identify common causes of stress, and recognize personal patterns for handling stress, particularly among young adolescents.
- Recognize physical and emotional consequences of prolonged stress, including feelings of isolation, depression and anxiety.
- Differentiate between normal stress and traumatic or major stress.
- Develop skills for dealing with feelings of sadness, depression, isolation, and to practice expressing these emotions appropriately.
- Recognize the challenges facing people with disabilities and other adversities, and develop strategies for assisting and including people with these challenges.
- Recognize effective methods of coping with a variety of stressful or challenging situations.
- Develop and practice effective coping strategies, including methods to handle strong feelings, such as isolation, inadequacy, and depression.
- Practice effective stress management techniques, including relaxation exercises, physical activity, and time management.
- Recognize common causes of conflict among adolescents.
- Develop strategies for identifying potential conflicts and preventing situations that escalate into violence.
- Demonstrate skills for resolving conflict in peaceful and productive ways.

SAFETY & INJURY PREVENTION

- Identify safety hazards in and around the school, and develop skills for avoiding and preventing potentially dangerous situations.
- Recognize safety hazards in and around the home, and promote behaviors and attitudes that promote the safety of family members.
- Recognize and follow rules aimed at protecting health, and help develop and strengthen health-related policies in and around the school.
- Identify solutions to youth and school violence.
- Heighten student awareness of personal boundaries.
- Recognize and avoid situations that can increase the risk for abuse, including physical, sexual, and emotional abuse.
- Develop and practice appropriate skills for avoiding and preventing dangerous situations.
- Assess current understanding of basic first aid principles.
- Use critical thinking and decision-making skills to manage potentially dangerous situations, including emergencies requiring basic first aid.
- Practice safe behavior, avoid potentially dangerous situations, and demonstrate first aid and safety knowledge and skills.
- Practice and promote basic first aid and safety skills at home.

NUTRITION & FITNESS

- Review basic nutrition and fitness concepts, and recognize the importance of healthy eating and exercise.
- Review essential nutrition and fitness concepts, including nutrient content, variety and balance, healthy meal planning and the importance of regular exercise.
- Recognize the importance of establishing and maintaining healthy eating practices and regular physical activity.
- Know how priorities, changing abilities, and responsibilities influence setting health goals.
- Appreciate the various influences on nutrition and fitness choices and the consequences of choices.
- Appreciate the wide range of health benefits associated with physical activity.
- Assess personal exercise patterns.
- Develop and initiate a personal fitness plan that includes setting goals and monitoring personal progress.
- Practice making healthy food and fitness selections that promote personal health.
- Analyze the impact of marketing and advertising techniques on food and fitness choices.
- Use valid nutrition information to make healthy food selections and demonstrate gains in knowledge and skills related to nutrition and fitness.

Health Promotion Wave (HPW) SCOPE AND SEQUENCE

GRADE 6 (cont'd)

TOBACCO, ALCOHOL & OTHER DRUGS

- Identify and analyze current trends in drug use.
- Know how to use resources from the home, school, and community that provide valid health information.
- Know the benefits of positive health practice and the appropriate healthcare measures necessary to prevent accidents, illnesses, and death.
- Develop a solid foundation of the different classifications of drugs, and the basic characteristics of each drug group.
- Dispel common tobacco-related myths, and explore attitudes and beliefs related to tobacco use.
- Recognize the adverse consequences of all forms of tobacco use, and identify tobacco-related temptations and pressures.
- Dispel common alcohol-related myths, and explore attitudes and beliefs related to alcohol use and abuse.
- Recognize the dangers of alcohol and other drugs, and identify reliable resources for getting help, including assistance for chemical addiction.
- Identify high risk situations and activities, and recognize the role that drugs play in these situations.
- Recognize the adverse consequences of marijuana and other illegal drug use, including legal issues, and impact on social, emotional, and physical health.
- Develop effective skills for preventing and avoiding marijuana, anabolic steroids, and other illegal drugs.
- Develop effective communication and interpersonal skills, including refusal, assertiveness, and decision-making skills for avoiding tobacco and other drugs.
- Recognize the positive health outcomes associated with positive qualities such as respect and responsibility.
- Assume responsibility for developing positive alternatives to drug use.
- Develop a positive focus on the future which includes a commitment to remain drug-free.
- Initiate and participate in positive alternative activities to tobacco, alcohol, and other drug use.

GROWTH & DEVELOPMENT

- Explore the topic of human growth and development, and review basic information about the different body systems.
- Assess baseline understanding of the body systems and explore fun facts related to these vital organ systems.
- Review the body systems, and present strategies for protecting and optimizing the health of each system, including protecting the body from potentially dangerous situations and negative influences.
- Recognize and appreciate the differences in body types and maturation levels, and to develop a realistic body image.
- Practice good personal hygiene, paying particular attention to the changing needs of adolescents.
- Illustrate the importance of accepting individual differences, and developing a realistic body image.
- Develop a solid understanding of the structure and function of the reproductive system.
- Develop and practice using effective communication skills to discuss issues related to puberty and reproduction.

DISEASE PREVENTION

- Recognize common teen illnesses and symptoms, and practice positive health behaviors to reduce the risk of disease.
- Identify lifestyle behaviors which contribute to the leading causes of death in the United States.
- Identify effective strategies for preventing illness.
- Assess current understanding of HIV/AIDS, and dispel common myths about HIV/AIDS.
- Develop understanding and compassion for people with HIV and AIDS.

Health Promotion Wave (HPW) SCOPE AND SEQUENCE

GRADE 7

PERSONAL AND MENTAL HEALTH

- Demonstrate acceptable means of gaining attention.
- Identify and practice strategies for improving and maintaining personal health.
- Identify factors influencing healthy growth and development.
- Appreciate the interconnection between all components of health and assess personal wellness.
- Recognize internal and external influences on physical, intellectual, emotional, and social wellness.
- Develop protective factors that foster resiliency.
- Practice goal setting skills aimed at improving personal health.

FAMILY LIFE

- Explore family heritage.
- Support and value the contributions of all family members.
- Learn ways to work cooperatively with others to advocate for healthy individuals and families.
- Identify important factors which contribute to strong and healthy interpersonal relationships.
- Demonstrate ways to support healthy family interactions.
- Illustrate the power and importance of communication.
- Develop and practice effective communication and interpersonal skills.
- Practice expressing emotions in appropriate ways.
- Identify parents and other trusted adults as resources for managing strong emotions.
- Practice assertive communication.
- Focus on a healthy future by exploring personal goals.
- Practice applying goal-setting skills.

STRESS MANAGEMENT

- Identify common adolescent stressors and how the body responds to stress.
- Review basic concepts related to stress and conflict.
- Recognize events that cause stress in different people.
- Identify stressors common among young people in contrast to common stressors among adults.
- Appreciate a wide variety of circumstances causing stress and the resulting personal responses.
- Identify and practice methods of managing stress.
- Define conflict and recognize conflict as a major cause of stress.
- Recognize the most common ways people respond to conflict and identify the most successful method.
- Identify and practice safe, effective measures for resolving conflict.
- Distinguish between normal and severe depression, and recognize that some levels of depression are normal.
- Identify the warning signs of depression.
- Recognize the warning signs of suicide and learn how to get help for someone who is potentially suicidal.

SAFETY & INJURY PREVENTION

- Define violence and identify violence as a serious problem in the United States.
- Identify the many different forms of violence and the various ways youth are exposed to violence.
- Recognize how messages from the media and other sources influence behavior and perception of violence.
- Accept anger as a natural emotion and learn to distinguish between healthy and unhealthy ways of dealing with anger.
- Recognize the role of prejudice and discrimination in violence.
- Identify common triggers to anger, and learn how to manage these triggers.
- Recognize the dangers of handguns and learn handgun violence prevention methods.
- Recognize and avoid situations that can increase the risk of abuse.
- Identify basic procedures that can reduce the risk of accidents.
- Recognize emergencies and respond appropriately.

NUTRITION & FITNESS

- Identify the major nutrients, and understand the functions of these nutrients.
- Analyze valid nutrition information, including food labels, to compare the contents of food products.
- Differentiate between healthy and unhealthy food selections, including foods high in nutrient content and low in fat.
- Practice making healthy choices, including healthy snacks, and adapting recipes to make them healthier nutrition selections.
- Analyze and apply valid nutrition information to make healthy food selections.
- Recognize the benefits of physical activity and identify physical activities that promote overall fitness and personal health.
- Identify important principles of fitness, and explore ways to participate in a variety of physical activities designed to improve health.
- Promote physical fitness, including heart-healthy exercises, and to recognize and follow safety precautions when participating in physical activity.
- Analyze marketing and advertising techniques and their influences.
- Analyze weight modification practices and identify appropriate ways to lose, gain, or maintain weight based on individual need and scientific research.
- Develop and implement a nutrition and fitness plan that includes setting personal goals and monitoring progress toward meeting those goals.

Health Promotion Wave (HPW) SCOPE AND SEQUENCE

GRADE 7 (cont'd)

TOBACCO, ALCOHOL & OTHER DRUGS

- Identify factors that influence drug use among young people.
- Learn how information from peers and other unreliable sources can influence health.
- Learn various ways items are classified based upon distinct characteristics and properties.
- Identify the effects of alcohol, tobacco, and other drug use and abuse on physical, emotional, mental, and social well-being.
- Develop and apply criteria for the selection or rejection of medicines and other health-related products.
- Differentiate between proper use and abuse of medicines, and to practice skills for interpreting directions and using medicines correctly.
- Assess baseline knowledge of tobacco information, and review the dangers associated with all forms of tobacco use.
- Understand the relationship between positive health behaviors and the prevention of injury, illness, and other health problems.
- Analyze the impact of tobacco on society, and practice avoiding negative pressures to try tobacco, stimulants, and other drugs.
- Learn ways to reduce risks related to the health problems of adolescents.
- Recognize current trends in alcohol use, and identify influences on alcohol abuse among youth.
- Recognize the dangers of alcohol and other depressants, and identify reliable resources for getting help, including assistance for chemical addiction.
- Develop effective prevention and resistance skills for avoiding alcohol and other drugs.
- Identify influences on inhalant use among young people, including reasons for increased use.
- Heighten student awareness the adverse health effects and other consequences of inhalant use.
- Develop and initiate a plan for preventing inhalant use.
- Identify intravenous drugs and narcotics, and recognize the benefits and dangers associated with these drugs.
- Analyze risks and consequences associated with illegal use or abuse of these drugs.
- Understand the relationship between positive health behaviors and the prevention of injury, illness, and other health problems.
- Develop effective strategies for counteracting the harmful effects of negative influences.
- Avoid negative behaviors and consequences by promoting personal responsibility.
- Assume responsibility for developing positive alternatives to drug use.

GROWTH & DEVELOPMENT

- Appreciate the role of a healthy digestive system for promoting health.
- Identify the structures and functions of the digestive system.
- Recognize behaviors that promote a healthy digestive system.
- Develop and use effective communication skills, including the ability to discuss with parents questions on sexuality.
- Assess baseline knowledge of the reproductive system.
- Identify the structures and functions of the reproductive system.
- Practice good personal hygiene, paying particular attention to the changing needs of adolescents.
- Explain the physiologic process of conception.
- Identify the impact of adolescent changes on self-image.
- Accept the wide range of new emotions as normal.
- Recognize the important role of sexual identity in human growth and development.
- Understand the risks of being sexually active and practice behaviors consistent with the decision to abstain from sexual activity.

DISEASE PREVENTION

- Recognize common teen illnesses and symptoms, and practice positive health behaviors to reduce the risk of disease.
- Identify lifestyle behaviors which contribute to the leading causes of death in the United States.
- Identify effective strategies for preventing illness.
- Assess current understanding of HIV/AIDS, and dispel common myths about HIV/AIDS.
- Develop understanding and compassion for people with HIV and AIDS.

Health Promotion Wave (HPW) SCOPE AND SEQUENCE

GRADE 8

PERSONAL AND MENTAL HEALTH

- Appreciate the importance of good health and demonstrate personal responsibility in maintaining and promoting health.
- Demonstrate personal characteristics that contribute to self-confidence and self-esteem.
- Identify persona, events, and values which promote a healthy self-image.
- Develop a healthy focus on the future and practice goal-setting skills.
- Assess personal health behaviors and set specific health-related goals.
- Develop and implement a personal health goal.

FAMILY LIFE

- Appreciate the important role families play in overall health.
- Recognize that roles and responsibilities change and increase with age.
- Practice health-promoting behaviors within the family.
- Identify changes in relationships with parents and analyze the reasons for these changes.
- Recognize the relationship between identifying and expressing emotions, and good communication.
- Distinguish between behaviors which enhance or block effective communication.

STRESS MANAGEMENT

- Identify the physiological changes associated with stress and its impact on health.
- Assess how well students recognize personal stress and their reactions to stress.
- Recognize common adolescent stressors and appreciate that they are not alone in their experiences with stress.
- Practice identifying personal symptoms of stress and related causes.
- Distinguish between effective and ineffective stress management techniques.
- Demonstrate students' ability to manage stress using the decision-making model.
- Identify and practice effective coping skills for managing stress.
- Demonstrate skills for cultivating positive peer relationships.

SAFETY & INJURY PREVENTION

- Recognize the prevalence of violence within our society.
- Recognize the relationship between real and media violence and analyze the impact of media violence on behavior.
- Recognize prejudice and discrimination as major factors contributing to violence.
- Identify and practice ways of accepting diversity.
- Illustrate common causes of conflict.
- Appreciate the impact of all forms of violence on the individual, family, and society.
- Practice avoiding and resolving conflicts using effective communication skills.
- Practice violence prevention skills related to anger, sexual assault, and weapon safety.
- Identify the most common unintentional injuries among adolescents and recognize that these injuries are preventable.
- Promote safe behaviors at home and outdoors, and avoid situations and behaviors that lead to negative outcomes.
- Practice safety skills related to unintentional injuries.
- Recognize community and environmental factors that influence the health and safety of individuals and communities.
- Promote positive health practices within the school.
- Assess current baseline knowledge of basic first aid principles.
- Recognize basic life support concepts, and review effective ways of managing an obstructed airway.
- Demonstrate effective skills for managing common emergency situations, including burns, bleeding injuries, and shock.

NUTRITION & FITNESS

- Take a personal inventory of nutrition and fitness behaviors.
- Review essential nutrition concepts, including the new Dietary Guidelines for Americans.
- Analyze nutritional value of food choices in a variety of settings.
- Assess personal attitudes about the importance of physical activity in promoting and maintaining health.
- Review guidelines for personal fitness as outlined by the President's Council on Physical Fitness and Sports.
- Develop and initiate a personal fitness plan while observing safety rules.
- Apply valid nutrition and fitness information to make heart-healthy choices.
- Analyze positive and negative influences on body image, and practice healthful ways to maintain a healthy weight.
- Assess current knowledge related to eating disorders, and explore internal and external factors which lead to these disorders.
- Identify various consumer influences and analyze how these influences affect decisions.
- Use critical thinking skills to analyze marketing and advertising techniques and their influences.
- Demonstrate effective skills for the selection or rejection of health products and services.

Health Promotion Wave (HPW) SCOPE AND SEQUENCE

GRADE 8 (cont'd)

TOBACCO, ALCOHOL & OTHER DRUGS

- Assess knowledge and attitudes about drug use and determine what factors influence drug related decisions and behaviors.
- Distinguish between drug use, misuse, and abuse.
- Analyze trends and attitudes related to drug use and prevention.
- Identify and analyze common influences which young people face.
- Recognize and avoid negative influences and situations which can lead to drug use.
- Recognize the adverse consequences of all forms of tobacco use, and review important dangers associated with tobacco use.
- Identify adverse health effects associated with all forms of tobacco use.
- Practice skills for resisting and avoiding negative pressures and other temptations to use tobacco.
- Analyze the adverse consequences of alcohol and other drug use, including the impact on physical, psychological, and social health.
- Develop effective prevention and resistance strategies for avoiding alcohol and other drugs.
- Identify the steps of the decision-making process, and practice making decisions which promote personal health.
- Develop effective resistance strategies and prevention skills, including positive alternatives to drug use.

GROWTH & DEVELOPMENT

- Critically analyze each body system.
- Identify and explain the structures and functions of the reproductive system.
- Understand the physiological process of conception and birth, and recognize the awesome responsibility of becoming a parent.
- Demonstrate an understanding of individual differences and practice good personal hygiene.
- Define human sexuality and explore the various components which contribute to a healthier sense of sexuality.
- Identify various influences on sexual identity and counteract and avoid negative pressures and influences.
- Develop and use effective communication skills, including the ability to discuss sexually-related issues and concerns with parents.
- Identify appropriate ways to express and show affection.
- Critically analyze various pressures and influences related to dating and sexual activity.
- Practice behaviors that support the decision to remain sexually abstinent.

DISEASE PREVENTION

- Appreciate the relationship between personal behavior and health.
- Identify common illnesses and their symptoms.
- Identify and practice positive health behaviors to reduce the risk of disease.
- Identify the leading causes of death in the United States, and recognize that many of these diseases are largely preventable.
- Identify risk factors associated with heart disease, and practice heart-healthy behaviors.
- Identify the risk factors for cancer and practice health-promoting behaviors for preventing certain cancers.
- Identify common STDs, how they spread, and eliminate common myths.
- Eliminate any remaining myths associated with HIV and AIDS, and identify the facts about the origin and spread of HIV.
- Assess adverse social and physical impact of HIV/AIDS in the United States and worldwide.
- Demonstrate the ability to recognize and resist high-risk behavior for HIV transmission.

Health Promotion Wave (HPW) SCOPE AND SEQUENCE

HIGH SCHOOL

PERSONAL AND MENTAL HEALTH

- Analyze the wide range of issues which impact health and well-being.
- Identify and assess various components of wellness.
- Develop protective factors that promote resiliency.
- Appreciate the strong role of family, peers and other trusted adults in promoting personal wellness.
- Demonstrate the ability to effectively use support systems.
- Appreciate the impact of emotional health on total wellness.
- Assess and strengthen personal values.
- Identify, accept and express emotions appropriately.
- Analyze the impact of self-esteem on health.
- Critically analyze personal levels of self-esteem.
- Practice building self-esteem skills.
- Demonstrate the ability to value and promote personal wellness.

FAMILY LIFE

- Demonstrate pride in their families.
- Identify and foster health-promoting behavior among family members.
- Illustrate and practice effective communication among family members.
- Demonstrate skills necessary for dealing with change within the family.
- Successfully adapt to their changing roles from adolescence to adulthood.
- Critically analyze the impact of the changing family on society.
- Demonstrate the ability to effectively interact with many different people, including males and females, and people of different ethnic and cultural backgrounds.
- Learn about another culture in depth.
- Identify common sources of adolescent conflict.
- Identify and analyze common methods used to resolve conflict.
- Demonstrate students' ability to resolve conflicts peacefully.

STRESS MANAGEMENT

- Assess students' current knowledge about stress and stress management.
- Analyze the physiological response to stress.
- Recognize the adverse health effects of poorly managed stress.
- Identify common illnesses associated with long-term stress.
- Appreciate the wide range of stressors affecting young people.
- Identify personal stressors and learn how to identify the symptoms associated with stress.
- Distinguish between effective and ineffective reactions to stress.
- Contrast effective and ineffective methods of managing stress.
- Develop the necessary skills for effectively managing stress.
- Demonstrate their skills for successfully managing stress.
- Distinguish between normal and abnormal depression.
- Recognize the risk factors and warning signs of suicide.
- Recognize the warning signs of suicide and develop the skills necessary for preventing suicide.

SAFETY & INJURY PREVENTION

- Recognize the many forms of violence and the prevalence of each form.
- Review various forms of violence and appreciate the role of feelings, such as anger, in violence.
- Assess methods of dealing with conflict and handling emotions felt during conflict.
- Recognize all forms of sexual abuse as violent acts which constitute criminal behavior.
- Analyze the various influences impacting violent behavior.
- Appreciate the consequences of violence and recognize anger and other feelings which lead to violence.
- Identify potentially dangerous situations, and practice effective skills for preventing sexual harassment and assault.
- Demonstrate important social skills effectively dealing with conflict and violence prevention.
- Assess current understanding of common first aid measures.
- Identify principles of basic life support, including abdominal thrusts for choking.
- Define cardiopulmonary resuscitation (CPR) and identify common emergencies requiring CPR.
- Demonstrate emergency skills in managing common emergencies.

NUTRITION & FITNESS

- Assess students' attitudes, behavior, and knowledge of nutrition and fitness.
- Recognize the many factors which influence food choices.
- Identify the Dietary Guidelines and analyze the foundation of good nutrition.
- Analyze students' current diets for variety, and practice ways to increase nutritious foods in diets.
- Determine the degree of healthy choices they do or do not make by critically analyzing personal choices.
- Incorporate food safety as an important healthy behavior.
- Identify and choose a well-balanced diet.
- Appreciate the dangers of being underweight and identify healthy ways to maintain weight.
- Review the principles of fitness and to motivate students to incorporate fitness into their daily routines.
- Identify important factors for effectively purchasing health products and services.
- Demonstrate the ability to make well-informed consumer-related decisions and purchases.

Health Promotion Wave (HPW) SCOPE AND SEQUENCE

HIGH SCHOOL (cont'd)

TOBACCO, ALCOHOL & OTHER DRUGS

- Introduce the drug prevention component and assess students' baseline knowledge.
- Involve parents in the drug component and assist in improving communication about drugs.
- Evaluate current trends in drug use.
- Analyze the various influences impacting drug use.
- Develop strategies for reversing current drug-use trends.
- Describe the benefits of medicines and recognize common medicine terms.
- Distinguish between drug use, misuse, and abuse.
- Recognize potentially dangerous situations when using medicines.
- Identify and analyze current trends in tobacco use.
- Identify the adverse health effects of all tobacco products.
- Recognize the negative impact of tobacco use on family, friends, and others.
- Demonstrate effective skills for resisting and reducing tobacco use among young people.
- Analyze current trends and attitudes about alcohol.
- Demonstrate current understanding of alcohol and its effects on the human body.
- Analyze the profile of an alcoholic and recognize symptoms and characteristics of people with alcohol dependence.
- Analyze the far-reaching impact of alcohol abuse on the individual, family members, and society.
- Demonstrate the necessary skills for resisting influences to use alcohol.
- Recognize the dangers of marijuana and practice resisting pressure to use marijuana.
- Recognize the serious and immediate dangers of steroid use and practice prevention skills.
- Recognize the dangers of all illegal drugs and prevent use of all illegal drugs.

GROWTH & DEVELOPMENT

- Assess students' baseline knowledge of the different body systems.
- Critically analyze each body system in depth.
- Identify and describe the structures and functions of the reproductive system in detail.
- Analyze the impact of changing roles and attitudes on sexual identity.
- Define and discuss various sexual orientations, and to develop a respect for differences.
- Define intimacy and distinguish between casual and intimate relationships.
- Critically analyze characteristics of an ideal partner.
- Identify and accept personal responsibility for behaviors and the consequences of those behaviors.
- Recognize accurate and complete information about preventing pregnancy and STDs.
- Demonstrate their ability to resist media and social influences to be sexually active.

DISEASE PREVENTION

- Introduce the topic of cancer, and discuss myths and fears associated with cancer.
- Identify the etiology of cancer, and the risk factors associated with cancer.
- Recognize the warning signs for cancer, and practice prevention measures, including screening, and self-examination.
- Appreciate the prevalence of cardiovascular disease in the United States.
- Review the basic structures and functions of the cardiovascular system.
- Identify common cardiovascular diseases, and the risk factors associated with these diseases.
- Identify high risk behaviors associated with cardiovascular disease, and practice heart-healthy behavior.
- Review the basic structures and functions of the immune system.
- Recognize common sexually transmitted diseases and how they are spread.
- Practice the skills necessary for preventing STDs.
- Introduce the topic of HIV/AIDS, and assess students' current knowledge, attitudes, and behaviors associated with HIV infection and AIDS.
- Review the facts about HIV infection and AIDS in depth.
- Appreciate the broad impact of HIV/AIDS both in the United States and abroad.
- Critically analyze roles in coping with and controlling the HIV/AIDS epidemic.
- Recognize high risk behaviors for the transmission of HIV.
- Demonstrate their ability to recognize and resist high-risk behaviors for HIV transmission.