New Hampshire Health Education

Grades 6, 7, 8

Adopted 2003

Alcohol and Other Drugs

1. **Short-Term and Long-Term Benefits and Risks of Medicinal Drugs**
   - 1.1 risks of dependence and addiction
   - 1.2 physical, social, and emotional effects of AOD use

2. **Short-Term and Long-Term Effects of AOD Use**
   - 2.1 risks of dependence and addiction
   - 2.2 physical, social, and emotional effects of AOD use
   - 2.3 signs and behaviors of AOD use
   - 2.4 effects of binge drinking
   - 2.5 effects of inhalant use
   - 2.6 effects of marijuana use
   - 2.7 effects of use of other smoked illicit drugs
   - 2.8 relationship between AOD use and transportation injuries
   - 2.9 relationship between AOD use and other injuries
   - 2.10 relationship between AOD use and sexual behavior
   - 2.11 relationship between AOD use and mental health
   - 2.12 benefits of not using AOD (physical, social, emotional, legal, financial)

3. **Positive and Negative Influences on AOD Use**
   - 3.1 pressures to use
   - 3.2 internal influences
   - 3.3 family influences
   - 3.4 peer influences
   - 3.5 cultural influences
   - 3.6 legal factors
   - 3.7 influences on different levels of AOD use

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	4. Healthful Choices about AOD Use 4.2 how to make a personal commitment not to use 4.1 how to accept personal responsibility for choices about AOD use
	5. Communicating Healthful Choices about AOD Use 5.1 effects and consequences of other non-medicinal drug use 5.2 how to get help 5.3 how to deal with pressure to use 5.4 how to encourage others not to use
Injury Prevention	**1. Fire Safety** 1.1 strategies to prevent fires 1.2 escape plans 1.4 strategies to stay safe around electricity 1.3 how to access resources for getting help
	2. Water Safety 2.1 importance of avoiding AOD use 2.2 strategies to rescue self 2.3 strategies to help self and others 2.4 precautions when entering or being around water
	3. First Aid 3.1 how to assess the situation 3.2 how to get help 3.3 universal precautions (infection control procedures) 3.4 steps for rescue breathing 3.5 how to stop bleeding 3.6 how to clear respiratory obstructions (choking) 3.7 how to care for burns 3.8 how to prevent and care for poisonings

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4. Transportation Safety

- 4.1 how to use protective equipment
- 4.2 how to use motorized vehicles safely (e.g., motorcycles, ATVs, snowmobiles, jet skis
- 4.3 strategies for bicycle safety
- 4.4 how to use public transportation safely

5. Violence Prevention

- 5.1 ways to avoid interpersonal conflict
- 5.2 conflict resolution techniques
- 5.3 how to avoid fighting/bullying
- 5.4 importance of not carrying a weapon
- 5.5 how to report weapons
- 5.6 gun safety
- 5.7 ways to prevent child abuse
- 5.8 causes of conflict in schools and communities
- 5.9 valid sources for getting help

6. Use of Protective Equipment

- 6.1 use of protective equipment for sports and leisure activities
- 6.2 use of protective equipment at home, school, and work

7. Suicide Prevention

- 7.1 how to identify stressors
- 7.2 how to recognize signs of depression and mental illness
- 7.3 how to get help for self and others
- 7.4 influence of AOD use on depression

Nutrition

1. Healthful Eating

- 1.1 benefits of healthful eating (short-term and long-term benefits and risks)
- 1.2 how to select variety and proportions of foods (consistent with Food Guide Pyramid)
- 1.3 benefits of consuming more water, fruits, vegetables, grains, and calcium-rich foods
- 1.4 benefits of decreasing fat intake
- 1.5 benefits of moderating sugar intake

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- 1.6 how to assess personal nutritional needs, preferences, and practices
- 1.7 strategies for overcoming barriers to healthful eating

1.8 how to prepare healthful meals for self and others

2. Accessing Nutrition Information and Products

2.1 how to read food nutrition labels

2.2 how to use the Food Guide Pyramid

2.3 how to use the Dietary Guidelines

2.4 how to assess validity of claims of nutritional supplements and weight loss products

3. Influences on Food Choices

3.1 how to assess personal likes and dislikes

3.2 family influences

3.3 peer influences

3.4 cultural influences

3.5 how marketing, packaging, and advertising influence food choices

3.6 how moods and emotions influence food choices

4. Balancing Food Intake and Physical Activity

4.1 how to assess food intake to determine energy intake

4.2 how energy is expended during exercise/activity

4.3 healthful weight management practices

5. Food Safety

5.2 techniques for safe food preparation, serving, and storage

5.1 importance of cleanliness

5.3 reasons for food safety

Physical Activity

1. Healthful Physical Activity

1.1 benefits and risks of physical activity, including mental and social benefits

1.2 how to evaluate exercise needs: frequency, intensity, duration

1.3 phases of a workout: warmup, work out, cool down

1.4 types of exercise: aerobic, stretching, strengthening

1.5 physiological responses to physical activity (energy expenditure, heart rate, respiratory rate, resting heart rate)

1.6 how to assess personal physical activity levels

1.7 how to develop plans that include types and amounts of activity and focus on health-related physical fitness

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1.8 strategies for overcoming barriers to physical activity

1.9 strategies for protection from cold, heat, and sun during activity, e.g., hydration, sunscreen

1.10 relationship between healthful physical activity and weight management

2. Influences on Physical Activity

2.2 family influences

2.3 peer influences

2.1 internal influences (enjoyment, satisfaction)

2.4 media influences

3. Prevention of Sports and Exercise Injuries

3.1 how to use protective equipment

3.2 techniques to prevent the spread of blood-borne pathogens

3.3 techniques to warm-up

3.4 ways to avoid dangerous activities

4. Effects of Drugs on Fitness

4.1 effects of tobacco, alcohol, and other drugs on performance

4.2 how to assess validity of claims of performance-enhancing drugs and nutritional supplements

5. Products and Services for Physical Activity

5.1 how to select products, services, and facilities related to physical activity

5.2 how to assess validity of fitness claims

Family Life and Sexuality

1. Families and Relationships

1.1 ways to communicate respect for self and others

1.2 diversity of relationships

1.3 effects of changes in family dynamics after birth, marriage, divorce, death, etc.

2. Growth and Development

2.1 emotional changes

2.2 physical changes

2.3 social changes

2.4 about puberty and adolescence

2.5 about changes during the life cycle (birth, childhood, aging, death)

3. Sexual Behavior

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3.1 how to make a personal commitment to abstain from sexual intercourse

3.2 that most students are not engaging in sexual intercourse

3.3 how to refuse unwanted or unprotected sex

3.4 benefits of setting sexual limits, e.g., staying in school, reputation, achieving future goals

3.5 strategies to show respect for sexual limits of others

3.6 strategies to deal with pressures to cross sexual limits

3.7 effects of alcohol and other drug use on sexual behavior

3.8 risks of unintended pregnancy and disease with unprotected sexual intercourse

3.9 influences on sexual behavior, e.g., family, peers, religion, media, culture, internal

4. HIV and Other STD Prevention

4.1 risks of HIV and other STDs

4.2 common signs and symptoms of HIV and other STDs

4.3 common routes of transmission of HIV and other STDs

4.4 effective prevention strategies—abstinence is the most effective

4.5 that HIV and other STDs can be asymptomatic

4.6 consequences of untreated HIV and other STDs

4.7 treatment options

4.8 valid sources of information and help

4.9 importance of having compassion for people with HIV

5. Pregnancy Prevention

5.1 that abstinence is the most effective prevention method

5.2 facts and myths about contraceptive methods

5.3 valid sources to get help

5.4 effective methods and steps for prevention

Tobacco

2. Influences on Tobacco Use

2.1 internal influences

2.2 family influences

2.3 peer influences

2.4 advertising strategies

2.5 how to identify role models

2.6 media influences

2.7 legal factors

Choosing to Be Tobacco Free

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3.1 how to make a personal commitment not to use

3.2 strategies to resist pressure to use

3.3 ways to communicate personal attitudes about tobacco use

3.4 how to advocate for a tobacco-free environment

3.5 ways to support others to be tobacco free

3.6 that most people do not use tobacco

3.7 healthful alternatives to tobacco use

3.8 resources to quit using tobacco products

3.9 the difficulty of stopping tobacco use

4. Benefits of Being Tobacco Free

4.1 long-term and short-term health benefits

4.2 social benefits

4.3 financial benefits

1. Short-Term and Long-Term Risks of Tobacco Use

1.1 addictive effects of nicotine

1.2 short-term effects of tobacco use, e.g., bad breath, heart rate, athletic performance

1.3 harmful effects of tobacco smoke

1.4 risks of different types of tobacco products

Mental Health

1. Positive Self-Image

1.1 personal assets and strengths

1.2 characteristics of positive role models

1.3 how to develop and demonstrate a sense of belonging (connectiveness)

1.4 how to develop and demonstrate a sense of power (empowerment)

1.5 how to develop and demonstrate a positive body image

2. Emotional Health

2.4 ways to deal with frustration

2.1 how to express needs, wants, and feelings appropriately

2.2 positive ways to handle/express emotions, e.g., mood swings, hurt feelings, loneliness, sadness

2.3 ways to manage and reduce anger and conflict

2.5 how emotions and behaviors change during adolescence

2.6 techniques to prepare for high school and beyond

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Interpersonal Relationships and Communication

3.1 how to build and maintain healthy friendships

3.2 skills for effective speaking, e.g., I-statements, eye contact, assertiveness

3.3 effective listening skills, e.g., reflective listening

3.4 characteristics of nonverbal communication

3.5 ways to communicate respect for diversity, e.g., mental and physical disabilities, culture, race/ethnicity

3.6 how to resist peer pressure

3.7 appropriate ways to end relationships

3.8 how to advocate for needs and rights of others

3.9 how to advocate for a healthy social environment

3.10 how to advocate for fairness

4. Stress Management

4.1 how to analyze stressors, e.g., death, ending relationships, changing schools, rejection

4.2 coping strategies to reduce stress

4.3 ways to avoid stress

4.4 strategies for transitioning into high school and beyond

5. Mental Health Problems

5.1 signs, behaviors, and symptoms of depression and other mental illness, including suicide

5.2 interaction of alcohol and other drug use with mental illness

6. Resources and Support

6.1 when to get help

6.2 why to get help

6.3 valid sources of information and help

6.4 how to identify support systems (formal and informal)

Personal and Consumer Health

1. Personal Health Care

1.2 importance of bathing

1.3 importance of clean clothing

1.4 importance of clean hair

1.8 body changes that occur during growth and development

1.1 importance of hand washing

1.5 effective tooth care: brushing and flossing

1.6 techniques to care for teeth with braces

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1.7 benefits of regular dental cleaning and checkups

1.9 appropriate skin care to prevent and treat acne

2. Preventing Disease and Infection

2.1 importance of immunizations

2.2 importance of using sunscreen

2.3 importance of wearing protective clothing

2.4 how fads affect health, e.g., body piercing, tattooing, artificial fingernails, hair dyes

2.5 ways to manage diabetes, asthma, and allergies

3. Selecting and Using Health Care Products and Services

3.1 benefits of regular medical and dental checkups and screenings

3.2 how to use prescribed and over-the-counter medicines appropriately

3.3 similarities and differences among a variety of health care products and services

3.4 how to assess validity of claims made by promoters of health care products and services

3.5 how to communicate with health care providers about personal health

Community and Environmental Health

1. Community Health Services

1.1 home, school and community resources to promote health, e.g., library, Internet, health department, voluntary agencies

1.2 how to access health agencies, e.g., health departments, voluntary agencies, private health care

1.3 how to identify public service community health activities

2. Environmental Health and Resource Conservation

2.1 environmental health risks

2.2 how to analyze the community for health problems

2.3 how to advocate for the protection of natural resources

2.4 that individual behavior affects the environment and the community, e.g., recycling