

Alignment of Project ALERT with Vermont Department of Education Health Education Grade Expectations Grades 7-8

Alcohol Tobacco and Other Drugs (ATOD)

This concept area focuses on essential content students need to know about alcohol, caffeine, inhalants, nicotine, over-the-counter and prescription medications, and illegal drugs.

Stem	This is evident when students ...	Project ALERT Activities ¹
<p>HE1: Self Management Students will understand how to reduce their health risks through the practice of healthy behaviors.</p>	<p>a. Develop strategies for healthy practices and behaviors that will maintain or improve the health of self and others (e.g., finding healthy ways to meet personal needs and manage stress without using alcohol, tobacco, or other drugs, avoiding riding in vehicles with drug or alcohol impaired drivers).</p>	<p>C3², Activities 5,7(HW)³ B1, Activity 5 C5, Activities 2-8 (HW) B2, Activities 2-5, 7 C6, Activities 2-6 (HW) B3, Activity 3,5 C7, Activities 2-6 C8, Activities 6,9(HW) C9, Activities 3,4 C10, Activities 4,5 C11, Activities 4,4</p>
<p>HE2: Core Concepts Students will show an understanding of health promotion and disease prevention concepts.</p>	<p>a. Describe the benefits of abstaining from the use of alcohol, tobacco, and other drugs (e.g., financial, legal, addiction, emotional health).</p> <p>b. Analyze the effects that risky behaviors have on personal health (e.g., relationship between using alcohol and other drugs and other risks such as injuries, violence, suicide, sexual risk behaviors).</p> <p>c. Differentiating between proper use and abuse of over-the-counter and other drugs.</p>	<p>a. C1, Activities 3-5 B3, Activities 4,6 C8, Activity 8 C9, Activity 5 C10, Activity 3 C11, Activity 3</p> <p>b. C1, Activities 3-6(HW) B1, Activity 3,6,7(HW) C2, Activities 2-8(HW) B2, Activity 8(HW) C3, Activities 3,6 C8, Activities 2-5,7-8 C9, Activity 6(HW) C11, Activity 2</p> <p>c. B1, Activity 6</p>
<p>HE3: Analyzing Influences Students will show understanding of how culture, media, peers, family, and other factors influence healthy behaviors.</p>	<p>a. Analyze how messages from the media, friends, family, and culture influence young people to use alcohol, tobacco, and other drugs.</p>	<p>C1, Activity 3-5 B1, Activity 4 C3, Activity 3 B2, Activities 2,3 C4, Activity 2,4-7(HW) B3, Activities 2,3,5 C5, Activity 7(HW) C7, Activity 6 C9, Activity 2,3 C10, Activity 4</p>
<p>HE4: Accessing Information Students will demonstrate the ability to access valid information and/or resources about health issues, services and products.</p>	<p>a. Demonstrate the ability to analyze and locate valid sources of accurate information and assistance from a variety of places (e.g., school, community, Internet) regarding alcohol, tobacco, and other drug use.</p>	

<p>HE5: Interpersonal Communication Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community.</p>	<p>a. Demonstrate resistance/refusal and negotiation skills to counter pressure to use tobacco, alcohol, or other drugs.</p>	<p>C5, Activities 2-6 C6, Activities 2 C7, Activities 2-5 C8, Activity 8 C9, Activities 3,4</p>	<p>B1, Activity 5 B2, Activities 2-5 B3, Activity 3,5</p>
<p>HE7: Decision Making Students demonstrate the ability to make decisions that lead to better health.</p>	<p>a. Demonstrate individual and collaborative decision-making process to resolve situations related to alcohol, tobacco and drug use (e.g., protecting oneself from alcohol and other drug use, avoid riding with an impaired driver).</p>		<p>B3, Activity 3</p>

¹Project ALERT activities provide activities to learn and/or practice skills embodied in the second column.

²Activities labeled “C” designate lessons in the core year and lessons labeled “B” designate lessons in the booster year of *Project ALERT*.

³Homework assignment

Personal Health and Wellness (PHW)

This concept area focuses on essential content students need to know about personal hygiene, including dental care, and disease prevention.

Stem	This is evident when students ...	Project ALERT Activities
<p>HE1: Self Management Students will understand how to reduce their health risks through the practice of healthy behaviors.</p>	<p>a. Develop strategies and skills for healthy practices and behaviors that will maintain or improve the health of self and others.</p>	<p>C3¹, Activities 5,7(HW)² B1, Activity 5 C5, Activities 2-8 (HW) B2, Activities 2-5, 7 C6, Activities 2-6 (HW) B3, Activity 3,5 C7, Activities 2-6 C8, Activities 6,9(HW) C9, Activities 3,4 C10, Activities 4,5 C11, Activities 4,4</p>
<p>HE2: Core Concepts Students will show an understanding of health promotion and disease prevention concepts.</p>	<p>a. Describe how lifestyle, pathogens, family history and other risk factors are related to the cause and prevention of disease and other health problems.</p> <p>b. Explain the relationship between positive health behaviors and the prevention of disease (e.g., importance of sleep and rest, daily health care practices, healthy diet and physical activity).</p> <p>c. Explain how appropriate health care can prevent premature death and disability (e.g., health screenings, self-examinations, immunizations).</p> <p>d. Differentiate between communicable, chronic and degenerative disease processes.</p>	<p>a. C1, Activities 3-6(HW) B1, Activity 3,6,7(HW) C2, Activities 2-8(HW) B2, Activity 8(HW) C3, Activities 3,6 C8, Activities 2-5,7-8 C9, Activity 6(HW) C11, Activity 2</p> <p>b. C1, Activities 3-5 B3, Activities 4,6 C8, Activity 8 C9, Activity 5 C10, Activity 3 C11, Activity 3</p>
<p>HE3: Analyzing Influences Students will show understanding of how culture, media, peers, family, and other factors influence healthy behaviors.</p>	<p>a. Analyze the effect of society (e.g., culture) and science (e.g., technology) on personal health behaviors and use of health services.</p> <p>b. Describe how school, family, and peers influence the health practices of individuals (e.g., sun safety, immunizations, access to health care).</p>	<p>b. C1, Activity 3-5 B1, Activity 4 C3, Activity 3 B2, Activities 2,3 C4, Activity 2,4-7(HW) B3, Activities 2,3,5 C5, Activity 7(HW) C7, Activity 6 C9, Activity 2,3 C10, Activity 4</p>
<p>HE4: Accessing Information Students will demonstrate the ability to access valid information and/or resources about health issues, services and products.</p>	<p>a. Analyze the validity of health information products, and services from a variety of sources including the Internet.</p> <p>b. Demonstrate the ability to locate health products and services related to personal health issues and concerns.</p>	

<p>HE5: Interpersonal Communication Students will demonstrate the use of skillful communication to contribute to better health for themselves, their families, and the community.</p>	<p>a. Demonstrate the ability to advocate for health-promoting opportunities for self and others, including assertive consumerism.</p>	<p>C4, Activities 4-7(HW) B3, Activity 3 C8, Activity 8 C10, Activity 4 C11, Activity 4</p>
<p>HE6: Goal Setting Students will demonstrate the ability to set personal goals to enhance health.</p>	<p>a. Develop a plan to attain personal health goals by addressing results of a personal health assessment (e.g., personal strengths, values, beliefs, needs and health risks).</p>	<p>C10, Activity 4 C11, Activity 4</p>
<p>HE7: Decision Making Students demonstrate the ability to make decisions that lead to better health.</p>	<p>a. Demonstrate individual and collaborative decision-making processes to resolve health problems.</p>	<p>B3, Activity 3</p>