

**HEALTH AND SAFETY
EDUCATION
CURRICULUM
FRAMEWORK**

Connecticut State Department of Education
Division of Teaching and Learning
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HEALTH AND SAFETY EDUCATION

By the end of Grade 12, students will have developed and maintained behaviors that promote lifelong health.

PROGRAM GOALS

As a result of education in Grades K-12, students will:

- recognize and practice health-enhancing lifestyles;
- use core information to analyze and evaluate health and safety issues, information and resources in order to become healthy, responsible citizens;
- strengthen communication skills and promote peaceful resolution of conflicts by appreciating and respecting others; and
- make decisions, set goals and learn to say "no," when appropriate, in order to implement and sustain a healthy life.

K - 12 CONTENT STANDARDS

1. **Healthy And Active Life**
Students will establish and maintain healthy eating patterns and a physically active life.

2. **Injury And Disease Prevention**
Students will avoid risk-taking activities that cause intentional and unintentional injuries or diseases. Students will demonstrate basic first aid and safety techniques.

3. **Human Growth And Development**
Students will learn accurate information about their physical development, including human sexuality and mental and emotional health. Students will avoid behaviors that result in pregnancy and sexually transmitted diseases.

It is the responsibility of the local school district to allow parents and guardians to exercise their right to exempt their children from instruction in human sexuality. Local school districts are responsible to develop curriculum that is presented in an age-appropriate manner.

4. **Substance Abuse Prevention**
Students will establish and maintain lifestyles that are free of tobacco, alcohol and other nonmedicinal drugs.

CONTENT STANDARD 1: Healthy and Active Life

Students will establish and maintain healthy eating patterns and a physically active life.

K - 12 PERFORMANCE STANDARDS

Educational experiences in **Grades K-4** will assure that students:

- plan, select and prepare a nutritious meal based on the U.S. dietary guidelines;
- select foods that are low in salt, sugar and fat; and
- engage in daily physical activity.

Educational experiences in **Grades 5-8** will assure that students:

- plan, select and prepare a nutritious daily diet based on the U.S. dietary guidelines;
- develop a plan to maintain one's own healthy, appropriate weight based on a physician's recommendation and on U.S. dietary guidelines;
- identify temporary and long-term health problems associated with poor food choices and eating habits;
- demonstrate the influence the media, emotions, culture and individual family customs have on food selection; and
- develop a plan for and engage in appropriate daily physical activity.

Educational experiences in **Grades 9-12** will assure that students:

- develop a wellness plan which will balance nutritional intake, physical output and need for rest on a daily basis;
- identify and discuss the impact of food selections in causing or contributing to specific diseases and health conditions; and
- identify specific nutritional needs of athletes, women, men, the elderly and people with food allergies and medical concerns.

CONTENT STANDARD 2: Injury and Disease Prevention

Students will avoid risk-taking activities that cause intentional and unintentional injuries or diseases. Students will demonstrate basic first aid and safety techniques.

K - 12 PERFORMANCE STANDARDS

<p>Educational experiences in Grades K-4 will assure that students:</p> <ul style="list-style-type: none"> • know and demonstrate ways to stay safe at home and school, and in the community and play areas; • identify resources in the home, school and community to get help if needed; • demonstrate simple emergency procedures; • define the terms <i>communicable</i> (infectious), and <i>noncommunicable</i> (non-infectious) disease and identify ways to help prevent disease; • identify skills necessary to resolve conflicts peacefully; <p align="right">(continued)</p>	<p>Educational experiences in Grades 5-8 will assure that students:</p> <ul style="list-style-type: none"> • develop an action plan that will minimize personal risks and injuries at school, at home, in a vehicle and in the community; • demonstrate skills necessary to avoid dangerous situations; • demonstrate basic first aid and CPR techniques; • identify the causes, symptoms and prevention methods of communicable and noncommunicable diseases; • demonstrate skills necessary to resolve conflicts peacefully; <p align="right">(continued)</p>	<p>Educational experiences in Grades 9-12 will assure that students:</p> <ul style="list-style-type: none"> • demonstrate skills to avoid, cope with or resolve risky and unsafe situations; • demonstrate strategies to stay physically and emotionally safe; • demonstrate emergency procedures, including basic first aid and CPR techniques; • discuss factors that increase the risk of developing communicable and noncommunicable diseases; • use negotiation and conflict resolution skills; <p align="right">(continued)</p>
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CONTENT STANDARD 2: Injury and Disease Prevention

K-12 PERFORMANCE STANDARDS, continued

<p>Educational experiences in Grades K-4 will assure that students:</p> <ul style="list-style-type: none"> • differentiate between appropriate and inappropriate touch, say "no" to inappropriate touch, and tell a trusted adult; • know that it is appropriate to tell a trusted adult when peers behave in ways that may be harmful to themselves or others; and • use a variety of strategies to demonstrate respect for and responsibility to others without bias, abuse, discrimination or harassment, including but not limited to race, color, sex, religion, national origin and sexual orientation. 	<p>Educational experiences in Grades 5-8 will assure that students:</p> <ul style="list-style-type: none"> • identify and use ways to reduce and/or avoid threatening situations, including sexual harassment, abuse and assault; • identify the warning signs for suicide and how to get help when needed; and • use a variety of strategies to demonstrate respect for and responsibility to others without bias, abuse, discrimination or harassment, including but not limited to race, color, sex, religion, national origin and sexual orientation. 	<p>Educational experiences in Grades 9-12 will assure that students:</p> <ul style="list-style-type: none"> • identify and use ways to reduce and/or avoid threatening situations, including sexual harassment, abuse and assault; • identify strategies to prevent suicide and know how to get help for someone who may potentially be suicidal; and • use a variety of strategies to demonstrate respect for and responsibility to others without bias, abuse, discrimination or harassment, including but not limited to race, color, sex, religion, national origin and sexual orientation.
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CONTENT STANDARD 3: Human Growth and Development

Students will learn accurate information about their physical development, including human sexuality and mental and emotional health. Students will avoid behaviors that result in pregnancy and sexually transmitted diseases.

It is the responsibility of the local school district to allow parents and guardians to exercise their right to exempt their children from instruction in human sexuality. Local school districts are responsible to develop curriculum that is presented in an age-appropriate manner.

K - 1 2 PERFORMANCE STANDARDS

Educational experiences in **Grades K-4** will assure that students:

- demonstrate ways of communicating care, concern and consideration to oneself and others in a respectful manner;
- demonstrate ways to obtain information about human growth and development from family, clergy, health professionals and other responsible adults;
- name the major body parts and identify how one can maintain and protect the body's systems;
- identify the physical development of the male and female anatomy;
- describe, in Grade 4 or 5, physical and emotional changes that occur during puberty; and

(continued)

Educational experiences in **Grades 5-8** will assure that students:

- demonstrate and practice ways of communicating care, concern and consideration to oneself and others in a respectful manner;
- demonstrate ways to obtain information about human growth, development and sexuality from family, clergy, health professionals and other responsible adults;
- identify the structure and function of the male and female anatomy, and understand puberty and human reproduction;

(continued)

Educational experiences in **Grades 9-12** will assure that students:

- practice responsible behaviors associated with mature, young adult interaction;
- identify community resources for physical, mental and emotional health;
- describe and analyze the physical, mental, emotional and sexual changes that occur over a lifetime - from birth to death;

(continued)

CONTENT STANDARD 3: Human Growth and Development

K-12 PERFORMANCE STANDARDS, continued

Educational experiences in **Grades K-4** will assure that students:

- recognize that individuals can make choices that reduce or eliminate their risk of contracting infectious disease.

Educational experiences in **Grades 5-8** will assure that students:

- define abstinence and explain the value of postponing sexual activity;
- know the skills necessary to prevent pregnancy, HIV and sexually transmitted diseases (STDs);
- identify the responsibilities associated with parenthood; and
- identify and explain how the media may influence behaviors and decisions.

Educational experiences in **Grades 9-12** will assure that students:

- understand the value of abstinence and explain the value of postponing sexual activity;
- identify the methods of contraception and the effectiveness of each and use the skills necessary to prevent pregnancy, HIV and STDs;
- apply the decision-making process, individually and collaboratively, to address health issues; and
- analyze how the media may influence behaviors and decisions.

CONTENT STANDARD 4: Substance Abuse Prevention

Students will establish and maintain lifestyles that are free of tobacco, alcohol and other nonmedicinal drugs.

K - 12 PERFORMANCE STANDARDS

Educational experiences in **Grades K-4** will assure that students:

- articulate the dangers of using alcohol, tobacco and other drugs (ATOD) and identify and use strategies to avoid ATOD;
- identify different ways to express emotions in a healthy manner; and
- identify and follow family and school rules and state and federal laws concerning ATOD use.

Educational experiences in **Grades 5-8** will assure that students:

- identify and use strategies and skills to remain free of alcohol, tobacco, drugs and other addictive behaviors;
- demonstrate healthy ways to express emotions, have fun, manage stress and maintain ATOD-free friendships;
- identify and follow family and school rules and state and federal laws concerning ATOD use;
- examine the manner in which peers, culture and the media may influence ATOD use; and
- analyze the impact that the use of substances has on decisions, injuries and crimes committed within society.

Educational experiences in **Grades 9-12** will assure that students:

- use strategies and skills to remain free of alcohol, tobacco, drugs and other addictive behaviors, such as gambling;
- demonstrate skills necessary to manage emotions, cope with stress, seek help for oneself and others, and locate intervention resources;
- identify and follow family and school rules and state and federal laws concerning ATOD use; and
- analyze behaviors that may put one at risk of using ATOD now or in the future.