

Health Rocks! Content Standards

Grade Level: 3-7

Project Area Skill (PAS) refers to the subject matter which youth demonstrate in relation to the correlating content standard.

Objective:

Arts-

Content Standard 1: Learn and develop the essential skills and technical demands unique to dance, music, theatre/drama, and visual arts.

Theatre Benchmarks: K-4: A,C,D; 5-8: C,E

Project Area Skill: By role-playing situations that involve drugs and alcohol, the youth will learn refusal and stress reducing techniques. Furthermore, they will discuss the actions and emotions expressed by the characters and relate the characters in the dramatization to their own lives.

Content Standard 2: Use dance, music, theatre/drama, and visual arts to express ideas.

Theatre Benchmarks: K-4: A; 5-8: A,B

Project Area Skill: The youth will act out dramatizations to demonstrate the various emotions expressed dealing with peer pressure, drugs and alcohol. They will later discuss the emotions presented in the dramatization to further understand the reasons why people turn to drugs and alcohol.

Content Standard 3: Integrate understanding of visual and performing arts by seeking connections and parallels among arts disciplines as well as all other content areas.

Music Benchmarks: K-4: C

Theatre Arts Benchmarks: 5-8: B,C

Project Area Skill: The youth will use music as a parallel to understanding health issues. They will write a song using any form of music they wish and perform it in front of their peers. Furthermore the youth will act out situations that involve drugs and alcohol and as a group they will discuss the emotions they felt and also the similar situations they may have faced in the real world.

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Objective:

Career Readiness-

- 2. Students will utilize and manage resources effectively to produce quality services and products.**

Benchmarks: K-4: A,B,C; 5-8: A

Project Area Skill: The youth will work in groups for many different activities which involve health issues and making good decisions. They will be asked to complete the activities within a specified amount of time.

- 4. Students will develop and demonstrate responsible and ethical workplace behaviors.**

Benchmarks: K-4: A,B,C,D; 5-8: A,B,C

Project Area Skill: The youth will learn how to make their own ethical choices as they relate to drugs and alcohol. They will participate in activities that encourage goal direction and discussion to better understand the reasons why people turn to such stimulants.

- 5. Students will develop effective leadership, interpersonal, and team skills.**

Benchmarks: K-4: B,C; 5-8: B,C

Project Area Skills: The youth will work together to discuss decision making skills when offered drugs and alcohol. They will learn how it's ok to say no to their friends and understand that everyone their age is not doing drugs. Furthermore they will work in groups and practice cooperation and discussion skills as they work through the activities listed in the workbook.

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Objective:

Health-

- 1. Students will comprehend concepts related to health promotion and disease prevention.**

Benchmarks: K-4: A,D; 5-8: A,D,F,G

Project Area Skill: The youth will participate in activities that will help them to learn how drugs and alcohol, if used frequently, will shorten their life span, affect their appearance and overall health. Furthermore the youth will learn how their families and peers provide influence for drugs and alcohol and how they can combat that influence by having the knowledge and power to say no.

- 3. Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.**

Benchmarks: K-4: A,C,F,G; 5-8: A,D,E,F,G

Project Area Skill: The youth will analyze the statistics behind their age group in terms of the amount of alcohol consumption, smoking, and other drugs. They will learn the factors that influence their decisions on using drugs including peers, family members and the media. And after acting out simulated situations develop ways to make responsible decisions to better their health.

- 4. Students will analyze the influence of culture, media, technology, and other factors on health.**

Benchmarks: K-4: B; 5-8: B

Project Area Skill: The youth will break into groups and record the ways that media influences them towards drugs and alcohol. They will also play a game that identifies characters they see through the television that use drugs and/or alcohol. By identifying these influences the youth will be able to distinguish healthy habits, and that it doesn't make you "cool" to use drugs.

5. Students will demonstrate the ability to use interpersonal communication skills to enhance health.

Benchmarks: K-4: D,E,F; 5-8: D,E,F,H

Project Area Skill: Cigarettes and alcohol have been used by many people to reduce stress. To resolve this problem for the next generation, the youth will learn healthier methods to reduce stress in their own lives.

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Language Arts-

- 1. Reading and Listening for Comprehension: students will apply strategies and skills to comprehend information that is read, heard, and viewed.**

Benchmarks: K-4: A,B,C,D; 5-8: A,B,C,D

Project Area Skill: The youth will listen and react to stories about drugs and alcohol. They will also participate in games that include reading fact cards aloud to their peers. After the card has been read, the youth's peers must distinguish if the fable about drugs and alcohol is fact or fiction.

- 2. Writing and Speaking for Expression: students will communicate effectively through speaking and writing.**

Benchmarks: K-4: A,C; 5-8: A,C

Project Area Skill: The youth will use communication skills in both speaking and writing as they explore the effects of drugs and alcohol on our culture. They will communicate their feelings with their peers while addressing issues that affect their lives as well as take action in their community by writing letters to a local newspaper.

- 3. Literature and Media: students will use literature and media to develop an understanding of people, societies and the self.**

Benchmarks: K-4: A,B; 5-8: B

Project Area Skill: The youth will read scenarios dealing with drug and alcohol issues. They will analyze the characters actions and determine the appropriate actions to make if they may encounter a similar situation.

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Objective:

Physical Education-

- 5. Demonstrates responsible personal and social behavior in physical activity settings.**

Benchmarks: K-4: B,C,D; 5-8: C,D

Project Area Skill: The youth will work cooperatively in small groups to analyze the negative effects of alcohol and drugs. Furthermore, they will discuss the effects of peer pressure and how to ethically make the right decision.

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Objective:

Science-

Strand III: Science and Society

Standard I: Understand how scientific discoveries, inventions, practices, and knowledge influence, and are influenced by, individuals and societies.

Benchmarks: 5-8: I

Project Area Skill: The youth will look at the effects of drugs and alcohol and the health problems that arise from using them. They will learn how media influences youth and how to not fall victim to such influences by understanding their meaning.