**Grade Promoting an Alcohol and Other Drug-Free Lifestyle (AOD)**

AOD-1. Avoid misuse and abuse of over-the-counter and prescription drugs.

AOD-2. Avoid experimentation with alcohol and other drugs.

AOD-3. Avoid the use of alcohol.

AOD-4. Avoid the use of illegal drugs.

AOD-5. Avoid driving while under the influence of alcohol and other drugs.

AOD-6. Avoid riding in a motor vehicle with a driver who is under the influence of alcohol or other drugs.

AOD-7. Quit using alcohol and other drugs if already using.

AOD-8. Support others to be alcohol- and other drug-free.

**Grade**

**Promoting Healthy Eating (HE)**

HE-1. Eat the appropriate number of servings from each food group every day.

HE-2. Eat a variety of foods within each food group every day.

HE-3. Eat an abundance of fruits and vegetables every day.

HE-4. Choose to eat whole grain products and fat-free or low-fat milk or equivalent milk products regularly.

HE-5. Drink plenty of water every day.

HE-6. Limit foods and beverages high in added sugars, solid fat, and sodium.

HE-7. Eat breakfast every day.

HE-8. Eat healthy snacks.

HE-9. Eat healthy foods when dining out.

HE-10. Prepare food in healthful ways.

HE-11.Balance caloric intake with caloric expenditure.

HE-12.Follow an eating plan for healthy growth and development.

HE-13.Support others to eat healthy.

**Grade Health Behavior Outcome**

**Promoting Mental and Emotional Health (MEH**)

MEH-1. Express feelings in a healthy way.

MEH-2. Engage in activities that are mentally and emotionally healthy.

MEH-3. Prevent and manage interpersonal conlict in healthy ways.

MEH-4. Prevent and manage emotional stress and anxiety in healthy ways.

MEH-5. Use self-control and impulse-control strategies to promote health.

MEH-6. Get help for troublesome thoughts, feelings, or actions for oneself and others.

MEH-7. Show tolerance and acceptance of diferences in others.

MEH-8. Establish and maintain healthy relationships.

**Grade Health Behavior Outcome**

**Promoting Personal Health and Wellness (PHW)**

PHW-1. Brush and loss teeth daily.

PHW-2.Practice appropriate hygiene habits.

PHW-3.Get an appropriate amount of sleep and rest.

PHW-4.Prevent vision and hearing loss.

PHW-5.Prevent damage from the sun.

PHW-6. Practice behaviors that prevent infectious diseases.

PHW-7.Practice behaviors that prevent chronic diseases.

PHW-8. Prevent serious health problems that result from common chronic diseases and conditions

among youth, such as allergies, asthma, diabetes, and epilepsy.

PHW-9.Practice behaviors that prevent foodborne illnesses.

PHW-10.Seek out help for common infectious diseases and chronic diseases and conditions.

PHW-11.Seek out healthcare professionals for appropriate screenings and examinations.

PHW-12. Prevent health problems that result from fads or trends.

**Grade Health Behavior Outcome**

**Promoting Physical Activity (PA)**

PA-1. Engage in moderate to vigorous physical activity for at least 60 minutes every day.

PA-2. Regularly engage in physical activities that enhance cardio-respiratory endurance, flexibility,

muscle endurance, and muscle strength.

PA-3. Engage in warm-up and cool-down activities before and after structured exercise.

PA-4. Drink plenty of water before, during, and after physical activity.

PA-5. Follow a physical activity plan for healthy growth and development.

PA-6. Avoid injury during physical activity.

PA-7. Support others to be physically active.

**Grade Health Behavior Outcome**

**Promoting Safety (S)**

S-1. Follow appropriate safety rules when riding in or on a motor vehicle.

S-2. Avoid driving a motor vehicle–or riding in a motor vehicle driven by someone–while under the inluence of alcohol or other drugs.

S-3. Use safety equipment appropriately and correctly.

S-4. Apply safety rules and procedures to avoid risky behaviors and injury.

S-5. Avoid safety hazards in the home and community.

S-6. Recognize and avoid dangerous surroundings.

S-7. Get help for oneself or others when injured or suddenly ill.

S-8. Support others to avoid risky behaviors and be safe.

**Grade Health Behavior Outcome**

**Promoting Sexual Health (SH)**

SH-1. Establish and maintain healthy relationships.

SH-2. Be sexually abstinent.

SH-3. Engage in behaviors that prevent or reduce sexually transmitted disease (STD), including HIV infection.

SH-4. Engage in behaviors that prevent or reduce unintended pregnancy.

SH-5. Avoid pressuring others to engage in sexual behaviors.

SH-6. Support others to avoid or reduce sexual risk behaviors.

SH-7. Treat others with courtesy and respect without regard to their sexuality.

SH-8. Use appropriate health services to promote sexual health.

**Grade Health Behavior Outcome**

**Promote a Tobacco-Free Lifestyle (T)**

T-1. Avoid using (or experimenting with) any form of tobacco.

T-2. Avoid second-hand smoke.

T-3. Support a tobacco-free environment.

T-4. Support others to be tobacco-free.

T-5. Quit using tobacco, if already using.

**Grade Health Behavior Outcome**

**Prevent Violence (V)**

V-1. Manage interpersonal conflict in nonviolent ways.

V-2. Manage emotional distress in nonviolent ways.

V-3. Avoid bullying, being a bystander to bullying, or being a victim of bullying.

V-4. Avoid engaging in violence, including sexual harassment, coercion, exploitation, physical fighting, and rape.

V-5. Avoid situations where violence is likely to occur.

V-6. Avoid associating with others who are involved in or who encourage violence or criminal activity.

V-7. Get help to prevent or stop violence including harassment, abuse, bullying, hazing, fighting, and hate crimes.

V-8. Get help to prevent or stop inappropriate touching.

V-9. Get help to stop being subjected to violence or physical abuse.

V-10. Get help for oneself or others who are in danger of hurting themselves.