

NORTH CAROLINA ESSENTIAL STANDARDS

Health Education

Grade: Kindergarten

Course: Mental and Emotional Health

NCES.K.MEH.1 - Remember the association of healthy expression of emotions, mental health, and healthy behavior.

NCES.K.MEH.1.1 - Recognize feelings and ways of expressing them.

NCES.K.MEH.1.2 - Recall stressors and stress responses.

NCES.K.MEH.1.3 - Illustrate personal responsibility for actions and possessions.

Course: Personal and Consumer Health

NCES.K.PCH.1 - Apply measures for cleanliness and disease prevention.

NCES.K.PCH.1.1 - Use steps of correct hand washing at appropriate times throughout the day.

NCES.K.PCH.1.2 - Illustrate proper tooth brushing techniques.

NCES.K.PCH.1.3 - Explain rationale for not sharing hygiene products (combs, brushes, toothbrushes).

NCES.K.PCH.2 - Understand necessary steps to prevent and respond to unintentional injury.

NCES.K.PCH.2.1 - Recognize the meanings of traffic signs and signals.

NCES.K.PCH.2.2 - Explain the benefits of wearing seat belts and bicycle helmets.

NCES.K.PCH.2.3 - Illustrate how to get help in an emergency.

NCES.K.PCH.2.4 - Identify appropriate responses to warning signs, sounds, and labels.

Course: Interpersonal Communication and Relationships

NCES.K.ICR.1 - Understand healthy and effective interpersonal communication and relationships.

NCES.K.ICR.1.1 - Explain reasons for sharing.

NCES.K.ICR.1.2 - Compare people in terms of what they have in common and how they are unique.

NCES.K.ICR.1.3 - Summarize protective behaviors to use when approached by strangers.

NCES.K.ICR.1.4 - Recognize bullying, teasing, and aggressive behaviors and how to respond.

Course: Nutrition and Physical Activity

NCES.K.NPA.1 - Understand MyPlate as a tool for selecting nutritious foods.

NCES.K.NPA.1.1 - Classify foods by groups in MyPlate.

NCES.K.NPA.1.2 - Recall foods and beverages beneficial to teeth and bones.

NCES.K.NPA.1.3 - Recall activities for fitness and recreation during out of school hours.

NCES.K.NPA.2 - Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.

NCES.K.NPA.2.1 - Recognize nutrient-dense foods in a list of foods that are culturally diverse.

NCES.K.NPA.2.2 - Summarize the importance of a healthy breakfast and lunch.

Course: Alcohol, Tobacco, and Other Drugs

NCES.K.ATOD.1 - Understand how to use household products and medicines safely.

NCES.K.ATOD.1.1 - Explain what is likely to happen if harmful household products are ingested or inhaled.

NCES.K.ATOD.1.2 - Classify things found around the house as medicinal drugs or other (e.g. candy).



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NCES.K.ATOD.1.3 - Identify adults and professionals who can be trusted to provide safety information about household products and medicines.

NCES.K.ATOD.1.4 - Use appropriate strategies to access help when needed in emergencies involving household products and medicines.

Grade: Grade 1

Course: Mental and Emotional Health

NCES.1.MEH.1 - Understand the relationships among healthy expression of emotions, mental health, and healthy behavior.

NCES.1.MEH.1.1 - Use effective communication to express and cope with emotions.

NCES.1.MEH.1.2 - Use methods of positive coping with disappointment and failure.

NCES.1.MEH.1.3 - Classify stressors as eustress or distress.

Course: Personal and Consumer Health

NCES.1.PCH.1 - Apply measures for cleanliness and disease prevention.

NCES.1.PCH.1.1 - Recognize that germs produce illness and can be spread from one person to another.

NCES.1.PCH.1.2 - Use measures for preventing the spread of germs.

NCES.1.PCH.2 - Understand wellness, disease prevention, and recognition of symptoms.

NCES.1.PCH.2.1 - Illustrate symptoms of sickness and measures for getting well.

NCES.1.PCH.2.2 - Summarize the transition between primary and permanent teeth and steps for seeking help for dental problems.

NCES.1.PCH.3 - Understand necessary steps to prevent and respond to unintentional injury.

NCES.1.PCH.3.1 - Identify safety hazards in the home and injury prevention strategies.

NCES.1.PCH.3.2 - Identify items that can cause burns, strategies to prevent fire and burn injury.

NCES.1.PCH.3.3 - Execute the Stop, Drop, and Roll response.

NCES.1.PCH.3.4 - Execute an emergency phone call.

Course: Interpersonal Communication and Relationships

NCES.1.ICR.1 - Understand healthy and effective interpersonal communication and relationships.

NCES.1.ICR.1.1 - Explain the importance of demonstrating respect for the personal space and boundaries of others.

NCES.1.ICR.1.2 - Explain the value of having a diversity of students in the classroom.

NCES.1.ICR.1.3 - Contrast tattling with reporting aggression, bullying, and violent behavior.

NCES.1.ICR.1.4 - Contrast appropriate and inappropriate touch.

NCES.1.ICR.1.5 - Illustrate how to seek adult assistance for inappropriate touch.

Course: Nutrition and Physical Activity

NCES.1.NPA.1 - Understand MyPlate as a tool for selecting nutritious foods.

NCES.1.NPA.1.1 - Select a variety of foods based on MyPlate.

NCES.1.NPA.1.2 - Contrast more nutrient dense foods from those that are less nutrient dense.



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NCES.1.NPA.2 - Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.

NCES.1.NPA.2.1 - Classify the sources of a variety of foods.

NCES.1.NPA.2.2 - Select healthy alternatives to foods and beverages that are high in sugar.

NCES.1.NPA.3 - Remember fitness concepts to enhance quality of life.

NCES.1.NPA.3.1 - Recognize the benefits of physical activity.

NCES.1.NPA.3.2 - Recall fitness and recreation activities that can be used during out of school hours.

Course: Alcohol, Tobacco, and Other Drugs

NCES.1.ATOD.1 - Understand how to use household products and medicines safely.

NCES.1.ATOD.1.1 - Recognize the harmful effects of medicine when used incorrectly.

NCES.1.ATOD.1.2 - Recognize how to behave safely with medicines and household cleaners.

NCES.1.ATOD.1.3 - Classify products as harmful or safe.

NCES.1.ATOD.1.4 - Summarize strategies for reporting harmful substances.

Grade: **Grade 2**

Course: Mental and Emotional Health

NCES.2.MEH.1 - Understand the relationship among healthy expression of emotions, mental health, and healthy behavior.

NCES.2.MEH.1.1 - Identify appropriate standards for behavior.

NCES.2.MEH.1.2 - Summarize behaviors that help to avoid risks.

NCES.2.MEH.1.3 - Explain the influence of peers, the media, and the family on feelings and emotions.

NCES.2.MEH.1.4 - Explain the influence on self-concept on performance and vice versa.

NCES.2.MEH.1.5 - Summarize the potential negative effects of stress on the body and mind.

Course: Personal and Consumer Health

NCES.2.PCH.1 - Apply measures for cleanliness and disease prevention.

NCES.2.PCH.1.1 - Recall the benefits of good dental health.

NCES.2.PCH.1.2 - Execute the proper techniques for brushing teeth.

NCES.2.PCH.2 - Understand wellness, disease prevention, and recognition of symptoms.

NCES.2.PCH.2.1 - Summarize reasons and strategies for preventing contact with body fluids.

NCES.2.PCH.2.2 - Explain the dangers associated with excessive sun exposure (e.g., sun burn, damage to eyes, skin cancer) and methods for protecting oneself from these dangers.

Course: Interpersonal Communication and Relationships

NCES.2.ICR.1 - Understand healthy and effective interpersonal communication and relationships.

NCES.2.ICR.1.1 - Classify behaviors as helpful or hurtful to friendships.

NCES.2.ICR.1.2 - Interpret the feelings of others and how to respond when angry or sad.

NCES.2.ICR.1.3 - Explain why it is wrong to tease others.

NCES.2.ICR.1.4 - Recognize bullying behaviors and what to do if someone is bullied.

NCES.2.ICR.1.5 - Exemplify how to communicate with others with kindness and respect.



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Course: Nutrition and Physical Activity

NCES.2.NPA.1 - Understand MyPlate as a tool for selecting nutritious foods.

NCES.2.NPA.1.1 - Recognize the interrelationship of parts of MyPlate.

NCES.2.NPA.1.2 - Plan meals that are chosen for energy and health.

NCES.2.NPA.1.3 - Classify activities in terms of their appropriateness for a healthy lifestyle.

NCES.2.NPA.2 - Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.

NCES.2.NPA.2.1 - Summarize motivations for eating food, including hunger vs. satiety.

NCES.2.NPA.2.2 - Explain the importance of a healthy breakfast and lunch.

NCES.2.NPA.3 - Remember nutrition and fitness concepts to enhance quality of life.

NCES.2.NPA.3.1 - Contrast a physically active and inactive lifestyle.

NCES.2.NPA.3.2 - Plan family physical activities that are fun and contribute to fitness.

Course: Alcohol, Tobacco, and Other Drugs

NCES.2.ATOD.1 - Understand how to use household products and medicines safely.

NCES.2.ATOD.1.1 - Classify uses of medicine or drugs as appropriate and inappropriate.

NCES.2.ATOD.1.2 - Summarize the health risks associated with inappropriate medicine and drug use.

NCES.2.ATOD.1.3 - Use goal-setting strategies to prevent the misuse of medicines or household products.

Grade: **Grade 3**

Course: Mental and Emotional Health

NCES.3.MEH.1 - Understand positive stress management strategies.

NCES.3.MEH.1.1 - Explain how self-control is a valuable tool in avoiding health risks.

NCES.3.MEH.1.2 - Classify stress as preventable or manageable.

NCES.3.MEH.2 - Understand the relationship between healthy expression of emotions, mental health, and healthy behavior.

NCES.3.MEH.2.1 - Identify common sources for feelings of grief or loss.

NCES.3.MEH.2.2 - Summarize how to seek resources for assistance with feelings of grief or loss.

Course: Personal and Consumer Health

NCES.3.PCH.1 - Understand wellness, disease prevention, and recognition of symptoms.

NCES.3.PCH.1.1 - Classify behaviors in terms of whether they are related to physical, social, mental, and emotional health.

NCES.3.PCH.1.2 - Classify behaviors in terms of whether they do or do not contribute to healthy living.

NCES.3.PCH.2 - Apply measures for cleanliness and disease prevention.

NCES.3.PCH.2.1 - Recognize plaque and lack of dental hygiene result in gum disease and cavities.

NCES.3.PCH.2.2 - Implement proper flossing to prevent tooth decay and gum disease.



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NCES.3.PCH.3 - Understand necessary steps to prevent and respond to unintentional injury.

NCES.3.PCH.3.1 - Use methods for prevention of common unintentional injuries.

NCES.3.PCH.3.2 - Summarize methods that increase and reduce injuries in and around water.

NCES.3.PCH.3.3 - Summarize the dangers of weapons and how to seek help if a weapon or firearm is found.

NCES.3.PCH.3.4 - Implement a plan to escape fire at home while avoiding smoke inhalation.

Course: Interpersonal Communication and Relationships

NCES.3.ICR.1 - Understand healthy and effective interpersonal communication and relationships.

NCES.3.ICR.1.1 - Summarize qualities and benefits of a healthy relationship.

NCES.3.ICR.1.2 - Plan how to show compassion for all living things and respect for other people's property.

NCES.3.ICR.1.3 - Illustrate how to seek help from an adult if a weapon is found or a threat is communicated.

NCES.3.ICR.1.4 - Illustrate how to effectively and respectfully express opinions that differ.

NCES.3.ICR.1.5 - Analyze situations in terms of the strategies used by people in those situations that help or hinder healthy relationships.

Course: Nutrition and Physical Activity

NCES.3.NPA.1 - Apply tools (MyPlate, Food Facts Label) to plan healthy nutrition and fitness.

NCES.3.NPA.1.1 - Use MyPlate to eat a nutritious breakfast each morning.

NCES.3.NPA.1.2 - Check the Food Facts Label to determine foods that are low in sugar and high in calcium.

NCES.3.NPA.1.3 - Plan activities for fitness and recreation during out of school hours.

NCES.3.NPA.2 - Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.

NCES.3.NPA.2.1 - Identify the sources of a variety of foods.

NCES.3.NPA.2.2 - Categorize beverages that are more nutrient dense.

NCES.3.NPA.2.3 - Recognize appropriate portion sizes of foods for most Americans.

Course: Alcohol, Tobacco, and Other Drugs

NCES.3.ATOD.1 - Understand how to use household products and medicines safely.

NCES.3.ATOD.1.1 - Identify examples of medications that help individuals with common health problems.

NCES.3.ATOD.1.2 - Recall rules for taking medicine at school and at home.

NCES.3.ATOD.2 - Apply strategies involving risk-reduction behaviors to protect self and others from the negative effects of alcohol, tobacco, and other drugs.

NCES.3.ATOD.2.1 - Use refusal skills when confronted or pressured to use alcohol, tobacco, or other drugs.

NCES.3.ATOD.2.2 - Identify ways of refusing to ride in vehicles driven by someone who has been using alcohol.



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Grade: **Grade 4**

Course: **Mental and Emotional Health**

NCES.4.MEH.1 - Apply positive stress management strategies.

NCES.4.MEH.1.1 - Summarize effective coping strategies to manage stress.

NCES.4.MEH.1.2 - Implement healthy strategies for handling stress, including asking for assistance.

NCES.4.MEH.2 - Understand the relationship between healthy expression of emotions, mental health, and healthy behavior.

NCES.4.MEH.2.1 - Identify unique personal characteristics that contribute to positive mental health.

NCES.4.MEH.2.2 - Explain how effective problem solving aids in making healthy choices.

Course: **Personal and Consumer Health**

NCES.4.PCH.1 - Understand wellness, disease prevention, and recognition of symptoms.

NCES.4.PCH.1.1 - Explain how to prevent or control common childhood illnesses and conditions such as asthma, allergies, diabetes, and epilepsy.

NCES.4.PCH.1.2 - Recognize methods that prevent the spread of germs that cause communicable diseases.

NCES.4.PCH.2 - Understand body systems and organs, functions, and their care.

NCES.4.PCH.2.1 - Identify the basic components and functions of the respiratory system.

NCES.4.PCH.2.2 - Summarize habits to care for the skin.

NCES.4.PCH.3 - Analyze health information and products.

NCES.4.PCH.3.1 - Outline the functions of various health products.

NCES.4.PCH.3.2 - Analyze advertisements of health products and services in terms of claims made and the validity of those claims.

NCES.4.PCH.4 - Understand necessary steps to prevent and respond to unintentional injury.

NCES.4.PCH.4.1 - Explain why it is safe to be a friend of someone who has a disease or health condition (cancer, HIV, asthma, or epilepsy).

NCES.4.PCH.4.2 - Identify personal protection equipment needed for sports or recreational activities.

NCES.4.PCH.4.3 - Illustrate skills for providing first aid for choking victims (including the Heimlich maneuver).

Course: **Interpersonal Communication and Relationships**

NCES.4.ICR.1 - Understand healthy and effective interpersonal communication and relationships.

NCES.4.ICR.1.1 - Explain the importance of showing respect for self and respect and empathy for others.

NCES.4.ICR.1.2 - Exemplify empathy toward those affected by disease and disability.

NCES.4.ICR.1.3 - Interpret facial expressions and posture to emotions and empathy.

NCES.4.ICR.1.4 - Recognize situations that might lead to violence.

NCES.4.ICR.1.5 - Exemplify how to seek assistance for bullying.

NCES.4.ICR.1.6 - Contrast healthy and unhealthy relationships.

NCES.4.ICR.2 - Understand the changes that occur during puberty and adolescence.



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NCES.4.ICR.2.1 - Summarize physical and emotional changes during puberty.

NCES.4.ICR.2.2 - Recognize that individuals experience puberty at different rates (early, average, late).

Course: Nutrition and Physical Activity

NCES.4.NPA.1 - Apply tools (MyPlate, Food Facts Label) to plan healthy nutrition and fitness.

NCES.4.NPA.1.1 - Plan meals using MyPlate.

NCES.4.NPA.1.2 - Carry out measures to prevent food borne illness, including hand washing and appropriate food storage and preparation.

NCES.4.NPA.1.3 - Use the Food Facts Label to plan meals and avoid food allergies.

NCES.4.NPA.2 - Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.

NCES.4.NPA.2.1 - Compare unhealthy and healthy eating patterns, including eating in moderation.

NCES.4.NPA.2.2 - Explain the effects of eating healthy and unhealthy breakfasts and lunches.

NCES.4.NPA.3 - Understand the benefits of nutrition and fitness to disease prevention.

NCES.4.NPA.3.1 - Explain how nutrition and fitness affect cardiovascular health.

NCES.4.NPA.3.2 - Summarize the association between caloric intake and expenditure to prevent obesity.

Course: Alcohol, Tobacco, and Other Drugs

NCES.4.ATOD.1 - Understand health risks associated with the use of tobacco products.

NCES.4.ATOD.1.1 - Summarize short-term and long-term effects of cigarettes and smokeless tobacco products.

NCES.4.ATOD.1.2 - Explain why tobacco is an addictive product.

NCES.4.ATOD.2 - Understand why people use tobacco products.

NCES.4.ATOD.2.1 - Identify possible internal and external influences on tobacco use.

NCES.4.ATOD.2.2 - Explain why people are influenced by various marketing strategies employed by tobacco companies.

NCES.4.ATOD.3 - Apply risk reduction behaviors to protect self and others from alcohol, tobacco, and other drug use.

NCES.4.ATOD.3.1 - Use refusal skills to resist the pressure to experiment with tobacco.

NCES.4.ATOD.3.2 - Select strategies to use in avoiding situations in which tobacco is being used to minimize exposure to second-hand smoke.

Grade: **Grade 5**

Course: Mental and Emotional Health

NCES.5.MEH.1 - Apply positive stress management strategies.

NCES.5.MEH.1.1 - Implement positive stress management strategies.

NCES.5.MEH.1.2 - Evaluate the effectiveness of stress management strategies.

NCES.5.MEH.2 - Understand help-seeking strategies for depression and mental disorders.

NCES.5.MEH.2.1 - Interpret feelings of depression and sadness as normal responses to loss.



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NCES.5.MEH.2.2 - Summarize how to seek assistance from reliable resources for depression and sadness.

Course: Personal and Consumer Health

NCES.5.PCH.1 - Understand wellness, disease prevention, and recognition of symptoms.

NCES.5.PCH.1.1 - Explain the influence of personal values on health behaviors.

NCES.5.PCH.1.2 - Design a personal action plan for sufficient rest and sleep.

NCES.5.PCH.2 - Analyze health products and sources of health information.

NCES.5.PCH.2.1 - Recognize dependable resources for health information.

NCES.5.PCH.2.2 - Differentiate between safe and unsafe products.

NCES.5.PCH.3 - Apply measures for cleanliness and disease prevention.

NCES.5.PCH.3.1 - Implement a personal dental health plan to include brushing, flossing, nutrition, and injury prevention.

NCES.5.PCH.3.2 - Carry out activities that avoid harmful effects of the sun.

NCES.5.PCH.4 - Understand body systems and organs, functions, and their care.

NCES.5.PCH.4.2 - Summarize the functions of the organs which make up the digestive system.

NCES.5.PCH.4.3 - Interpret the relationship between and among the vessels and organs of the circulatory system.

Course: Interpersonal Communication and Relationships

NCES.5.ICR.1 - Understand healthy and effective interpersonal communication and relationships.

NCES.5.ICR.1.1 - Illustrate the dangers of communicating with unknown individuals.

NCES.5.ICR.1.2 - Summarize things you can do to seek assistance when encountering a stranger.

NCES.5.ICR.1.3 - Explain the impact of stereotyping and discrimination on other people's self-respect and feelings.

NCES.5.ICR.1.4 - Summarize how to solve problems and resolve conflict without avoidance or violence.

NCES.5.ICR.2 - Analyze the changes and influences that occur during puberty and adolescence.

NCES.5.ICR.2.1 - Recall that puberty is characterized by the development of secondary sex characteristics and onset of reproductive capacity.

NCES.5.ICR.2.2 - Differentiate between accurate and inaccurate sources of information about puberty and development.

NCES.5.ICR.2.3 - Summarize the functions of the male and female reproductive systems.

NCES.5.ICR.2.4 - Illustrate how societal influences can impact behavioral choices and feelings regarding one's reproductive health.

NCES.5.ICR.2.5 - Deconstruct media messages as they relate to their influence on perceptions of desirable body sizes and shapes.

Course: Nutrition and Physical Activity

NCES.5.NPA.1 - Apply tools (MyPlate) to plan healthy nutrition and fitness.

NCES.5.NPA.1.1 - Use MyPlate to make healthy choices of foods and beverages.



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NCES.5.NPA.1.2 - Use recommendations in MyPlate to increase physical activity.

NCES.5.NPA.2 - Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.

NCES.5.NPA.2.1 - Summarize the influences of family, culture, and the media on food choices

NCES.5.NPA.2.2 - Infer the benefits of limiting the consumption of foods and beverages high in fat and added sugar.

NCES.5.NPA.3 - Understand the benefits of nutrition and fitness to disease prevention.

NCES.5.NPA.3.1 - Contrast dieting and healthy weight management, including limiting high-fat and high-sugar foods.

NCES.5.NPA.3.2 - Explain the benefits of regular physical activity on physical, mental, emotional, and social health.

NCES.5.NPA.3.3 - Summarize normal weight gain and body changes during puberty.

Course: Alcohol, Tobacco, and Other Drugs

NCES.5.ATOD.1 - Understand health risks associated with use of alcohol.

NCES.5.ATOD.1.1 - Explain the short-term and long-term effects of alcohol abuse.

NCES.5.ATOD.1.2 - Explain the effects of alcohol abuse on others.

NCES.5.ATOD.2 - Understand why people use alcohol.

NCES.5.ATOD.2.1 - Explain possible internal and external influences to use alcohol.

NCES.5.ATOD.2.2 - Evaluate the effect of advertising strategies of alcohol companies on people's use of alcohol.

NCES.5.ATOD.3 - Apply risk reduction behaviors to protect self and others from alcohol use.

NCES.5.ATOD.3.1 - Use refusal skills to resist the pressure to experiment alcohol and other drug use.

NCES.5.ATOD.3.2 - Design strategies for maintaining an alcohol-free lifestyle that include barriers and ways of overcoming these barriers.

Grade: **Grade 6**

Course: Mental and Emotional Health

NCES.6.MEH.1 - Apply structured thinking (decision making and goal setting) to benefit emotional well-being.

NCES.6.MEH.1.1 - Implement a structured decision making model to enhance health behaviors.

NCES.6.MEH.1.2 - Execute a goal setting plan to enhance health behaviors.

NCES.6.MEH.2 - Analyze the potential outcome of positive stress management techniques.

NCES.6.MEH.2.1 - Organize common responses to stressors based on the degree to which they are positive or negative and their likely health outcomes.

NCES.6.MEH.2.2 - Differentiate between positive and negative stress management strategies.

NCES.6.MEH.3 - Analyze the relationship between healthy expression of emotions, mental health, and healthy behavior.

NCES.6.MEH.3.1 - Interpret failure in terms of its potential for learning and growth.

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NCES.6.MEH.3.2 - Analyze the relationship between health-enhancing behaviors (communication, goal-setting and decision making) and the ability to cope with failure.

Course: Personal and Consumer Health

NCES.6.PCH.1 - Understand wellness, disease prevention, and recognition of symptoms.

NCES.6.PCH.1.1 - Explain the increase of incidence of disease and mortality over the last decades.

NCES.6.PCH.1.2 - Differentiate between communicable and chronic diseases.

NCES.6.PCH.1.3 - Recall symptoms associated with common communicable and chronic diseases.

NCES.6.PCH.1.4 - Select methods of prevention based on the modes of transmission of communicable diseases.

NCES.6.PCH.1.5 - Explain methods of protecting eyes and vision.

NCES.6.PCH.1.6 - Summarize protective measures for ears and hearing.

NCES.6.PCH.1.7 - Summarize the triggers and symptoms for asthma and strategies for controlling asthma.

NCES.6.PCH.2 - Analyze health information and products.

NCES.6.PCH.2.1 - Analyze claims for health products and services.

NCES.6.PCH.2.2 - Evaluate the validity of claims made in advertisements for health products and services.

NCES.6.PCH.3 - Analyze measures necessary to protect the environment.

NCES.6.PCH.3.1 - Differentiate between individual behaviors that can harm or help the environment.

NCES.6.PCH.3.2 - Implement plans to work collaboratively to improve the environment.

Course: Interpersonal Communication and Relationships

NCES.6.ICR.1 - Understand healthy and effective interpersonal communication and relationships.

NCES.6.ICR.1.1 - Classify behaviors as either productive or counterproductive to group functioning.

NCES.6.ICR.1.2 - Implement verbal and non-verbal communication skills that are effective for a variety of purposes and audiences.

NCES.6.ICR.1.3 - Use strategies to communicate care, consideration, and respect for others.

NCES.6.ICR.2 - Apply strategies and skills for developing and maintaining healthy relationships.

NCES.6.ICR.2.1 - Explain the impact of early sexual activity outside of marriage on physical, mental, emotional, and social health.

NCES.6.ICR.2.2 - Summarize the responsibilities of parenthood.

NCES.6.ICR.2.3 - Use effective refusal skills to avoid negative peer pressure, sexual behaviors, and sexual harassment.

NCES.6.ICR.2.4 - Use resources in the family, school, and community to report sexual harassment and bullying.

NCES.6.ICR.2.5 - Summarize strategies for predicting and avoiding conflict.

NCES.6.ICR.2.6 - Design nonviolent solutions to conflicts based on an understanding of the perspectives of those involved in the conflicts.

NCES.6.ICR.2.7 - Explain the signs of an abusive relationship and access resources for help.



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NCES.6.ICR.3 - Understand the changes that occur during puberty and adolescence.

NCES.6.ICR.3.1 - Identify the challenges associated with the transitions in social relationships that take place during puberty and adolescence.

NCES.6.ICR.3.2 - Summarize the relationship between conception and the menstrual cycle.

Course: Nutrition and Physical Activity

NCES.6.NPA.1 - Analyze tools such as Dietary Guidelines and Food Facts Label as they relate to the planning of healthy nutrition and fitness.

NCES.6.NPA.1.1 - Attribute the prevention of nutrition-related diseases to following the Dietary Guidelines for Americans.

NCES.6.NPA.1.2 - Evaluate Food Facts label with the advertisement of nutrition choices and allowable claims on food labels.

NCES.6.NPA.1.3 - Apply MyPlate meal-planning guides to ethnic and vegetarian choices.

NCES.6.NPA.2 - Apply strategies to consume a variety of nutrient dense foods and beverages in moderation.

NCES.6.NPA.2.1 - Compare weight management strategies for healthy eating patterns, including attention to portion and serving sizes.

NCES.6.NPA.2.2 - Differentiate the health effects of beverages which are nutrient dense with those high in sugar and calories.

NCES.6.NPA.2.3 - Implement a plan to consume adequate amounts of foods high in fiber.

NCES.6.NPA.3 - Apply lifelong nutrition and health-related fitness concepts to enhance quality of life.

NCES.6.NPA.3.1 - Explain the relationships between food consumption, physical activity, and healthy weight management.

NCES.6.NPA.3.2 - Implement a personal wellness plan in nutrition and fitness to enhance quality of life.

Course: Alcohol, Tobacco, and Other Drugs

NCES.6.ATOD.1 - Analyze influences that the use alcohol, tobacco, and other drugs.

NCES.6.ATOD.1.1 - Analyze the marketing and advertising of alcohol and tobacco companies in terms of the strategies they use to influence youth experimentation with their products.

NCES.6.ATOD.1.2 - Illustrate the effects of alcohol and other drugs on behavior, judgment, family relationships, and long-term success.

NCES.6.ATOD.2 - Understand the health risks associated with alcohol, tobacco, and other drug use.

NCES.6.ATOD.2.1 - Explain the immediate social and physical consequences of tobacco use, including spit tobacco.

NCES.6.ATOD.2.2 - Summarize the short-term and long-term effects of being exposed to secondhand smoke.

NCES.6.ATOD.3 - Apply risk reduction behaviors to protect self and others from alcohol, tobacco, and other drug use.

NCES.6.ATOD.3.1 - Use effective assertive refusal skills to avoid pressure to use alcohol and other drugs

NCES.6.ATOD.3.2 - Summarize the short-term and long-term benefits of resistance to drug abuse.



NORTH CAROLINA ESSENTIAL STANDARDS

Health Education

Grade: **Grade 7**

Course: **Mental and Emotional Health**

NCES.7.MEH.1 - Analyze the relationship between healthy expression of emotions, mental health, and healthy behavior.

NCES.7.MEH.1.1 - Interpret the transition of adolescence, including emotions in flux.

NCES.7.MEH.1.2 - Infer the potential outcome from impulsive behaviors.

NCES.7.MEH.1.3 - Organize resources (family, school, community) for mental and emotional health problems.

NCES.7.MEH.2 - Evaluate positive stress management strategies.

NCES.7.MEH.2.1 - Critique a variety of stress management techniques.

NCES.7.MEH.2.2 - Design a stress management plan that is appropriate for the situation and individual traits and skills.

NCES.7.MEH.3 - Apply help-seeking strategies for depression and mental disorders.

NCES.7.MEH.3.1 - Identify resources that would be appropriate for treating common mental disorders.

NCES.7.MEH.3.2 - Implement strategies to seek help from an adult for self-destructive thoughts or behaviors.

Course: **Personal and Consumer Health**

NCES.7.PCH.1 - Understand wellness, disease prevention, and recognition of symptoms.

NCES.7.PCH.1.1 - Explain health and academic consequences of inadequate rest and sleep.

NCES.7.PCH.1.2 - Explain environmental, psychological, and social factors affecting excessive sun exposure.

NCES.7.PCH.2 - Analyze the immune system in terms of the organs, their functions, and their interrelationships.

NCES.7.PCH.2.1 - Analyze the immune system in terms of the organs, their functions, and their interrelationships.

NCES.7.PCH.3 - Evaluate health information and products.

NCES.7.PCH.3.1 - Recognize health quackery as a false claim for a cure and the ploys quacks use to promote unproven products and services.

NCES.7.PCH.3.2 - Critique misconceptions about health and the efficacy of health products and services.

NCES.7.PCH.4 - Analyze necessary steps to prevent and respond to unintentional injury.

NCES.7.PCH.4.1 - Deconstruct how the interaction of individual behaviors, the environment, and other factors that cause or prevent injuries.

NCES.7.PCH.4.2 - Demonstrate techniques of basic first aid and procedures for treating injuries and emergencies.

NCES.7.PCH.4.3 - Design plans that reduce the risk of fire-related injuries at home, in school, and in the community at large.

NCES.7.PCH.4.4 - Create a plan to reduce the risk of water-related injuries.



NORTH CAROLINA ESSENTIAL STANDARDS

Health Education

Course: Interpersonal Communication and Relationships

NCES.7.ICR.1 - Understand healthy and effective interpersonal communication and relationships.

NCES.7.ICR.1.1 - Contrast characteristics of healthy and unhealthy relationships.

NCES.7.ICR.1.2 - Predict short-term and long-term consequences of violence to perpetrators, victims, and bystanders.

NCES.7.ICR.1.3 - Illustrate strategies that can be used to manage anger in healthy and non-hurtful ways.

NCES.7.ICR.1.4 - Use structured thinking to avoid becoming a perpetrator or victim in cyber-bullying.

NCES.7.ICR.1.5 - Explain why tolerance is beneficial in a society characterized by diversity.

NCES.7.ICR.1.6 - Illustrate the appropriate role of bystanders in preventing and stopping bullying and violence.

NCES.7.ICR.2 - Remember abstinence from sexual activity outside of marriage as a positive choice for young people.

NCES.7.ICR.2.1 - Explain the effects of culture, media, and family values on decisions related to becoming or remaining abstinent.

NCES.7.ICR.2.2 - Identify the positive benefits of abstinence from sexual activity outside of marriage.

NCES.7.ICR.3 - Apply strategies that develop and maintain reproductive and sexual health.

NCES.7.ICR.3.1 - Recognize common STDs (including HIV and HPV), modes of transmission, symptoms, effects if untreated, and methods of prevention.

NCES.7.ICR.3.2 - Summarize the safe and effective use of FDA-approved methods of preventing sexually transmitted diseases.

NCES.7.ICR.3.3 - Recognize that sexual harassment may contribute to sexual abuse and sexual assault and the feelings that result from these behaviors.

NCES.7.ICR.3.4 - Use strategies to be safe, reject inappropriate or unwanted sexual advances, and to report incidences to an adult when assistance is needed.

Course: Nutrition and Physical Activity

NCES.7.NPA.1 - Apply tools (MyPlate, Food Facts Label) to plan and employ healthy nutrition and fitness.

NCES.7.NPA.1.1 - Use the Dietary Guidelines for Americans to eat nutrient dense foods in moderation.

NCES.7.NPA.1.2 - Analyze Food Facts Labels for nutrients such as proteins, fats, and carbohydrates.

NCES.7.NPA.2 - Apply strategies to consume a variety of nutrient dense foods and beverages in moderation.

NCES.7.NPA.2.1 - Compare weight management strategies for healthy eating patterns, including attention to portion and serving sizes.

NCES.7.NPA.2.2 - Recall the health benefits of consuming more water.

NCES.7.NPA.3 - Analyze the relationship of nutrition, fitness, and healthy weight management to the prevention of diseases such as diabetes, obesity, cardiovascular diseases, and eating disorders.

NCES.7.NPA.3.1 - Interpret the relationship between poor nutrition and chronic illnesses such as diabetes, cardiovascular diseases, and obesity.

NCES.7.NPA.3.2 - Attribute a positive body image to healthy self-esteem and the avoidance of risky eating behaviors.



NORTH CAROLINA ESSENTIAL STANDARDS

Health Education

NCES.7.NPA.4 - Apply lifelong nutrition and health-related fitness concepts to enhance quality of life.

NCES.7.NPA.4.1 - Design goals for increasing physical activity and strategies for achieving those goals.

NCES.7.NPA.4.2 - Implement a personal fitness plan that balances caloric intake and expenditure.

Course: Alcohol, Tobacco, and Other Drugs

NCES.7.ATOD.1 - Understand the health risks associated with alcohol, tobacco, and other drug use.

NCES.7.ATOD.1.1 - Explain the common sequence of substance abuse that leads to serious health risks.

NCES.7.ATOD.1.3 - Predict consequences of abuse of over-the-counter medicines from information provided by the manufacturers of these medicines.

NCES.7.ATOD.1.4 - Explain how drug dependence and addiction create barriers to achieving personal goals.

NCES.7.ATOD.1.2 - Explain health risks resulting from injection drug use.

NCES.7.ATOD.2 - Apply risk reduction behaviors to protect self and others from alcohol, tobacco, and other drug use.

NCES.7.ATOD.2.1 - Use communication strategies to avoid the consequences of tobacco, alcohol, and other drug use.

NCES.7.ATOD.2.2 - Design methods of avoiding the consequences of tobacco, including addiction, by seeking resources for prevention and cessation.

Grade: **Grade 8**

Course: Mental and Emotional Health

NCES.8.MEH.1 - Create positive stress management strategies.

NCES.8.MEH.1.1 - Evaluate stress management strategies based on personal experience.

NCES.8.MEH.1.2 - Design a plan to prevent stressors or manage the effects of stress.

NCES.8.MEH.1.3 - Design effective methods to deal with anxiety.

NCES.8.MEH.2 - Evaluate how structured thinking (decision making, problem solving, goal setting) benefits emotional well-being.

NCES.8.MEH.2.1 - Evaluate the uses of defense mechanisms in terms of whether they are healthy or unhealthy.

NCES.8.MEH.2.2 - Critique personal use of structured thinking to enhance emotional well-being (based on appropriateness, effectiveness, and consistency).

NCES.8.MEH.3 - Apply help-seeking strategies for depression and mental disorders.

NCES.8.MEH.3.1 - Recognize signs and symptoms of hurting self or others.

NCES.8.MEH.3.2 - Implement a plan for seeking adult help for peers who express symptoms of self-injury or suicidal intent.

Course: Personal and Consumer Health

NCES.8.PCH.1 - Understand wellness, disease prevention, and recognition of symptoms.

NCES.8.PCH.1.1 - Classify the risk factors (based on risk behaviors) begun in childhood and adolescence associated with leading and premature causes of death.

NCES.8.PCH.1.2 - Explain behavioral and environmental factors that contribute to major chronic diseases



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Health Education

and the methods for reducing problems associated with common conditions (asthma, allergies, diabetes, and epilepsy).

NCES.8.PCH.1.3 - Interpret health appraisal data to assess personal risks for preventable disease.

NCES.8.PCH.2 - Evaluate health information and products.

NCES.8.PCH.2.1 - Critique medical information resources in terms of reliability, unreliability, accuracy, and significance.

NCES.8.PCH.2.2 - Judge the effects of popular fads on health (tattooing, piercing, artificial fingernails).

NCES.8.PCH.3 - Analyze measures necessary to protect the environment.

NCES.8.PCH.3.1 - Outline the potential health consequences of global environmental problems.

NCES.8.PCH.3.2 - Explain the impact of personal behaviors on the environment, both positively and negatively.

NCES.8.PCH.4 - Analyze necessary steps to prevent and respond to unintentional injury.

NCES.8.PCH.4.1 - Execute the Heimlich maneuver on a mannequin.

NCES.8.PCH.4.2 - Demonstrate basic CPR techniques and procedures on a mannequin and pass a Red Cross or American Heart Association approved test of CPR skills.

Course: Interpersonal Communication and Relationships

NCES.8.ICR.1 - Understand healthy and effective interpersonal communication and relationships.

NCES.8.ICR.1.1 - Contrast characteristics of healthy and unhealthy relationships for friendships and for dating.

NCES.8.ICR.1.2 - Identify the reasons that people engage in violent behaviors (bullying, hazing, dating violence, sexual assault, family violence, verbal abuse) and resources for seeking help.

NCES.8.ICR.1.3 - Explain the effects of tolerance and intolerance on individuals and society.

NCES.8.ICR.1.4 - Illustrate communication skills that build and maintain healthy relationships.

NCES.8.ICR.1.5 - Use decision-making strategies appropriate for responding to unknown people via the Internet, telephone, and face-to-face.

NCES.8.ICR.1.6 - Recognize resources that can be used to deal with unhealthy relationships.

NCES.8.ICR.2 - Remember that abstinence from sexual activity outside of marriage means a positive choice for young people.

NCES.8.ICR.2.1 - Recall abstinence as voluntarily refraining from intimate sexual behavior that could lead to unintended pregnancy and disease.

NCES.8.ICR.2.2 - Recall skills and strategies for abstaining from sexual activity outside of marriage.

NCES.8.ICR.3 - Analyze strategies that develop and maintain reproductive and sexual health.

NCES.8.ICR.3.1 - Explain the health, legal, financial, and social consequences of adolescent and unintended pregnancy and the advantages of delaying parenthood.

NCES.8.ICR.3.2 - Evaluate methods of FDA-approved contraceptives in terms of their safety and their effectiveness in preventing unintended pregnancy.

NCES.8.ICR.3.3 - Select family, school, and community resources for the prevention of sexual risk taking through abstinence and safer sex practices.

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Health Education

NCES.8.ICR.3.4 - Summarize ways to avoid being a victim or perpetrator of sexual abuse via digital media (including social network sites, texting, and cell phone).

Course: Nutrition and Physical Activity

NCES.8.NPA.1 - Apply tools (Body Mass Index, Dietary Guidelines) to plan healthy nutrition and fitness.

NCES.8.NPA.1.1 - Interpret the Body Mass Index in terms of body composition and healthy weight, underweight, overweight and obesity.

NCES.8.NPA.1.2 - Summarize the benefit of consuming adequate amounts of vitamins A, E, and C, magnesium, calcium, iron, fiber, folic acid, and water in a variety of foods.

NCES.8.NPA.1.3 - Implement meal plans that are consistent with the Dietary Guidelines.

NCES.8.NPA.2 - Create strategies to consume a variety of nutrient dense foods and beverages in moderation.

NCES.8.NPA.2.1 - Plan healthy personal eating strategies with attention to caloric intake and expenditure.

NCES.8.NPA.2.2 - Generate a healthful eating plan incorporating food choices inside and outside the home setting.

NCES.8.NPA.3 - Analyze the relationship of nutrition, fitness, and healthy weight management to the prevention of diseases such as diabetes, obesity, cardiovascular diseases, and eating disorders.

NCES.8.NPA.3.1 - Identify media and peer pressures that result in unhealthy weight control (eating disorders, fad dieting, excessive exercise, smoking).

NCES.8.NPA.3.2 - Differentiate the signs, symptoms, and consequences of common eating disorders from more healthy eating behaviors.

NCES.8.NPA.3.3 - Use strategies to advocate for those who are at risk for eating disorders or poor nutrition.

NCES.8.NPA.4 - Analyze plans for lifelong nutrition and health-related fitness to enhance quality of life.

NCES.8.NPA.4.1 - Outline strategies that can be used to overcome barriers to healthy eating.

NCES.8.NPA.4.2 - Differentiate methods of food preparation in terms of their health and safety.

NCES.8.NPA.4.3 - Summarize the benefits of regular physical activity.

Course: Alcohol, Tobacco, and Other Drugs

NCES.8.ATOD.1 - Analyze influences related to alcohol, tobacco, and other drug use and avoidance.

NCES.8.ATOD.1.1 - Analyze policies and laws related to the sale and use of tobacco products in terms of their purposes and benefits.

NCES.8.ATOD.1.2 - Predict the potential effect of anti-tobacco messages on the use of tobacco by youth and adults.

NCES.8.ATOD.2 - Understand the health risks associated with alcohol, tobacco, and other drug use.

NCES.8.ATOD.2.1 - Explain the impact of alcohol and other drug use on vehicle crashes, injuries, violence, and risky sexual behavior.

NCES.8.ATOD.2.2 - Evaluate the magnitude and likelihood of the risks associated with the use of performance-enhancing drugs.

NORTH CAROLINA ESSENTIAL STANDARDS

Health Education

NCES.8.ATOD.3 - Apply risk reduction behaviors to protect self and others from alcohol, tobacco, and other drug use.

NCES.8.ATOD.3.1 - Use strategies to avoid riding in a car with someone impaired by alcohol or drugs.

NCES.8.ATOD.3.2 - Identify positive alternatives to the use of alcohol and drugs.

NCES.8.ATOD.3.3 - Use advocacy skills to promote the avoidance of alcohol, tobacco, and drugs by others.

Grade: **Grade 9**

Course: **Mental and Emotional Health**

NCES.9.MEH.1 - Create positive stress management strategies.

NCES.9.MEH.1.1 - Identify the body's physical and psychological responses to stressful situations and positive coping mechanisms.

NCES.9.MEH.1.2 - Plan effective methods to deal with anxiety.

NCES.9.MEH.2 - Create help-seeking strategies for depression and mental disorders.

NCES.9.MEH.2.1 - Identify causes and symptoms of depression and mental disorders.

NCES.9.MEH.2.2 - Design useful help-seeking strategies for depression and mental disorders.

Course: **Personal and Consumer Health**

NCES.9.PCH.1 - Analyze wellness, disease prevention, and recognition of symptoms.

NCES.9.PCH.1.1 - Recognize that individuals have some control over risks for communicable and chronic diseases.

NCES.9.PCH.1.2 - Summarize the procedures for organ donation, local and state resources, and benefits.

NCES.9.PCH.1.3 - Explain the procedures for health screenings, checkups, and other early detection measures in terms of their health-related benefits.

NCES.9.PCH.1.4 - Design strategies for reducing risks for chronic diseases.

NCES.9.PCH.1.5 - Select measures to get adequate rest and sleep.

NCES.9.PCH.1.6 - Recognize the early warning signs of skin cancer and the importance of early detection.

NCES.9.PCH.1.7 - Differentiate between the lifelong effects of positive and negative health behaviors.

NCES.9.PCH.2 - Evaluate health information and products.

NCES.9.PCH.2.1 - Critique the potential health and social consequences of body art (tattooing and piercing).

NCES.9.PCH.2.2 - Monitor the effects of media and popular culture on normative beliefs that contradict scientific research on health.

NCES.9.PCH.3 - Understand necessary steps to prevent and respond to unintentional injury.

NCES.9.PCH.3.1 - Summarize the risks associated with operating ATVs and motorcycles.

NCES.9.PCH.3.2 - Analyze reports of injuries to determine how they might have been prevented and what first aid measures should be taken.

Course: **Interpersonal Communication and Relationships**

NCES.9.ICR.1 - Understand healthy and effective interpersonal communication and relationships.

NCES.9.ICR.1.1 - Illustrate the ability to respond to others with empathy.



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Health Education

NCES.9.ICR.1.2 - Classify negotiation and collaboration skills as helpful or harmful in solving problems or resolving conflicts.

NCES.9.ICR.1.3 - Illustrate strategies for resolving interpersonal conflict without harming self or others.

NCES.9.ICR.1.4 - Summarize principles of healthy dating.

NCES.9.ICR.1.5 - Explain how power and control in relationships can contribute to aggression and violence.

NCES.9.ICR.2 - Evaluate abstinence from sexual intercourse as a positive choice for young people.

NCES.9.ICR.2.1 - Critique skills and strategies that are used to promote abstinence from sexual activity in terms of their effectiveness.

NCES.9.ICR.2.2 - Explain the consequences of early and unprotected sexual behaviors.

NCES.9.ICR.3 - Create strategies that develop and maintain reproductive and sexual health.

NCES.9.ICR.3.1 - Contrast the myths, misconceptions, and stereotypes pertaining to sexual assault and sexual abuse with what is known based on law and research.

NCES.9.ICR.3.2 - Design safe plans for the prevention of sexual assault and abuse that include appropriate resources and needed skills.

NCES.9.ICR.3.3 - Illustrate skills related to safe and effective use of methods to prevent STDs as well as access resources for testing and treatment.

NCES.9.ICR.3.4 - Exemplify decision-making skills and problem solving regarding safe and effective use of methods to prevent unintended pregnancy.

Course: Nutrition and Physical Activity

NCES.9.NPA.1 - Analyze strategies using tools (MyPlate, Dietary Guidelines, Food Facts Label) to plan healthy nutrition and fitness.

NCES.9.NPA.1.1 - Attribute the prevention of chronic diseases to healthy nutrition and physical activity.

NCES.9.NPA.1.2 - Organize meal plans to meet special dietary needs for athletes, pregnant women, diabetics and those experiencing allergies.

NCES.9.NPA.1.3 - Recognize the benefits of folic acid and other vitamins and minerals.

NCES.9.NPA.2 - Create strategies to consume a variety of nutrient dense foods and beverages in moderation.

NCES.9.NPA.2.1 - Plan vegetarian diets that are balanced and nutrient dense.

NCES.9.NPA.2.2 - Recall the number of servings recommended from each food group and the need for balanced nutrition.

NCES.9.NPA.2.3 - Summarize the effects of hydration and dehydration and preventive measures for dehydration.

NCES.9.NPA.3 - Analyze the relationship of nutrition, fitness, and healthy weight management to the prevention of diseases such as diabetes, obesity, cardiovascular diseases, and eating disorders.

NCES.9.NPA.3.1 - Differentiate between healthy and unhealthy plans for weight gain, maintenance and loss.

NCES.9.NPA.3.2 - Classify the effects of eating disorders as short-term or long-term.

NCES.9.NPA.3.3 - Recall resources for seeking help for people with eating disorders.



NORTH CAROLINA ESSENTIAL STANDARDS

Health Education

NCES.9.NPA.4 - Apply lifelong nutrition and health-related fitness concepts to enhance quality of life.

NCES.9.NPA.4.1 - Execute exercise programs with safety and effectiveness.

NCES.9.NPA.4.2 - Use appropriate methods for avoiding and responding to climate-related physical conditions during physical activity.

NCES.9.NPA.4.3 - Implement a personal plan to improve current habits to achieve balanced nutrition and fitness.

Course: Alcohol, Tobacco, and Other Drugs

NCES.9.ATOD.1 - Understand the health risks associated with alcohol, tobacco, and other drug use.

NCES.9.ATOD.1.1 - Explain the short-term and long-term effects of performance-enhancing drugs on health and eligibility to participate in sports.

NCES.9.ATOD.1.2 - Analyze the role of family, community, and cultural norms in deciding to use alcohol, tobacco, and other drugs.

NCES.9.ATOD.1.3 - Contrast prescription medicines, nonprescription medicines, and illegal substances in terms of their use and abuse.

NCES.9.ATOD.1.4 - Summarize the risks of IV drug use, including blood borne diseases.

NCES.9.ATOD.1.5 - Predict the effects of substance abuse on other people as well as society as a whole.

NCES.9.ATOD.1.6 - Summarize the consequences of alcohol or tobacco use during pregnancy.

NCES.9.ATOD.2 - Apply risk reduction behaviors to protect self and others from alcohol, tobacco, and other drug use.

NCES.9.ATOD.2.1 - Identify ways to avoid riding in a car or engaging in other risky behaviors with someone who is under the influence of alcohol or other drugs.

NCES.9.ATOD.2.2 - Use strategies for avoiding binge drinking.