

Internal Assets –Positive Identity

<p>Personal power</p>	<p>k-3rd grade <u>Health</u> <u>Standard: 4</u> Prevention and Risk Management</p> <p>4th Grade <u>Health</u> <u>Standard 4:</u> Prevention and Risk Management</p> <p>5th grade <u>Health</u> <u>Standard 3:</u> Emotional and Social Wellness</p> <p>6th Grade <u>Health</u> <u>Standard 2:</u> Physical and Personal Wellness</p>	<ol style="list-style-type: none"> 1. Identify the importance of respecting the personal space and boundaries of self and others 3. Demonstrate skills necessary to prevent a conflict from escalating to violence 1. Analyze internal and external factors that influence mental and emotional health 4. Analyze how positive health behaviors can benefit people throughout their life span
------------------------------	--	---

	<p>7th Grade <u>Health</u> <u>Standard 3:</u> Emotional and Social Wellness</p> <p>8th Grade <u>Health</u> <u>Standard 4:</u> Prevention and Risk Management</p> <p>High School <u>Health</u> <u>Standard 4:</u> Prevention and Risk Management</p>	<p>2. Develop self-management skills to prevent and manage stress</p> <p>1. Analyze influences that impact individuals' use or non-use of alcohol, tobacco, and other drugs</p> <p>6. Analyze the underlying causes of self-harming behavior, harming others and steps</p>
<p>Self esteem</p>	<p>Kindergarten <u>Health</u> <u>Standard 4:</u> Prevention and Risk Management</p> <p>1st Grade</p>	<p>3. Demonstrate effective communication skills in unsafe situations</p>

Self esteem	<u>Health</u> <u>Standard 3:</u> Emotional and Social Wellness	1. Demonstrate how to express emotions in healthy ways
	2 nd Grade (none)	
	3 rd Grade <u>Health</u> <u>Standard 3:</u> <u>Emotional and</u> <u>Social</u> <u>Wellness</u>	1. Utilize knowledge and skills to treat self and others with care and respect
	4 th Grade <u>Health</u> <u>Standard 3:</u> <u>Emotional and</u> <u>Social</u> <u>Wellness</u>	1. Identify the positive behaviors that support relationships
	5 th Grade <u>Health</u> <u>Standard 2:</u> Physical and Personal Wellness	3. Describe the physical, social, and emotional changes occurring at puberty
6 th Grade	2. Access valid and reliable information regarding qualities of healthy family and Relationships	

<p>Self esteem</p>	<p><u>Health</u> Standard 2: Physical and Personal Wellness</p> <p>7th Grade <u>Health</u> Standard 2: Physical and Personal Wellness</p> <p>8th Grade <u>Health</u> Standard 3: Emotional and Social Wellness</p> <p>High School <u>Health</u> Standard 3: Emotional and Social Wellness</p>	<p>3. Compare and contrast healthy and unhealthy relationships (family, peer, and dating)</p> <p>1. Access valid school and community resources to help with mental and emotional health concerns</p> <p>3. Advocate to improve or maintain positive mental and emotional health for self and others</p>
	<p>K-3 Grades</p>	

Sense of purpose	(none)	
	4 th Grade <u>Health</u> <u>Standard 2:</u> Physical and Personal Wellness	3. Explain that the dimensions of wellness are interrelated and impact personal health
	5 th Grade <u>Health</u> <u>Standard 3:</u> Emotional and Social Wellness	1. Analyze internal and external factors that influence mental and emotional health
	6 th Grade <u>Health</u> <u>Standard 3:</u> Emotional and Social Wellness	1. Understand how to be mentally and emotionally healthy
	7 th Grade (None)	
	8 th Grade <u>Health</u> <u>Standards 4:</u> Prevention and Risk Management	5. Demonstrate ways to advocate for a positive, respectful school and community environment that supports pro-social behavior

	<p>High School <u>Health</u> <u>Standards 3:</u> Emotional and Social Wellness</p>	<p>2. Set goals, and monitor progress on attaining goals for future success</p>
<p>Positive view of personal future</p>	<p>Kindergarten <u>Standards 3:</u> Emotional and Social Wellness</p> <p>1st Grade <u>Standards 3:</u> Emotional and Social Wellness</p> <p>2nd Grade (None)</p> <p>3rd Grade <u>Health</u> <u>Standards 4:</u> Prevention and Risk Management</p>	<p>1. Exhibit understanding that one’s actions impact others</p> <p>1. Demonstrate how to express emotions in healthy ways</p> <p>2. Describe pro-social behaviors that enhance healthy interactions with others</p>

<p>Positive view of personal future</p>	<p>4th Grade <u>Standards 3:</u> Emotional and Social Wellness</p> <p>5th grade <u>Health Standard 2:</u> Physical and Personal Wellness</p> <p>6th Grade <u>Health Standard 2:</u> Physical and Personal Wellness</p> <p>7th Grade <u>Standards 3:</u> Emotional and Social Wellness</p> <p>8th Grade <u>Health Standard 2:</u></p>	<p>1. Identify the positive behaviors that support relationships</p> <p>4. Demonstrate interpersonal communication skills needed to discuss personal health problems to establish and maintain personal health and wellness</p> <p>4. Analyze how positive health behaviors can benefit people throughout their life s</p> <p>2. Develop self-management skills to prevent and manage stress</p> <p>4. Promote and enhance health through disease prevention</p>
--	---	--

	<p>Physical and Personal Wellness</p> <p>High School <u>Health</u> <u>Standard 3:</u> Emotional and Social Wellness</p>	<p>3. Advocate to improve or maintain positive mental and emotional health for self and others</p>
<p>Internal Assets – Positive values</p>		
<p>Caring</p>	<p>Kindergarten <u>Standard 3:</u> Emotional and Social Wellness</p> <p>1st Grade <u>Health</u> <u>Standard 3:</u> Emotional and Social Wellness</p> <p>2nd Grade</p>	<p>1. Exhibit understanding that one’s actions impact others</p> <p>1. Demonstrate how to express emotions in healthy ways</p>

<p>Caring</p>	<p><u>Health Standards 4:</u> Prevention and Risk Management</p>	<p>3. Explain why bullying is harmful and how to respond appropriately</p>
	<p>3rd Grade Health Standard 3: Emotional and Social Wellness</p>	<p>1. Utilize knowledge and skills to treat self and others with care and respect</p>
	<p>4th Grade <u>Health Standards 4:</u> Prevention and Risk Management</p>	<p>3. Demonstrate skills necessary to prevent a conflict from escalating to violence</p>
	<p>5th Grade <u>Health Standards 4:</u> Prevention and Risk Management</p>	<p>2. Demonstrate pro-social behaviors that reduce the likelihood of physical fighting, violence, and bullying</p>
	<p>6th Grade <u>Health Standard 3:</u> Emotional and Social Wellness</p>	<p>1. Understand how to be mentally and emotionally healthy</p>

<p>Caring</p>	<p>7th Grade <u>Health Standards 3:</u> Emotional and Social Wellness</p> <p>8th Grade <u>Health Standard 4:</u> Prevention and Risk Management</p> <p>High School <u>Health Standards 3:</u> Emotional and Social Wellness</p>	<ol style="list-style-type: none"> 1. Demonstrate effective communication skills to express feelings appropriately 3. Advocate to improve or maintain positive mental and emotional health for self and others 5. Demonstrate ways to advocate for a positive, respectful school and community environment that supports pro-social behavior
<p>Integrity</p>	<p>Kindergarten <u>Health Standard 4:</u> Prevention and Risk Management</p> <p>1st and 2nd Grade (None)</p> <p>3rd Grade</p>	<ol style="list-style-type: none"> 1. Identify the importance of respecting the personal space and boundaries of self and others

<p>Integrity</p>	<p><u>Health Standard 4:</u> Prevention and Risk Management</p>	<p>2. Describe pro-social behaviors that enhance healthy interactions with others</p>
	<p>4th & 5th Grade (None)</p>	
	<p>6th Grade <u>Health Standards 3:</u> Emotional and Social Wellness</p>	<p>1. Understand how to be mentally and emotionally healthy</p>
	<p>7th Grade (None)</p>	
	<p>8th Grade <u>Health Standard 4:</u> Prevention and Risk Management</p>	<p>5. Demonstrate ways to advocate for a positive, respectful school and community environment that supports pro-social behavior</p>
<p>High School <u>Health Standards 3:</u></p>	<p>1. Analyze the interrelationship of physical, mental, emotional, and social health</p>	

	Emotional and Social Wellness	
Honesty	<p>Kindergarten (None)</p> <p>1st Grade <u>Standards 3:</u> Emotional and Social Wellness</p> <p>2nd & 3rd Grade (None)</p> <p>4th Grade Health <u>Standard 3:</u> Emotional and Social Wellness</p> <p>5th Grade (None)</p> <p>6th Grade <u>Standards 3:</u></p>	<p>1. Demonstrate how to express emotions in healthy ways</p> <p>1. Demonstrate how to express emotions in healthy ways (build upon 1st grade standard)</p> <p>1. Understand how to be mentally and emotionally healthy</p>

	<p>Emotional and Social Wellness</p> <p>7th Grade <u>Health Standards 3:</u> Emotional and Social Wellness</p> <p>8th Grade (None)</p> <p>High School <u>Health Standard 2:</u> Physical and Personal Wellness</p>	<p>1. Demonstrate effective communication skills to express feelings appropriately</p> <p>1. Develop and maintain the ongoing evaluation of factors that impact health, and modify lifestyle accordingly</p>
<p>Responsibility</p>	<p>Kindergarten <u>Health Standard 3:</u> Emotional and Social Wellness</p> <p>1st Grade</p>	<p>1. Exhibit understanding that one's actions impact others</p>

<p>Responsibility</p>	<p><u>Health</u> <u>Standard 3:</u> Emotional and Social Wellness</p>	<p>1. Demonstrate how to express emotions in healthy ways</p>
	<p>2nd Grade <u>Health</u> <u>Standard 4:</u> Prevention and Risk Management</p>	<p>4. Demonstrate interpersonal communication skills to prevent injury or to ask for help in an emergency or unsafe situation</p>
	<p>3rd Grade <u>Health</u> <u>Standard 4:</u> Prevention and Risk Management</p>	<p>2. Describe pro-social behaviors that enhance healthy interactions with others</p>
	<p>4th Grade <u>Health</u> <u>Standard 4:</u> Prevention and Risk Management</p>	<p>3. Demonstrate skills necessary to prevent a conflict from escalating to violence</p>
	<p>5th Grade <u>Health</u> <u>Standard 4:</u></p>	<p>2. Demonstrate pro-social behaviors that reduce the likelihood of physical fighting,</p>

Responsibility	Prevention and Risk Management	violence, and bullying
	6 th Grade <u>Health Standard 4:</u> Prevention and Risk Management	4. Demonstrate ways to advocate for safety, and prevent unintentional injuries
	7 th Grade <u>Health Standard 2:</u> Physical and Personal Wellness	3. Compare and contrast healthy and unhealthy relationships (family, peer, and dating)
	8 th Grade <u>Health Standard 3:</u> Emotional and Social Wellness	1. Access valid school and community resources to help with mental and emotional health concerns
	High School <u>Health Standard 3:</u> Emotional and Social Wellness	3. Advocate to improve or maintain positive mental and emotional health for self and others

Internal assets – Social competence		
Restraint	<p>Kindergarten <u>Health Standard</u></p> <p><u>3:</u> Emotional and Social Wellness</p> <p><u>1st Grade Health Standard</u></p> <p><u>4:</u> Prevention and Risk Management</p> <p><u>2nd Grade Health Standard</u></p> <p><u>4:</u> Prevention and Risk Management</p> <p><u>3rd Grade Health Standard</u></p> <p><u>4:</u> Prevention and Risk Management</p> <p><u>4th Grade Health Standard</u></p>	<p>1. Exhibit understanding that one’s actions impact others</p> <p>3. Demonstrate strategies to avoid hazards in the home and community</p> <p>4. Demonstrate interpersonal communication skills to prevent injury or to ask for help in a</p> <p>2. Describe pro-social behaviors that enhance healthy interactions with others</p>

	<p><u>3:</u> Emotional and Social Wellness</p> <p>5th Grade (None)</p> <p>6th Grade <u>Health Standard</u></p> <p><u>4:</u> Prevention and Risk Management</p> <p>7th Grade <u>Health Standard</u></p> <p><u>4:</u> Prevention and Risk Management</p> <p>8th Grade <u>Health Standard</u></p> <p><u>4:</u> Prevention and Risk Management</p> <p>High School <u>Health Standard</u></p>	<p>1. Demonstrate how to express emotions in healthy ways</p> <p>3. Demonstrate self-management skills to reduce violence and actively participate in violence prevention</p> <p>2. Demonstrate safety procedures for a variety of situations</p> <p>5. Demonstrate ways to advocate for a positive, respectful school and community environment</p>
--	---	--

	<p><u>4:</u> Prevention and Risk Management</p>	<p>9. Demonstrate verbal and nonverbal communication skills and strategies to prevent violence</p>
<p>Interpersonal competence</p>	<p>Kindergarten <u>Health Standard</u> <u>4:</u> Prevention and Risk Management</p> <p>1st Grade (None)</p> <p>2nd Grade <u>Health Standard</u> <u>4:</u> Prevention and Risk Management</p> <p>Interpersonal competence 3rd Grade <u>Health Standard</u> <u>3:</u></p>	<p>3. Demonstrate effective communication skills in unsafe situations</p> <p>4. Demonstrate interpersonal communication skills to prevent injury or to ask for help in a</p> <p>2. Demonstrate interpersonal communication skills to support positive interactions with families, peers, and others</p>

	<p>Emotional and Social Wellness</p> <p>4th Grade <u>Health Standard</u> <u>4:</u> Prevention and Risk Management</p> <p>5th Grade <u>Health Standard</u> <u>2:</u> Physical and Personal Wellness</p> <p>6th Grade <u>Health Standard</u> <u>4:</u> Prevention and Risk Management</p> <p>7th Grade <u>Health Standard</u> <u>3:</u> Emotional and Social Wellness</p> <p>8th Grade</p>	<p>2. Demonstrate the ability to use interpersonal communication skills to avoid using tobacco</p> <p>4. Demonstrate interpersonal communication skills needed to discuss personal health problems to establish and maintain personal health and wellness</p> <p>4. Demonstrate ways to advocate for safety, and prevent unintentional injuries</p> <p>1. Demonstrate effective communication skills to express feelings appropriately</p>
--	---	--

	<p><u>Health Standard 4:</u> Prevention and Risk Management</p> <p>High School <u>Health Standard 4:</u> Prevention and Risk Management</p>	<p>5. Demonstrate ways to advocate for a positive, respectful school and community environment that supports pro-social behavior</p> <p>9. Demonstrate verbal and nonverbal communication skills and strategies to prevent violence</p>
<p>Cultural competence</p>	<p>Kindergarten <u>Health Standard 3:</u> Emotional and Social Wellness</p> <p>1st Grade <u>Health Standard 3:</u> Emotional and Social Wellness</p> <p>2nd Grade <u>Health Standard 4:</u> Prevention and Risk Management</p>	<p>1. Exhibit understanding that one's actions impact others</p> <p>1. Demonstrate how to express emotions in healthy ways</p> <p>3. Explain why bullying is harmful and how to respond appropriately</p>

Cultural competence	3 rd grade <u>Health Standard</u> 4: Prevention and Risk Management	2. Describe pro-social behaviors that enhance healthy interactions with others
	4 th Grade <u>Health Standard</u> 4: Prevention and Risk Management	3. Demonstrate skills necessary to prevent a conflict from escalating to violence
	5th grade <u>Health Standard</u> 2: Physical and Personal Wellness	4. Demonstrate interpersonal communication skills needed to discuss personal health prob
	6 th Grade <u>Health Standard</u> 4: Prevention and Risk Management	3. Demonstrate self-management skills to reduce violence and actively participate in violence prevention

	<p>7th Grade <u>Health Standard</u> <u>3:</u> Emotional and Social Wellness</p> <p>8th Grade <u>Health Standard</u> <u>4:</u> Prevention and Risk Management</p> <p>High School <u>Health Standard</u> <u>4:</u> Prevention and Risk Management</p>	<p>3. Demonstrate effective communication skills to express feelings appropriately</p> <p>5. Demonstrate ways to advocate for a positive, respectful school and community environment that supports pro-social behavior</p> <p>10. Advocate for changes in the home, school, or community that would increase safety</p>
<p>Resistance skills</p>	<p>Kindergarten (None)</p> <p>1st Grade <u>Health Standard</u> <u>3:</u> Emotional and Social Wellness</p> <p>2nd Grade</p>	<p>1. Demonstrate how to express emotions in healthy ways</p>

	<p><u>Health Standard 3:</u> Emotional and Social Wellness</p> <p>4 & 5 Grades (None)</p> <p>6th Grade (None)</p> <p>7th Grade <u>Health Standard 3:</u> Emotional and Social Wellness</p> <p>8th Grade (None)</p> <p>High School <u>Health Standard 4:</u> Prevention and Risk Management</p>	<p>2. Demonstrate interpersonal communication skills to support positive interactions with families, peers, and others</p> <p>1. Demonstrate effective communication skills to express feelings appropriately</p> <p>3. Develop interpersonal communication skills to refuse or avoid alcohol, tobacco, or other drugs</p>
<p>Internal Assets – Commitment to learning</p>		

<p>Peaceful conflict resolution</p>	<p>Kindergarten <u>Health Standard</u> <u>4:</u> Prevention and Risk Management</p> <p>1st Grade <u>Health Standard</u> <u>3:</u> Emotional and Social Wellness</p> <p>2nd Grade (None)</p> <p>3rd Grade <u>Health Standard</u> <u>3:</u> Emotional and Social Wellness</p>	<p>Demonstrate effective communication skills in unsafe situations</p> <p>1. Demonstrate how to express emotions in healthy ways</p> <p>2. Demonstrate interpersonal communication skills to support positive interactions with family and friends</p>
<p>Peaceful conflict resolution</p>	<p>4th Grade <u>Health Standard</u> <u>4:</u> Prevention and Risk Management</p>	<p>3. Demonstrate skills necessary to prevent a conflict from escalating to violence</p>

Peaceful conflict resolution	5 th Grade <u>Health Standard</u> <u>4:</u> Prevention and Risk Management	2. Demonstrate pro-social behaviors that reduce the likelihood of physical fighting, violence, and bullying
	6 th Grade <u>Health Standard</u> <u>4:</u> Prevention and Risk Management	3. Demonstrate self-management skills to reduce violence and actively participate in violence prevention
	7 th Grade <u>Health Standard</u> <u>3:</u> Emotional and Social Wellness	1. Demonstrate effective communication skills to express feelings appropriately
	8 th Grade <u>Health Standard</u> <u>4:</u> Prevention and Risk Management	5. Demonstrate ways to advocate for a positive, respectful school and community environment
	High School <u>Health Standard</u> <u>4:</u>	9. Demonstrate verbal and nonverbal communication skills and strategies to prevent violence

	Prevention and Risk Management	10. Advocate for changes in the home, school, or community that would increase safety
Achievement motivation	N/A	
Homework	N/A	
Bonding to school	N/A	
Reading for Pleasure	N/A	