

# State of Delaware

## Project ALERT and Health Education Standards Correlation

### ALCOHOL AND OTHER DRUGS (AOD)

#### 1. Short-term and Long-term Benefits of Medicinal Drugs

Students need to know:

Content Descriptors		Project ALERT Lesson/Activities C= Core Lesson, B= Booster Lesson, A= Lesson Activity	Skill Link	Assessment Item(s)
1.1	Differences between dependence and addiction	-	AI	-
1.2	Physical, social and emotional effects of AOD use	-	AI	-
1.3	The importance of taking medication as directed or prescribed	-	AI	-
1.4	Possible risks of taking multiple medicines	-	AI	-

## 2. Short-term and Long-term Benefits of Medicinal Drugs

Students need to know:

Content Descriptors		Project ALERT Lesson/Activities C= Core Lesson, B= Booster Lesson, A= Lesson Activity		Skill Link	Assessment Item(s)
2.1	Benefits of not using AOD (physical, social, emotional, legal, financial)	C1, A4,5,6 C8, A8 C9, A5	C11, A2,3,4 B3, A5,6	D/G AI	203: ER 11 (CC,GS)
2.2	Differences between dependence and addiction	-		D/G AI	-
2.3	Physical, social and emotional effects of AOD use	C1, A3,4,5,6 C2, A3,4,5,6,7 C3, A3	C8, A2,3,4,5,6,7 B1, A2,3,6,7	D/G AI I	203: ER 11 (CC,GS)
2.4	Signs and behaviors of AOD use	C1, A5 C2, A3,4,5,6,7 C3, A3,6	C8, A8 C11, A2,3,6,7 B1, A 2,3,6 7	D/G AI	-
2.5	Effects and consequences of <ul style="list-style-type: none"> <li>• binge drinking</li> <li>• inhalant use</li> <li>• marijuana use</li> <li>• use of other illicit drugs</li> </ul>	C1, A3,4,5,6 C2, A3,4,5,6,7 C3, A3,6 C7, A7	C8, A 2,3,4,5,7,8 C11, A2 B1, A3,6,7	D/G AI	203: ER 11 (CC,GS)
2.6	Relationship between AOD use and <ol style="list-style-type: none"> <li>4. transportation injuries</li> <li>5. violence and other injuries</li> <li>6. mental health</li> <li>7. fetal development/ fetal alcohol syndrome</li> </ol>	C1, A3,4,5,6 C3, A3,4,6 C7, A7	C8, A7,8 C11, A2 B1, A3,6,7	D/G AI	203: SA 9 (CC,SM); ER 11 (CC,GS)

### 3. Positive and Negative Influences on AOD Use

Students need to know:

Content Descriptors		Project ALERT Lesson/Activities C= Core Lesson, B= Booster Lesson, A= Lesson Activity		Skill Link	Assessment Item(s)
3.1	Influences: internal, family, peer, cultural, media, role models	C1, A3,4,5,6 C2, A5,6 C3, A2,4,6 C4, A2,3,4,5,6,7 C5, all activities C6, A2,3,4	C7, A2,3,4,5,6 C9, A2,3,4 B1, A1,2,3,4 B2, A2,3,5,6,7,8 B3, A2,3,5	INF	203: SA 9 (CC,SM)
3.2	Laws and school policies	C1, A4	C3, A3	INF	-

### 4. Healthful Choices about AOD Use

Students need to know:

Content Descriptors		Project ALERT Lesson/Activities C= Core Lesson, B= Booster Lesson, A= Lesson Activity		Skill Link	Assessment Item(s)
4.1	How to accept personal responsibility for choices about AOD	C6, A2,3,4 C7, A2,3,4,5 C9, A3,4	C11, A4 B2, A2,3,4,5,7 B3, A5	D/G SM	203: SA 5 (CC,SM); SA 7 (CC,SM); SA9 (CC,SM); SA 10 (CC,DM), ER 11 (CC,GS)
4.2	How to make a personal commitment not to use irresponsibly or illegally	-		D/G SM	203: SA 9 (CC,SM); ER 11 (CC,GS)

## 5. Communicating Healthful Choices about AOD Use

Students need to know:

Content Descriptors		Project ALERT Lesson/Activities C= Core Lesson, B= Booster Lesson, A= Lesson Activity		Skill Link	Assessment Item(s)
5.1	How to deal with pressure to use	C4, A4,5,6,7 C5, All activities C6, All activities C7, All activities C9, A3,4	C11, A3 B1, A5 B2, A2,3,4,5,6,7,8 B3, A2,3,5	IC	203: SA 5 (CC,SM); SA 6 (CC,SM); SA 7 (CC,SM); SA9 (CC,SM); SA 10 (CC,DM), ER 11 (CC,GS)
5.2	How to encourage others not to use	-		IC AV	-
5.3	How to get help	-		AV	-

## TOBACCO (TOD)

### 1. Short-term and Long-term Risks of Tobacco Use

Students need to know:

Content Descriptors		Project ALERT Lesson/Activities C= Core Lesson, B= Booster Lesson, A= Lesson Activity		Skill Link	Assessment Item(s)
1.1	Addictive effects of nicotine	C1, A3,6 C2, A2 C4, A7	C10, A2,3 C11, A2 B1, A7	D/G AI	252: SA 10 (CC,DM)
1.2	Short-term effects of tobacco use (bad breath, heart rate, athletic performance)	C1, A3,6 C2, A2,4 C4, A7	C10, A3 C11, A2 B1, A2	D/G AI	252: SA 2 (CC,DM) SA 3 (CC,DM); SA 9 (CC, AV); SA 10 (CC, DM)
1.3	Harmful effects of tobacco use, including secondhand smoke	C1, A3,6 C2, A2 C4, A7	C10, A3 C11, A2 B1, A2,7	D/G AI	252: SA 9 (CC, AV), ER 11 (CC,DM)
1.4	Risks of different types of tobacco	C2, A2 C4, A7	B1, A7		252: SA 4 (CC,DM); SA 9 (CC,AV)
1.5	Tobacco is a "gateway" drug	-		D/G AI	-

### 2. Influences on Tobacco Use

Students need to know:

Content Descriptors		Project ALERT Lesson/Activities C= Core Lesson, B= Booster Lesson, A= Lesson Activity		Skill Link	Assessment Item(s)
2.1	Influences: internal, family, peer, role models, media	C1, A3,6 C4, A2,3,4,5,6,7 C5, All activities C6, A2,3,4 C10, A4 B1, A4 B2, A2,3,5,6,7,8 B3, A2,3,5		INF	252: SA 7 (CC,INF)
2.2	Laws and school Policies	-		INF	-

### 3. Choosing to Be Tobacco Free

Students need to know:

Content Descriptors		Project ALERT Lesson/Activities C= Core Lesson, B= Booster Lesson, A= Lesson Activity		Skill Link	Assessment Item(s)
3.1	Most people don't use tobacco	C4, A3	-	D/G AV	252: SA 8 (CC,DM)
3.2	How to make a personal commitment not to use	C10, A4	C11, A4	D/G	-
3.3	Strategies to resist pressure to use	C4, A5,6 C5. All activities C6, A3,4,5,6	B1, A5 B2, All activities	D/G	252: SA 1 (CC,DM, INF); SA 5 (CC,GS)
3.4	Ways to communicate personal attitudes about tobacco use	-		AV	252: SA 9 (CC, AV) SA 10 (CC,DM); ER 11 (CC,DM)
3.5	Strategies for advocating for a tobacco-free environment	-		AV	252: SA 4 (CC,DM); SA 9 (CC,AV)
3.6	Ways to support others to be tobacco free	C10, A3,4	-	AV	-
3.7	Healthful alternatives to tobacco use	-		DG	252: SA 1 (CC, DM) SA 5 (CC,GS);
3.8	How difficult it is to stop using	C10, A2,3	-	D/G AV	252: SA 9 (CC, AV), SA 10 (CC,DM)

#### 4. Benefits of Being Tobacco Free

Students need to know:

Content Descriptors		Project ALERT Lesson/Activities C= Core Lesson, B= Booster Lesson, A= Lesson Activity		Skill Link	Assessment Item(s)
4.1	Long-term and short-term health benefits	C1, A3 C9, A5 C10, A4	C11, A2 B3, All activities	D/G INF	252: SA 8 (CC,DM); SA 9 (CC,AV); SA 10 (CC,DM)
4.2	Social and financial benefits	C1, A3 C9, A5 C10, A4	C11, A2 B3, All activities	D/G INF	252: SA 9 (CC,AV); SA 10 (CC,DM)