

Prevention Curriculum Crosswalk

	Prevention	SEL	Personal Health, Wellness & Nutrition
K-2	Medicine Lesson, Worksheet & Parent Post Standards: ANOD 1.2.2 Explain that medicines are drugs that are helpful when needed and used correctly ANOD 1.3.2 Identify family and school rules about medicine use. ANOD 1.4.2 Identify that using medicines requires adult supervision and identifying those adults (e.g., parents, school nurse, doctor, etc.).	Charter Lesson, Worksheet & Parent Post Standards: HR 1.2.2 Identify the benefits of healthy family and peer relationships. HR 1.3.2 Identify qualities that make a good friend. HR 1.4.2 Demonstrate ways to treat all people with dignity and respect (e.g., race, ethnicity, socio-economic status, differing abilities, immigration status, family configuration).	MyPlate Lesson, Worksheet & Parent Post Standards: HEPA 1.1.2 Explain the importance of trying new foods HEPA 1.2.2 Explain the importance of choosing healthy foods and beverages and daily physical activity. HEPA 1.3.2 Identify a variety of healthy snacks HEPA 1.5.2 Identify healthy eating patterns that provide energy and help the body grow and develop.
		Sprinkle Kindness Lesson, Worksheet & Parent Post Standards: HR 1.3.2 Identify qualities that make a good friend. HR 1.4.2 Demonstrate ways to treat all people with dignity and respect (e.g., race, ethnicity, socio-economic status, differing abilities, immigration status, family configuration).	
	Notes: More resources available on the Drive and in the Slides	Notes: More resources available on the Drive and in the Slides	Notes: More resources available on the Drive and in the Slides
3-5	Smoking: Lesson, Worksheet & Parent Post Standards: ANOD 1.3.5 Identify short- and long-term effects of alcohol and nicotine use, including secondhand effects ANOD 1.4.5 Explain the dangers of experimenting with nicotine and alcohol. ANOD 1.5.5 Describe family rules about avoiding nicotine and alcohol use.	Charter Lesson, Worksheet & Parent Post Standards: HR 1.1.5 List healthy ways to express affection, love, and friendship. HR 1.2.5 Identify characteristics and benefits of healthy family and peer relationships.	Nutrition Lesson, Worksheet & Parent Post Standards: HEPA 1.6.5 Describe the benefits of limiting the consumption of solid fat, added sugar, and sodium HEPA 1.1.5 Name the food groups and variety of nutritious food choices for each food group. HEPA 1.2.5 Explain the importance of eating a variety of foods from all the food groups. HEPA 1.3.5 Describe the physical, mental, social, and academic benefits of healthful eating habits and physical activity
		Self-Reflection Lesson, Worksheet & Parent Post Standards: HR 1.1.5 List healthy ways to express affection, love, and friendship. HR 1.2.5 Identify characteristics and benefits of healthy family and peer relationships. HR 1.3.5 Describe the value of others' talents and strengths.	
	Notes: More resources available on the Drive and in the Slides	Notes: More resources available on the Drive and in the Slides	Notes: More resources available on the Drive and in the Slides
	Alcohol Prevention Lesson, Worksheet & Parent Post Standards: ANOD 1.1.8 Identify healthy coping mechanisms and alternatives to substance use. ANOD 1.3.8 Summarize the negative consequences of using alcohol and other drugs. ANOD 1.4.8 Describe situations that could lead to the first time use of alcohol and other drugs. ANOD 1.5.8 Explain why using alcohol or other drugs is an unhealthy way to manage stress. ANOD 1.6.8 Explain school policies and community laws about alcohol, nicotine, and other drugs. ANOD 1.7.8 Determine the benefits of being alcohol, nicotine and other drug-free. ANOD 1.8.8 Explain the risks associated with riding in a motor vehicle with someone who is under the influence of alcohol and other drugs and explore safe options. ANOD 1.9.8 Describe short- and long-term physical, social and emotional effects of using ANOD's (e.g., effects on organs, including brain, peer relationships, family relationships, self-esteem).	SEL Bullying Lesson, Worksheet & Parent Post Standards: HR 1.3.8 Describe characteristics of healthy relationships (communication, respect, trust, and boundaries). HR 1.4.8 Differentiate between healthy and unhealthy relationships. HR 1.5.8 Explain why it is wrong to tease others based on personal characteristics (such as body type, gender, appearance, mannerisms, and the way one dresses or acts). HR 1.6.8 Explore strategies to address unhealthy relationships. HR 1.12.8 Explain how the use of social media can positively and negatively impact relationships.	Eating Disorders Lesson, Worksheet & Parent Post Standards: HEPA 1.1.8 Identify the importance of each macronutrient (fats, proteins, carbohydrates) and eating a variety of foods from each category. HEPA 1.2.8 Summarize the physical, mental, social, and academic benefits of healthful eating habits and physical activity. HEPA 1.3.8 Describe how to make healthy food choices when given options. HEPA 1.4.8 Summarize the benefits of consuming adequate amounts of water. HEPA 1.5.8 Describe the relationship and impact of what we eat and our physical activity levels to maintaining a healthy weight. HEPA 1.6.8 Explain the importance of a healthy relationship with food (i.e., intuitive eating, moderation, food as fuel). HEPA 1.7.8 Differentiate between healthy eating and disordered eating. HEPA 1.8.8 Recognize the importance of respecting food allergy needs in self and others. HEPA 1.9.8 Understand how to read food labels for the purpose of limiting the consumption of fats, added sugar, and sodium. HEPA 1.10.8 Explain the relationship between access to healthy foods and personal food choices.

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6-8	Substance Abuse Prevention Lesson, Worksheet & Parent Post Standards: ANOD 1.1.8 Identify healthy coping mechanisms and alternatives to substance use. ANOD 1.2.8 Distinguish between proper use and abuse of over-the-counter and prescription medicines. ANOD 1.3.8 Summarize the negative consequences of using alcohol and other drugs. ANOD 1.4.8 Describe situations that could lead to the first time use of alcohol and other drugs. ANOD 1.5.8 Explain why using alcohol or other drugs is an unhealthy way to manage stress. ANOD 1.6.8 Explain school policies and community laws about alcohol, nicotine, and other drugs. ANOD 1.7.8 Determine the benefits of being alcohol, nicotine and other drug-free. ANOD 1.8.8 Explain the risks associated with riding in a motor vehicle with someone who is under the influence of alcohol and other drugs and explore safe options. ANOD 1.9.8 Describe short- and long-term physical, social and emotional effects of using ANOD's (e.g., effects on organs, including brain, peer relationships, family relationships, self-esteem). Notes: More resources available on the Drive and in the Slides	Notes: More resources available on the Drive and in the Slides	Notes: More resources available on the Drive and in the Slides
9-12	Prescription Stimulants Lesson, Worksheet & Parent Post Standards: ANOD 1.1.12 Differentiate between proper use and abuse of over-the-counter (OTC) and prescription medicines. ANOD 1.2.12 Examine situations that could lead to the use of alcohol and other drugs. ANOD 1.4.12 Summarize family rules, school rules, and laws about alcohol, nicotine, and other drug-use. ANOD 1.5.12 Compare the relationship between ANOD use and other risks, such as unintentional injuries, violence, suicide, sexual risk behaviors, decreased school and job performance, school and job absenteeism, and job loss. ANOD 1.7.12 Identify treatments for addiction to ANOD. ANOD 1.8.12 Examine the ripple effects (e.g., financial, social, emotional, physical) costs of ANOD's use to the individual and society. Notes: More resources available on the Drive and in the Slides	Healthy Relationships Lesson, Worksheet & Parent Post Standards: HR 1.1.12 Describe personal characteristics that make people unique and the benefits of living in a diverse society. HR 1.2.12 Identify characteristics of healthy and unhealthy relationships (communication, trust, boundaries, respect). HR 1.3.12 Identify how power and control differences in relationships can contribute to aggression and violence. HR 1.5.12 Demonstrate an understanding of how affirmative consent mitigates the impact and consequences of sexual pressure. HR 1.6.12 Evaluate effective strategies for handling challenges in relationships (e.g., family members, peers, and significant others). HR 1.9.12 Describe the consequences of prejudice, discrimination, racism, sexism on healthy relationships. Notes: More resources available on the Drive and in the Slides	Maintaining a Healthy Weight Lesson, Worksheet & Parent Post Standards: HEPA 1.2.12 Describe the relationship between nutrition, physical activity, and overall health. HEPA 1.4.12 Describe the effects of hydration and dehydration on physical performance and health. HEPA 1.5.12 Define and describe the benefits of a holistic diet (increasing the amount of whole foods that one eats and decreasing the amount of processed foods). HEPA 1.6.12 Distinguish food sources that provide key nutrients. HEPA 1.7.12 Describe the importance of eating a variety of appropriate foods to meet nutrient requirements that align with individual needs (caloric output). HEPA 1.8.12 Summarize the importance of healthy eating and physical activity in maintaining health. HEPA 1.9.12 Summarize the physical, mental, social, and academic benefits of healthful eating habits and physical activity. HEPA 1.10.12 Summarize how to make healthy food selections when choices are available. HEPA 1.11.12 Describe the benefits of limiting the consumption of high sugar, including soft drinks, energy drinks, fruit juices, and sports drinks. HEPA 1.12.12 Explore factors that influence food choices (e.g., food availability, portion sizes, cost, taste vs. nutrition, celebrations, etc.). HEPA 1.13.12 Describe the difference between a healthy relationship with food and an unhealthy relationship with food. HEPA 1.14.12 Identify healthy and risky approaches to eating and exercise. Notes: More resources available on the Drive and in the Slides