

SIX CATEGORIES OF RISK BEHAVIORS – Center for Disease Control and Prevention							
Character Education	Sexual Behaviors That Result in Unwanted Pregnancies & STDs, Including HIV	Intentional & Unintentional Injuries, Including Violence Prevention	Tobacco Use	Dietary Behaviors	Alcohol & Other Drug Use	Physical Activity	Gambling Prevention
<p>Choosing Who I Am – Choosing Who I Become</p> <p>Content</p> <ul style="list-style-type: none"> Six essential character traits Core democratic values and the common good Impact of character traits on individuals and society Warning signs of stress Resources for help with stress management <p>Skills</p> <ul style="list-style-type: none"> Investigate the meanings of the character traits Analyze situations for character traits Advocate for behaviors that demonstrate character Use assertive communication skills Analyze situations that call for simple acts of caring and those requiring getting the help of a caring adult. Make a self-assessment of character traits and develop a personal plan 	<p>HIV, AIDS, and Other STDs</p> <p>Content</p> <ul style="list-style-type: none"> Consequences of STDs on a person's life How STDs are and are not transmitted Health risks of different behaviors Situations requiring professional health services Resources for information and help related to STDs <p>Skills</p> <ul style="list-style-type: none"> Apply strategies to promote abstinence Avoid and escape risky situations: <ul style="list-style-type: none"> communication refusal identifying trouble Plan to stay free of STDs Influence peers by modeling positive behaviors <p>NOTE: "STD" includes HIV</p> <p>School districts choose from available curricular programs or develop a local curriculum to teach sexuality education.</p>	<p>The Two "R's" for Stopping Assault and Preventing Violence</p> <p>Content</p> <ul style="list-style-type: none"> Healthy and harmful relationships Causes of conflict; how conflicts can escalate Influences that promote and discourage violence Characteristics and laws related to sexual harassment and abusive relationships Resources to stop assault and prevent violence <p>Skills</p> <ul style="list-style-type: none"> Resolve conflicts: <ul style="list-style-type: none"> listening expressing emotions and thoughts showing empathy managing anger responding to anger problem solving/negotiation De-escalate intimidation Avoid and escape violence Maintain personal safety Deal with sexual harassment Deal with abusive relationships Help others Advocate for nonviolence Access resources 	<p>It's No Mystery: Tobacco Is a Killer</p> <p>Content</p> <ul style="list-style-type: none"> Health benefits of abstaining from use Health, legal, social, and financial consequences of use <p>Skills</p> <ul style="list-style-type: none"> Analyze influences to use tobacco Abstain from use (refusal) Support others who abstain Support others who want to quit Counter negative influences Promote the norm of abstinence Avoid secondhand smoke Access resources 	<p>What's Food Got to Do With It?</p> <p>Content</p> <ul style="list-style-type: none"> Health benefits of eating: <ul style="list-style-type: none"> foods from the five food groups recommended number and size of servings from each food group Factors in weight control Influence of body image on eating patterns <p>Skills</p> <ul style="list-style-type: none"> Read food labels Select a balanced diet Design diets to meet specific goals Plan nutritious meals at fast food restaurants Plan to improve personal dietary habits Analyze: <ul style="list-style-type: none"> food packaging and advertising claims nutrition information Advocate with others for availability of nutritious foods 	<p>Protect a Friend–Share Your Skills</p> <p>Content</p> <ul style="list-style-type: none"> Influences that promote drug use in young people Rules and laws related to drugs Health, social, and legal consequences of drug use Resources for drug-related information and help <p>Skills</p> <ul style="list-style-type: none"> Evaluate internal and external pressures to use drugs Express opinions, thoughts, and feelings Solve problems Refuse Identify trouble Promote drug-free messages to peers Apply a personal commitment to living drug free Access resources <p>NOTE: "Drug" refers to alcohol, tobacco, and other drugs.</p>	<p>It's Time to Move!</p> <p>Content</p> <ul style="list-style-type: none"> Benefits of regular physical activity Recommended amount and types of physical activity for health benefits Consequences of being inactive Barriers to being active Strategies to overcome barriers <p>Skills</p> <ul style="list-style-type: none"> Analyze influences which encourage physical activity Set personal physical activity goals and monitor progress Promote physical activity among peers 	<p>All "Bets" Are Off!</p> <p>Content</p> <ul style="list-style-type: none"> Possible health, social, and legal consequences of gambling Different types of gamblers Laws related to gambling Influences that encourage or discourage gambling Resources for gambling information and help Assess personal risk <p>Skills</p> <ul style="list-style-type: none"> Analyze influences and advertising related to gambling Abstain from gambling (refusal) Communicate concern for others Access resources Promote awareness of gambling risks
<p>Building Character in Ourselves and Our Schools</p> <p>Content</p> <ul style="list-style-type: none"> Essential character traits Core democratic values Impact of character traits on individuals, school, and society The role of courage in demonstrating the character traits Warning signs of stress and resources for stress management Focus on the school community <p>Skills</p> <ul style="list-style-type: none"> Research the meanings of character traits and behaviors Analyze the impact of character traits on individuals, community and society Analyze situations and behaviors for character traits Make a self-assessment of character traits and develop a personal plan Assess the character needs of school Develop and implement a plan to build character at school <p>A Module for Alternative Education</p>	<p>School districts choose from available curricular programs or develop a local curriculum to teach sexuality education and HIV and other STDs.</p> <p>A Module for Alternative Education</p> <p>Managing Life in a Less-Than-Perfect World</p> <p>Content</p> <ul style="list-style-type: none"> Essential character traits Managing emotions Communication skills Warning signs of stress and resources for stress-management Review of decision-making model Focus on personal skills <p>Skills</p> <ul style="list-style-type: none"> Analyze how character traits are demonstrated in behavior. Apply the character traits to situations. Practice effective listening Practice assertive communication Develop an anger management plan Examine respect for people in authority Examine the importance of caring and citizenship Make a self-assessment regarding character traits, and develop a personal plan 	<p>Managing Conflicts & Preventing Violence</p> <p>Content</p> <ul style="list-style-type: none"> Healthy and harmful relationships Causes of conflict; how conflicts can escalate Factors that contribute to and prevent violence Consequences of violence Characteristics and laws related to sexual harassment and abusive relationships Resources to prevent and avoid violence Individual's responsibility for safety of self and others <p>Skills</p> <ul style="list-style-type: none"> Resolve conflicts: <ul style="list-style-type: none"> listening expressing emotions and thoughts showing empathy managing anger responding to anger problem solving/negotiation De-escalate intimidation Avoid and escape violence Maintain personal safety Prevent violence Deal with sexual harassment Deal with abusive relationships Access resources 	<p>Teens Campaign Against Tobacco</p> <p>Content</p> <ul style="list-style-type: none"> Factors that contribute to positive health behaviors Health benefits of abstaining from use Resources for information, help, and cessation Financial, political, social, health, and legal issues related to tobacco Messages that will encourage youth not to use or to quit <p>Skills</p> <ul style="list-style-type: none"> Advocate for the prevention, reduction, or elimination of use among peers Promote a tobacco-free environment Abstain from use (refusal) Encourage others to abstain Quit using Encourage others to quit Support others who want to quit Access resources 	<p>Help Yourself to Good Nutrition</p> <p>Content</p> <ul style="list-style-type: none"> Health benefits of eating: <ul style="list-style-type: none"> foods from the five food groups recommended number and size of servings from each food group Weight management principles and myths regarding weight loss Influence of body image on eating patterns Healthy and unhealthy eating patterns <p>Skills</p> <ul style="list-style-type: none"> Plan: <ul style="list-style-type: none"> healthy weight loss/maintenance nutritious meals within a budget nutritious meals at fast food restaurants for improved personal nutrition Analyze effects of nutrition on: <ul style="list-style-type: none"> physical activity athletic performance pregnancy fetal development Analyze nutrition information and resources Synthesize and communicate research findings on nutrition 	<p>Teens Voice Solutions</p> <p>Content</p> <ul style="list-style-type: none"> Scope of adolescent drug use Physical, emotional, social, and economic consequences of drug use Impact of environment on the problem of drug use Legal issues related to drug use among adolescents <p>Skills</p> <ul style="list-style-type: none"> Evaluate internal and external pressures to use drugs Synthesize and communicate research findings on reducing drug use Communicate assertively Refuse Solve personal and social problems Propose and evaluate possible solutions for reducing drug use among adolescents Communicate a proposed solution to the problem of drug use to school and/or community representatives Access resources <p>NOTE: "Drug" refers to alcohol, tobacco, and other drugs.</p>	<p>Stay Physically Active–For Life</p> <p>Content</p> <ul style="list-style-type: none"> Six components of wellness Contribution of physical activity to physical wellness Recommended amount and types of physical activity for health benefits Benefits of regular physical activity Consequences of being inactive Strategies to overcome barriers <p>Skills</p> <ul style="list-style-type: none"> Analyze barriers to being active Assess current level of activity Set personal physical activity goals Advocate for school and community support of physical activity 	<p>Don't Bet On It!</p> <p>Content</p> <ul style="list-style-type: none"> Possible health, social, and legal consequences of gambling Different types of gamblers Warning signs of problem and compulsive gamblers Phases compulsive gamblers experience Laws related to gambling Influences that encourage or discourage gambling Resources for gambling information and help Assess personal risk <p>Skills</p> <ul style="list-style-type: none"> Analyze influences and advertising related to gambling Communicate concern for others Access resources Advocate for abstinence from gambling by youth