

NATIONAL HEALTH EDUCATION STANDARDS: FOR STUDENTS

The Elementary **D**rug **A**buse **R**esistance **E**ducation (**D.A.R.E.**) Curriculum is committed to teaching and practicing a drug free message. This is promoted by aligning and imbedding national health education standards through content and learning opportunities that are developmentally appropriate for 5th and 6th grade students.

HEALTH EDUCATION STANDARD 1: Students will comprehend concepts related to health promotion and disease prevention. (Performance Indicators):

- Students will describe how family and peer influence the health of adolescents. ***D.A.R.E. Elementary Lessons 6, 7, 8 and 9.***

HEALTH EDUCATION STANDARD 2: Students will demonstrate the ability to assess valid health information and health promoting products and services. (Performance Indicators Not Applicable)

HEALTH EDUCATION STANDARD 3: Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks. (Performance Indicators):

- Students will distinguish between safe and risky or harmful behaviors in relationships. ***D.A.R.E. Elementary Lessons 6, 7, and 8.***
- Students will demonstrate ways to avoid and reduce threatening situations. ***D.A.R.E. Elementary Lessons 5, 6, 7, and 8.***

HEALTH EDUCATION STANDARD 4: Students will analyze the influence of culture, media, technology, and other factors on health. (Performance Indicators):

- Students will analyze how messages from media and other sources influence health behaviors. ***D.A.R.E. Elementary Lessons 2, 3, 4 and 5.***
- Students will analyze how information from peers influences health. ***D.A.R.E. Elementary Lessons 6, 7, and 8.***

interpersonal communication skills to enhance health. (Performance Indicators):

- **Students will demonstrate effective verbal and non-verbal communication skills to enhance health. *D.A.R.E. Elementary Lessons 6, 7, 8, and 9.***
- **Students will describe how behavior of family and peers affects interpersonal communications. *D.A.R.E. Elementary Lessons 6, 7, 8, and 9.***
- **Students will demonstrate healthy ways to express needs, wants and feelings. *D.A.R.E. Elementary Lesson 9.***
- **Students will demonstrate ways to communicate care, consideration, and respect of self and others. *D.A.R.E. Elementary Lessons 7, 8, and 9.***
- **Students will demonstrate communication skills to build and maintain healthy relationships. *D.A.R.E. Elementary Lessons 1, 6, 7, and 9.***
- **Students will demonstrate refusal and negotiation skills to enhance health. *D.A.R.E. Elementary Lessons 1, 4, 6, 7, 8, and 9.***
- **Students will analyze the possible causes of conflict among youth in schools and Communities. *D.A.R.E. Elementary Lessons 6, 7, and 9.***
- **Students will demonstrate strategies to manage conflict in healthy ways. *D.A.R.E. Elementary Lessons 7, 8, and 9.***

HEALTH EDUCATION STANDARD 6: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health. (Performance Indicators):

- **Students will demonstrate the ability to apply a Decision-Making process to health issues and problems individually and collaboratively. *D.A.R.E. Elementary Lessons 1, 2, 3, 4, 5, 6, 7, 8, and 9.***
- **Students will predict how decisions regarding health behaviors have consequences for self and others. *D.A.R.E. Elementary Lessons 1, 2, 3, 4, 6, 7, 8, and 9.***
- **Students will apply strategies and skills needed to attain personal health goals. *D.A.R.E. Elementary Lessons 6 and 8.***

- Students will describe how personal health goals are influenced by changing information, abilities, priorities and responsibilities. *D.A.R.E. Elementary Lesson 9.*
- Students will develop a plan that addresses personal strengths, needs and health risks. *D.A.R.E. Elementary Lessons 8 and 9.*

HEALTH EDUCATION STANDARD 7: Students will demonstrate the ability to advocate for personal, family and Community health. (Performance Indicators):

- Students will analyze various communication methods to accurately express health information and ideas. *D.A.R.E. Elementary Lessons 2, 3, 4, and 5.*
- Students will express information and opinions about health issues. *D.A.R.E. Elementary Lessons 4, 5, 7, and 9.*
- Students will identify barriers to effective communication of information, ideas, feelings, and opinions about health issues. *D.A.R.E. Elementary Lesson 9.*
- Students will demonstrate the ability to influence and support others in making positive healthy choices. *D.A.R.E. Elementary Lessons 6, 7, and 8.*

