

## Health Education

*Note: The Washington State Health Education K-12 Learning Standards are organized into six core ideas that reflect typical units of study. Each core idea organizes outcomes related to the eight learning standards. Each outcome is coded to the relevant learning standard (e.g., H3 for Health Education Standard 3), core idea and topic strand (e.g., N3 for Nutrition Topic Strand 3) and grade level (e.g., 4 for grade 4). For reference, each of the Health Education core ideas and learning standards are listed below.*

### Washington State Health Education K-12 Core Ideas:

Wellness (W)

Safety (Sa)

Nutrition (N)

Sexual Health (Se)

Social Emotional Health (So)

Substance Use and Abuse (Su)

### Washington State Health Education K-12 Learning Standards:

**Standard 1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

**Standard 2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

**Standard 3:** Students will demonstrate the ability to access valid information and products and services to enhance health.

**Standard 4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

**Standard 5:** Students will demonstrate the ability to use decision-making skills to enhance health.

**Standard 6:** Students will demonstrate the ability to use goal-setting skills to enhance health.

**Standard 7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

**Standard 8:** Students will demonstrate the ability to advocate for personal, family, and community health.

## Health Education Core Idea: Substance Use and Abuse (Su)

Topic	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
<b>1. Use and Abuse</b>	<p>Understand how medicines are used correctly. H1.Su1.Ka</p> <p>Recognize differences between medicines and harmful drugs. H1.Su1.Kb</p> <p>Identify trusted adults at home and school who administer prescriptions and over-the-counter medicines. H3.Su1.Kc</p>	<p>Understand differences between safe and unwanted medicine use. H1.Su1.1a</p> <p>Identify different medicines and harmful drugs. H1.Su1.1b</p> <p>Understand tobacco and alcohol are harmful drugs. H1.Su1.1c</p>	<p>Understand differences between prescription medicines, over-the-counter medicines, and harmful drugs. H1.Su1.2a</p> <p>Understand commonly used terms for tobacco and alcohol. H1.Su1.2b</p>	<p>Compare and contrast prescription and over-the-counter medicines with harmful drugs. H1.Su1.3a</p> <p>Understand commonly used terms for marijuana. H1.Su1.3b</p> <p>Identify how family, school, and community influence decisions related to tobacco, alcohol, and marijuana. H2.Su1.3</p>	<p>Understand differences between medically accurate use and abuse of prescriptions and over-the-counter medicines. H1.Su1.4a</p> <p>Understand tobacco, alcohol, and marijuana are illegal for minors. H1.Su1.4b</p> <p>Describe reasons people use tobacco, alcohol, and other drugs. H1.Su1.4c</p> <p>Identify how peers, media, and technology influence decisions related to tobacco, alcohol, and marijuana. H2.Su1.4</p>	<p>Identify reliable sources of information about tobacco, alcohol, and other drugs. H3.Su1.5</p> <p>Identify a variety of tobacco, alcohol, and marijuana products. H1.Su1.5a</p> <p>Recognize that tobacco, alcohol, and other drugs can be addictive. H1.Su1.5b</p> <p>Describe how family, school, community, peers, media, and technology influence decisions related to use of tobacco, alcohol, marijuana, and other drugs. H2.Su1.5</p>
<b>2. Effects</b>	<i>Developmentally appropriate outcomes</i>	Recognize effects of medicines used	Understand effects of tobacco and alcohol.	Describe effects of tobacco, secondhand	Describe harmful effects of medicines,	Recognize substances are more addictive and

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## Health Education Core Idea: Substance Use and Abuse (Su)

Topic	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
	<i>first appear in grade 1.</i>	incorrectly. H1.Su2.1	H1.Su2.2	smoke, alcohol, and marijuana. H1.Su2.3	tobacco, alcohol, and marijuana. H1.Su2.4	harmful during growth and development. H1.Su2.5a  Explain how substance abuse can affect family and friends. H1.Su2.5b
<b>3. Prevention</b>	Understand importance of using medicines only with supervision of a trusted adult. H1.Su3.K	Recognize how to tell a trusted adult when offered nonprescribed medicine or harmful drugs. H4.Su3.1  Recognize importance of avoiding tobacco, secondhand smoke, and alcohol. H1.Su3.1	Describe how to use refusal skills when offered nonprescribed medicine or harmful drugs. H4.Su3.2  Identify benefits of being tobacco- and alcohol-free. H1.Su3.2  Demonstrate refusal skills in different situations. H1.Su3.2	Describe verbal and nonverbal communication skills to avoid tobacco, alcohol, and marijuana. H4.Su3.3  Identify situations and potential outcomes of decisions related to tobacco, alcohol, and marijuana. H5.Su3.3	Describe how to ask for help to avoid situations in which others are using tobacco, alcohol, or marijuana. H4.Su3.4  Determine benefits of abstaining from or discontinuing use of tobacco, alcohol, and marijuana. H1.Su3.4	Demonstrate ways to resist peer pressure to use substances. H4.Su3.5  Identify healthy alternatives for decisions related to substance use. H5.Su3.5

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## Health Education Core Idea: Substance Use and Abuse (Su)

Topic	Grade 6	Grade 7	Grade 8	High School
<b>1. Use and Abuse</b>	<p>Explain differences between appropriate use, misuse, and abuse of substances. H1.Su1.6a</p> <p>Understand stages of addiction. H1.Su1.6b</p> <p>Describe how peers and family influence substance use and abuse. H2.Su1.6</p>	<p>Distinguish between substance use, misuse, abuse, dependency, and addiction. H1.Su1.7</p> <p>Describe how peers and media influence substance use and abuse. H2.Su1.7</p>	<p>Analyze factors that influence substance use and abuse. H2.Su1.8</p> <p>Compare and contrast sources of information on substance use. H3.Su1.8</p> <p>Explain classifications of substances. H1.Su1.8</p>	<p>Analyze why individuals choose to use or not use substances. H1.Su1.HSa</p> <p>Differentiate classifications of substances. H1.Su1.HSb</p> <p>Analyze validity of information on substance use. H3.Su1.HSa</p> <p>Describe laws related to minors accessing substance abuse treatment. H3.Su1.5b</p>
<b>2. Effects</b>	<p>Understand short- and long-term effects of substance abuse on physical and mental health. H1.Su2.6</p>	<p>Explain short- and long-term effects of substance abuse on dimensions of health. H1.Su2.7</p>	<p>Describe how substance abuse affects dimensions of health. H1.Su2.8</p>	<p>Summarize short- and long-term effects of substance abuse on dimensions of health. H1.Su2.HSa</p> <p>Analyze how addiction and dependency impact individuals, families, and society. H1.Su2.HSb</p>
<b>3. Prevention</b>	<p>Identify how to use refusal skills to avoid substance use. H1.Su3.6</p> <p>Identify scenarios in which</p>	<p>Demonstrate use of refusal skills to avoid substance use. H7.Su3.7a</p>	<p>Apply refusal skills to avoid substance use. H7.Su3.8a</p> <p>Demonstrate behaviors and</p>	<p>Predict how a drug-free lifestyle will support achievement of short- and long-term goals. H6.Su3.HS</p>

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## Health Education Core Idea: Substance Use and Abuse (Su)

Topic	Grade 6	Grade 7	Grade 8	High School
	<p>substances may be present and determine strategies to avoid exposure and use. H7.Su3.6</p> <p>Promote benefits of abstaining from or discontinuing substance use. H8.Su3.6</p>	<p>Assess scenarios in which substances may be present and determine strategies to avoid exposure and use. H7.Su3.7b</p> <p>Construct a message describing benefits of being drug-free. H8.Su3.7</p>	<p>practices to prevent substance use and improve the health of oneself and others. H7.Su3.8b</p> <p>Create a drug-free message for school. H8.Su3.8</p>	<p>Design a drug-free message for a community beyond school. H8.Su3.HS</p>
<b>4. Treatment</b>	<p>Identify valid and reliable substance abuse services. H3.Su4.6</p>	<p>Describe situations that call for professional treatment for substance abuse. H3.Su4.7</p>	<p>Investigate local services for those affected by substance abuse. H3.Su4.8</p>	<p>Analyze valid and reliable information to prevent or treat substance dependency and addiction. H3.Su4.HS</p> <p>Understand how codependency relates to substance use and abuse. H1.Su4.HS</p>
<b>5. Legal Consequences</b>	<p>Identify legal and illegal substances. H1.Su5.6</p>	<p>Understand school policies related to substance possession and use. H1.Su5.7</p>	<p>Describe short- and long-term legal consequences of substance use and the effects on personal goals. H6.Su5.8</p>	<p>Compare and contrast school, local, state, and federal laws related to substance possession and use. H1.Su5.HS</p>

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