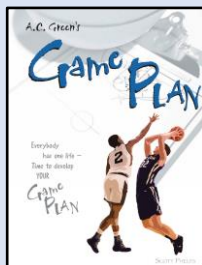




Success Sequence Alignment: Kansas Health Education Standards (MS/HS) 6-8th Grade



Game Plan (6th-9th)

Quest (7th-10th)

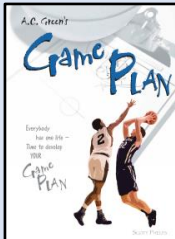

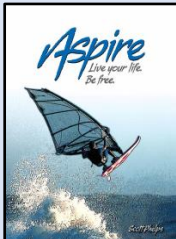
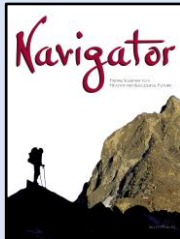
Aspire (8th-11th)

Benchmark: The students will know, comprehend, apply, analyze, synthesize and/or evaluate:

Standard #1		Students will comprehend concepts related to health promotion and disease prevention to enhance health.		
Community Health	8.1	Resources in the community for improved health	NA	NA
	8.2	Local community needs/issues/events	NA	NA
	8.3	Local/state laws, ordinances, and policies for a healthy community	NA	NA
	8.4	Impact of participation and engagement within the community	NA	NA
	8.5	Global health issues	NA	NA
Standard #2		Students will analyze influences on health behaviors (including family, peer, culture, media, technology and other factors).		
Consumer Health	8.1	Validity of information on health care products and services	NA	NA
	8.2	Adolescent health care product information	NA	NA
	8.3	Interpersonal and interpersonal influences on health choices (budgeting, culture, SES)	NA	NA
	8.4	Informed consumer choices regarding health	NA	NA
	8.5	Seek reliable consumer health advice	NA	NA
	8.6	Importance of local and state health policies	NA	NA

Standard #3	Students will demonstrate the ability to access and analyze valid information and products and services to enhance health.					
Environmental Health	8.1	Personal responsibility for community environmental issues		NA	NA	NA
	8.2	Reduce, reuse, recycle, and alternatives		NA	NA	NA
	8.3	Types and effects of pollution		NA	NA	NA
	8.4	Environmental influences on health		NA	NA	NA
	8.5	Local and state environmental issues		NA	NA	NA
	8.6	Laws, ordinances, and policies		NA	NA	NA
Standard #4	Students will demonstrate the ability to use interpersonal communication skills to enhance health or reduce health risks.					
Human Sexuality and Relationships	8.1	Changes during puberty		NA	NA	NA
	8.2	Refusal skills		✓	✓	✓
	8.3	Responsible behaviors within relationships (communication, abstinence, etc.)		✓	✓	✓
	8.4	Male and female reproductive systems		NA	NA	NA
	8.5	Potential outcomes of sexual activity		✓	✓	✓
	8.6	Seeking reliable adult advice regarding relationships, dating, and sexual activity		✓	✓	✓
	8.7	Laws associated with sexual behaviors (consent, harassment, assault, rape, etc.)		NA	NA	✓
Standard #5	Students will demonstrate the ability to use decision-making skills to enhance health or reduce health risks.					
Injury Prevention and Safety	8.1	Basic first aid skills (including bloodborne pathogens)		NA	NA	NA
	8.2	Injury prevention at home, school and community		NA	NA	NA
	8.3	Prevention for sports, physical activity and recreation related injury		NA	NA	NA
	8.4	Resources for safety and injury prevention and response (school, work, community,		NA	NA	NA
	8.5	Intentional and unintentional injury		NA	NA	NA
	8.6	Prevention and response to physical violence (guns and/or weapons and bullying)		NA	NA	NA
	8.7	Prevention and response to mental violence (bullying and abuse)		NA	NA	NA
	8.8	Prevention and response to sexual violence (harassment, assault, rape, and abuse)		✓	✓	✓
	8.9	Prevention and response to social violence (relationships, conflict resolution, and cyber)		✓	✓	✓
	8.10	Media safety (social media, cyber, TV, music, advertising, etc.)		✓	✓	✓

	8.11	Weather related safety (supplies, shelter, etc.)		NA	NA	NA	
Standard #6	Students will demonstrate the ability to use goal-setting skills to enhance health or reduce health risks.						
Mental and Emotional Health	8.1	Importance of expressing emotions in a productive and healthy manner		✓	✓	✓	
	8.2	Character development		✓	✓	✓	
	8.3	Mental health terminology		NA	NA	NA	
	8.4	Stress management and coping skills		✓	✓	✓	
	8.5	Coping with loss and grief		NA	NA	NA	
	8.6	Characteristics of healthy and unhealthy relationships		✓	✓	✓	
	8.7	Relationship between body image and self-esteem		NA	NA	NA	
	8.8	Impact of media on self-esteem		✓	✓	✓	
	8.9	Bullying/harassment prevention		✓	✓	✓	
Standard #7	Students will demonstrate the ability to practice health-enhancing behaviors to enhance health or reduce health risks.						
Nutrition	8.1	Nutritional needs through stages of development		NA	NA	NA	
	8.2	Meal planning and budgeting Kansas Model Curricular Standards for Health Education		NA	NA	NA	
	8.3	Safe storage and food handling		NA	NA	NA	
	8.4	Nutritional goals		NA	NA	NA	
	8.5	Community nutrition efforts		NA	NA	NA	
	8.6	Food labels		NA	NA	NA	
	8.7	Eating disorders/dysfunctions		NA	NA	NA	
	8.8	Dietary guidelines		NA	NA	NA	
	8.9	Establishing and maintaining healthy eating practices		NA	NA	NA	
	8.10	Factors in weight control		NA	NA	NA	
	8.11	Food packaging and advertising		NA	NA	NA	
	8.12	Nutritional supplements		NA	NA	NA	
	8.13	Impact of food choices		NA	NA	NA	
Standard #8	Students will demonstrate the ability to advocate for health.						
Personal Health	8.1	Major body systems, anatomy, functions, relationships between systems		NA	NA	NA	
	8.2	Proper adolescent hygiene habits		NA	NA	NA	
	8.3	Purpose, examples, and benefits of daily exercise		NA	NA	NA	
	8.4	Importance and strategies to seek personal health care		NA	NA	NA	

	8.5	Develop positive relationships	✓	✓	✓	
	8.6	Recommended sleep amounts	NA	NA	NA	
Prevention & Control of Disease	8.1	Disease prevention skills	✓	✓	✓	
	8.2	Common causes of death, illness and disorders	NA	NA	NA	
	8.3	Communicable and noncommunicable diseases	✓	✓	✓	
	8.4	Medical resources, health screenings and treatment methods for disease	✓	✓	✓	
	8.5	Relationship between lifestyle choices and disease prevention	✓	✓	✓	
	8.6	Differences between bacterial, viral and fungal infections	NA	NA	NA	
	8.7	Structure/function of the immune system	NA	NA	NA	
Substance Use and Abuse & Addiction	8.1	Effects and consequences of nicotine use (all forms)	NA	NA	NA	
	8.2	Effects and consequences of alcohol use	✓	✓	✓	
	8.3	Effects and consequences of illegal drug use	✓	✓	✓	
	8.4	Cumulative risk behaviors (patterns, gateway drugs, etc.)	✓	✓	✓	
	8.5	Correct use, misuse and abuse of drugs	NA	NA	NA	
	8.6	Categories of drugs (ex. stimulants, opiates, depressants, hallucinogens, etc.)	NA	NA	NA	
	8.7	Addiction and tolerance	NA	NA	NA	
	8.8	Addictive substances and effects on all dimensions of health	✓	✓	✓	
	8.9	Media, social influences, and peer pressure of drug usage	✓	✓	✓	
	8.10	Rules and laws for medicines and drugs	NA	NA	NA	
	8.11	Safe alternatives to medicine	NA	NA	NA	
	8.12	Treatment, intervention and prevention of drug overdose, dependency, and abuse	NA	NA	NA	
Success Sequence Alignment 9-12th Grade						
			Game Plan (6th-9th)	Quest (7th-10th)	Aspire (8th-11th)	Navigator (9th-12th)
						
						
						

Benchmark: The students will know, comprehend, apply, analyze, synthesize and/or evaluate:						
Standard #1	Students will comprehend concepts related to health promotion and disease prevention to enhance health.					
Community Health	12.1	Local community needs/issues/events	NA	NA	NA	NA
	12.2	Local/state laws, ordinances, and policies for a healthy community	NA	NA	NA	NA
	12.3	Value of community interactions	NA	NA	NA	NA
	12.4	Strategies to maintain a healthy community	NA	NA	NA	NA
	12.5	Personal service for the betterment of the community	NA	NA	NA	NA
	12.6	Global health issues	NA	NA	NA	NA
Standard #2	Students will analyze influences on health behaviors (including family, peer, culture, media, technology and other factors).					
Consumer Health	12.1	Availability and accessibility of health-care services	NA	NA	NA	NA
	12.2	Adolescent health-care products and services	NA	NA	NA	NA
	12.3	Interpersonal and intrapersonal influences on health choices (budgeting, culture, SES,	NA	NA	NA	NA
	12.4	Characteristics of informed consumers	NA	NA	NA	NA
	12.5	Seek reliable advice regarding consumer health choices	NA	NA	NA	NA
	12.6	Role of media in disseminating health information	NA	NA	NA	NA
	12.7	Basic health insurance terminology	NA	NA	NA	NA
Standard #3	Students will demonstrate the ability to access and analyze valid information and products and services to enhance health.					
Environmental Health	12.1	Personal responsibility for community environmental issues	NA	NA	NA	NA
	12.2	Reduce, reuse, recycle and alternatives	NA	NA	NA	NA
	12.3	Relationship between environment, disease, and health	NA	NA	NA	NA
	12.4	Local, state, and global environmental issues	NA	NA	NA	NA
	12.5	Laws, ordinances, and policies	NA	NA	NA	NA
Standard #4	Students will demonstrate the ability to use interpersonal communication skills to enhance health or reduce health risks.					
	12.1	Adapting to changes associated with puberty	NA	NA	NA	NA
	12.2	Adapting to change within the family	NA	NA	NA	NA

Human Sexuality and Relationships	12.3	Changing responsibilities from adolescence to adulthood		NA	NA	NA	NA
	12.4	Responsible behaviors within relationships (communication, abstinence, etc.)		✓	✓	✓	✓
	12.5	Potential outcomes of sexual activity (STIs, pregnancy, etc.)		✓	✓	✓	✓
	12.6	Impact of media and technology on sexual behaviors		✓	✓	✓	✓
	12.7	Laws associated with sexual behaviors (consent, harassment, assault, rape, human trafficking, etc.)		NA	NA	✓	NA
	12.8	Differences between individual, family, culture, community, and global values		✓	✓	✓	✓
Standard #5	Students will demonstrate the ability to use decision-making skills to enhance health or reduce health risks.						
Injury Prevention and Safety	12.1	Basic first aid skills		NA	NA	NA	NA
	12.2	Demonstrate and perform CPR/AED procedures according to current and nationally recognized guidelines		NA	NA	NA	NA
	12.3	Resources to prevent and avoid violence		NA	NA	NA	NA
	12.4	Prevention and response to physical violence (guns and/or weapons and bullying)		NA	NA	NA	NA
	12.5	Prevention and response to mental violence (bullying and abuse)		NA	NA	NA	NA
	12.6	Prevention and response to social violence (relationships, conflict resolution, and cyber)		✓	✓	✓	✓
	12.7	Prevention and response to sexual violence (harassment, assault, rape, and abuse)		✓	✓	✓	✓
	12.8	Media safety (social media, cyber, TV, music, advertising, etc.)		✓	✓	✓	✓
	12.9	Causes of conflict and non-violent conflict resolutions		✓	✓	✓	✓
	12.10	Consequences of violence (school policies, laws, etc.)		NA	NA	NA	NA
Standard #6	Students will demonstrate the ability to use goal-setting skills to enhance health or reduce health risks.						
Mental and Emotional Health	12.1	Importance of expressing emotions in a productive and healthy manner		✓	✓	✓	✓
	12.2	Mental illnesses		NA	NA	NA	NA
	12.3	Stigmas associated with mental illness		NA	NA	NA	NA
	12.4	Avoiding negative self-talk, self-harm, and suicide		✓	✓	✓	✓
	12.5	Coping skills (grief, stress, depression, bullying, anxiety, etc.)		✓	✓	✓	✓
	12.6	Characteristics of healthy and unhealthy relationships		✓	✓	✓	✓
	12.7	Healthy versus unhealthy body image		NA	NA	NA	NA
Standard #7	Students will demonstrate the ability to practice health-enhancing behaviors to enhance health or reduce health risks.						
	12.1	Nutritional needs through stages of development		NA	NA	NA	NA

Nutrition	12.2	Meal planning and budgeting	NA	NA	NA	NA
	12.3	Food safety	NA	NA	NA	NA
	12.4	Nutritional value of foods	NA	NA	NA	NA
	12.5	Cultural and ethnic food choices	NA	NA	NA	NA
	12.6	Food labels	NA	NA	NA	NA
	12.7	Eating disorders/dysfunctions	NA	NA	NA	NA
	12.8	Healthy eating patterns	NA	NA	NA	NA
	12.9	Essential nutrients	NA	NA	NA	NA
	12.10	Performance enhancing beverages/supplements	NA	NA	NA	NA
	12.12	Impact of food choices	NA	NA	NA	NA
Standard #8	Students will demonstrate the ability to advocate for health.					
Personal Health	12.1	Major body systems, anatomy, functions, relationships between systems and connection to disease	NA	NA	NA	NA
	12.2	Proper adolescent hygiene habits	NA	NA	NA	NA
	12.3	Leading causes of death and risk behaviors	✓	✓	✓	✓
	12.4	Traits and skills of lifelong learners	NA	NA	NA	NA
	12.5	Components of wellness	✓	✓	✓	✓
Prevention & Control of Disease	12.1	Disease prevention skills	✓	✓	✓	✓
	12.2	Common causes of diseases, illness and disorders	✓	✓	✓	✓
	12.3	Influence of heredity and diseases	NA	NA	NA	NA
	12.4	Medical resources, health screenings and treatment methods for disease	✓	✓	✓	✓
	12.5	Relationship between lifestyle choices and disease prevention	✓	✓	✓	✓
	12.6	Current healthcare issues	NA	NA	NA	NA
Substance Use and Abuse & Addiction	12.1	Effects and consequences of nicotine use (all forms)	NA	NA	NA	NA
	12.2	Effects and consequences of alcohol use	✓	✓	✓	✓
	12.3	Effects and consequences of illegal drug use	✓	✓	✓	✓
	12.4	Categories of drugs (ex. stimulants, opiates, depressants, hallucinogens, etc.)	NA	NA	NA	NA
	12.5	Cumulative risk behaviors (patterns, gateway drugs, etc.)	✓	✓	✓	✓
	12.6	Unsafe situations involving drugs, including alcohol	✓	✓	✓	✓
	12.7	Helpful and harmful use of prescription and non-prescription drugs	NA	NA	NA	NA
	12.8	Strategies to resist peer pressure to engage in substance abuse	✓	✓	✓	✓

	12.9	Media, social influences, and societal pressure of drug usage		✓	✓	✓	✓
	12.10	Rules and laws for medicines and drugs		NA	NA	NA	NA
	12.11	Safe alternatives to medicine		NA	NA	NA	NA
	12.12	Government policies and global issues in drug trends		NA	NA	NA	NA



