

Enhanced Course Descriptions for Health Education

Grade K – This course will cover the content areas of sexuality; nutrition; alcohol, tobacco and other drug use; physical activity; personal safety; mental, social and emotional well being and other content at the kindergarten level as specified in NM Health Education Content Standards with Benchmarks and Performance Standards: specifically, personal health behaviors and individual well-being; structure and function of human body systems; personal health; common health issues and problems, injuries, illnesses of children; valid health information and health promoting products and services; location of health resources; media influences on health; locate school and community health helpers; responsible health behaviors; personal health needs; risky/harmful behaviors; strategies to improve/maintain health; injury prevention; avoiding threatening situations; skills to manage stress; cultural influence on personal health; technology and health; verbal/non-verbal communication; listening skills; refusal skills in conflict situations; conflict resolution; decision making; asking for assistance; health goal setting; advocating for health.

Grade 1 - This course will cover, at least, the content areas of sexuality; nutrition; alcohol, tobacco and other drug use; physical activity; personal safety; mental, social and emotional well being and other content at the grade 1 level as specified in NM Health Education Content Standards with Benchmarks and Performance Standards specifically, personal choices related to health and health consequences; healthy relationships; personal hygiene; emotions; safe and unsafe situations; health issues and illnesses of this age group; safe and unsafe health products; media messages; locate school and community health helpers; recognize positive and risky health behaviors; culture in the school and community; technology and personal health; communication skills and health; refusal skills; making healthy decisions; advocate for health.

Grade 2 - This course will cover, at least, the content areas of sexuality; nutrition; alcohol, tobacco and other drug use; physical activity; personal safety; mental, social and emotional well being and other content at the grade 2 level as specified in NM Health Education Content Standards with Benchmarks and Performance Standards specifically, personal choices related to health and health consequences; healthy relationships; personal hygiene; emotions; safe and unsafe situations; health issues and illnesses of this age group; safe and unsafe health products; media messages; locate school and community health helpers; recognize positive and risky health behaviors; culture in the school and community; technology and personal health; communication skills and health; refusal skills; making healthy decisions; advocate for health.

Grade 3 - This course will cover, at least, the content areas of sexuality; nutrition; alcohol, tobacco and other drug use; physical activity; personal safety; mental, social and emotional well being and other content at the grade 3 level as specified in NM Health Education Content Standards with Benchmarks and Performance Standards specifically, personal choices and health; effects of lifestyle choices on health; health issues of children in his age group; universal precautions; use of emergency telephone

numbers; role of safety officials; demonstrate responsible health behaviors; strategies to improve/maintain health; when to ask for help; peer pressure and health; demonstrate conflict resolution skills; culture and media issues; communication and listening skills; god touch/bad touch; personal health goal setting and tracking; advocate for health.

Grade 4 - This course will cover, at least, the content areas of sexuality; nutrition; alcohol, tobacco and other drug use; physical activity; personal safety; mental, social and emotional well being and other content at the grade 4 level as specified in NM Health Education Content Standards with Benchmarks and Performance Standards specifically, personal choices and health; effects of lifestyle choices on health; health issues of children in his age group; universal precautions; use of emergency telephone numbers; role of safety officials; demonstrate responsible health behaviors; strategies to improve/maintain health; when to ask for help; peer pressure and health; demonstrate conflict resolution skills; culture and media issues; communication and listening skills; god touch/bad touch; personal health goal setting and tracking; advocate for health.

Grade 5 - This course will cover, at least, the content areas of sexuality; nutrition; alcohol, tobacco and other drug use; physical activity; personal safety; mental, social and emotional well being and other content at the grade 5 level as specified in NM Health Education Content Standards with Benchmarks and Performance Standards specifically, positive health behaviors; health during adolescence; interaction of body systems; influences on adolescent health; environment and personal health; health risk reduction in adolescents; benefits of health care; prevention/causes of diseases and other health problems; health information, products, services; evaluate health resources and information; media influence; locate health products and services; compare costs of health products; professional health services; responsibility for personal health; analyze health assessments; safe vs. risky health behaviors; improve/maintain personal health; injury prevention/management strategies; avoid/reduce threatening situations; manage stress; influence of culture on personal health; technology and health; peer influences; verbal/non-verbal communication; positive communication skills; refusal and negotiation skills; youth conflicts; manage conflicts; decision making skills; skills to attain personal health; personal health planning; methods of communication; working cooperatively with health issues.

Grade 6 - This course will cover, at least, the content areas of sexuality; nutrition; alcohol, tobacco and other drug use; physical activity; personal safety; mental, social and emotional well being and other content at the grade 6 level as specified in NM Health Education Content Standards with Benchmarks and Performance Standards specifically, positive health behaviors; health during adolescence; interaction of body systems; influences on adolescent health; environment and personal health; health risk reduction in adolescents; benefits of health care; prevention/causes of diseases and other health problems; health information, products, services; evaluate health resources and information; media influence; locate health products and services; compare costs of health products; professional health services; responsibility for personal health; analyze health assessments; safe vs. risky health behaviors; improve/maintain personal health; injury prevention/management strategies; avoid/reduce threatening situations; manage stress; influence of culture on personal health; technology and health; peer

influences; verbal/non-verbal communication; positive communication skills; refusal and negotiation skills; youth conflicts; manage conflicts; decision making skills; skills to attain personal health; personal health planning; methods of communication; working cooperatively with health issues.

Grade 7 - This course will cover, at least, the content areas of sexuality; nutrition; alcohol, tobacco and other drug use; physical activity; personal safety; mental, social and emotional well being and other content at the grade 7 level as specified in NM Health Education Content Standards with Benchmarks and Performance Standards specifically, positive health behaviors and consequences; the body systems and adolescent health; access valid health information, services, products; practice health enhancing behaviors; analyze the influence of culture on adolescent health; use interpersonal communication to enhance health; use goal-setting and decision making skills; advocate for health.

Grade 8 - This course will cover, at least, the content areas of sexuality; nutrition; alcohol, tobacco and other drug use; physical activity; personal safety; mental, social and emotional well being and other content at the grade 8 level as specified in NM Health Education Content Standards with Benchmarks and Performance Standards specifically, positive health behaviors and consequences; the body systems and adolescent health; access valid health information, services, products; practice health enhancing behaviors; analyze the influence of culture on adolescent health; use interpersonal communication to enhance health; use goal-setting and decision making skills; advocate for health.

Grades 9-12 - This course will cover, at least, the content areas of sexuality; nutrition; alcohol, tobacco and other drug use; physical activity; personal safety; mental, social and emotional well being and other content at the grade 9-12 level as specified in NM Health Education Content Standards with Benchmarks and Performance Standards specifically, comprehend concepts related to health promotion and disease prevention; access valid health information, products, services; ability to practice health enhancing behaviors and reduce health risks; analyze the influence of culture on health; use interpersonal communication skills to enhance health; use goal setting and decision making skills to enhance health; advocate for health. This course, STARS # 1401, is the course required for graduation.