

PROJECT ALERT - CORE PROGRAM - 7TH GRADE

Project Alert Lessons	Health Benchmarks	Language Arts Benchmarks	Science Benchmarks
<p><u>Lesson One</u> Introduction to Project Alert</p>	<p>Examine health practices which may cause and/or spread/prevent diseases. 1:3:c</p> <p>Analyze the media impact on personal and family health decisions and practices. 2:1:b</p> <p>Describe how personal choices can impact (<i>sic</i>) long-range health. 3:3:a</p> <p>Analyze information/data to support or refute the cause/effect of various health issues. 5:1:b</p>		<p><i>No Science Benchmarks match Project Alert</i></p>
<p><u>Lesson Two</u> Consequences of Smoking cigarettes & Marijuana</p>	<p>Analyze how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Examine health practices which may cause and/or spread/prevent diseases. 1:3:c</p> <p>Distinguish short- and long-term consequences of risky and harmful behaviors (<i>sic</i>). 3:1:a</p> <p>Describe how personal choices can impact (<i>sic</i>) long-range health. 3:3:a</p>		
<p><u>Lesson Three</u> Drinking Consequences & Alternatives</p>	<p>Analyze how appropriate and inappropriate health practices affect self and family. 1:1:c</p>		

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<u>Lesson Three: (Continued)</u>	<p>Examine ways to avoid, minimize, or cope with adolescent health problems. 1:2:c</p> <p>Examine health practices which may cause and/or spread/prevent diseases. 1:3:c</p> <p>Distinguish short- and long-term consequences of risky and harmful behaviors (<i>sic</i>). 3:1:a</p> <p>Describe how personal choices can impact (<i>sic</i>) long-range health. 3:3:a</p> <p>Demonstrate communication skills used to avoid potentially harmful situations. 4:3:c</p>		
<u>Lesson Four</u> Introduction to Pressures	<p>Analyze the media impact on personal and family health decisions and practices. 2:1:b</p> <p>Analyze how social pressures can influence participation in risk-taking behaviors. 3:1:b</p> <p>Analyze information/data to support or refute the cause/effect of various health issues. 5:1:b</p>	<p>Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television. 3:2:a</p> <p>Analyze and assess oral/visual information for usefulness. 3:3:a</p>	
<u>Lesson Five</u> Social Pressures to Use Drugs	<p>Model appropriate ways to express feelings in a variety of age-appropriate situations. 1:1:a</p> <p>Examine ways to avoid, minimize, or cope with adolescent health problems. 1:2:c</p>	<p>Determine the effect of non-verbal cues on interpersonal communication. 3:1:c</p> <p>Analyze and assess oral/visual information for usefulness. 3:3:a</p>	

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<p><u>Lesson Five: (Continued)</u></p>	<p>Analyze how social pressures can influence participation in risk-taking behaviors. 3:1:b</p> <p>Demonstrate individual responsibility in health-related decisions/choices. 3:3:b</p> <p>Model an age-appropriate healthy lifestyle. 3:3:c</p> <p>Model effective interpersonal communication skills. 4:1:c</p> <p>Demonstrate communication skills used to avoid potentially harmful situations. 4:3:c</p> <p>Investigate methods used to influence others in making healthy choices. 5:3:a</p>	<p>Present oral information in a logical and coherent manner. 4:1:b</p> <p>Determine the purpose of oral presentations when deciding appropriate language. 4:2:b</p> <p>Use auxiliary resources to enhance oral presentations, e.g., visual aids, special effects. 4:3:c</p>	
<p><u>Lesson Six</u> Resisting Internal & External Pressures to Use Drugs</p>	<p>Model appropriate ways to express feelings in a variety of age-appropriate situations. 1:1:a</p> <p>Examine ways to avoid, minimize, or cope with adolescent health problems. 1:2:c</p> <p>Analyze personal practices which promote lifelong health and well-being. 3:1:c</p> <p>Demonstrate individual responsibility in health-related decisions/choices. 3:3:b</p> <p>Model an age-appropriate healthy lifestyle. 3:3:c</p>	<p>Present oral information in a logical and coherent manner. 4:1:b</p> <p>Determine the purpose of oral presentations when deciding appropriate language. 4:2:b</p>	

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Lesson Six: (Continued)	Demonstrate healthy ways to express needs, wants, and feelings. 4:2:a		
Lesson Seven Practicing Resistance Skills	<p>Model appropriate ways to express feelings in a variety of age-appropriate situations. 1:1:a</p> <p>Examine ways to avoid, minimize, or cope with adolescent health problems. 1:2:c</p> <p>Analyze how social pressures can influence participation in risk-taking behaviors. 3:1:b</p> <p>Demonstrate individual responsibility in health-related decisions/choices. 3:3:b</p> <p>Model an age-appropriate healthy lifestyle. 3:3:c</p> <p>Model effective interpersonal communication skills. 4:1:c</p> <p>Demonstrate communication skills used to avoid potentially harmful situations. 4:3:c</p> <p>Investigate methods used to influence others in making healthy choices. 5:3:a</p>	<p>Determine the effect of non-verbal cues on interpersonal communication. 3:1:c</p> <p>Analyze and assess oral/visual information for usefulness. 3:3:a</p> <p>Present oral information in a logical and coherent manner. 4:1:b</p> <p>Determine the purpose of oral presentations when deciding appropriate language. 4:2:b</p> <p>Use auxiliary resources to enhance oral presentations, e.g., visual aids, special effects. 4:3:c</p>	
Lesson Eight Inhalant Abuse	Model appropriate ways to express feelings in a variety of age-appropriate situations. 1:1:a	Present oral information in a logical and coherent manner. 4:1:b	

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Lesson Eight: (Continued)	<p>Analyze how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Explain how health is influenced by the interaction of body systems. 1:2:a</p> <p>Examine health practices which may cause and/or spread/prevent diseases. 1:3:c</p> <p>Distinguish short- and long-term consequences of risky and harmful behaviors (<i>sic</i>). 3:1:a</p> <p>Describe how personal choices can impact (<i>sic</i>) long-range health. 3:3:a</p> <p>Choose appropriate communication techniques when interacting with family, peers, and community. 4:1:b</p> <p>Demonstrate communication skills used to avoid potentially harmful situations. 4:3:c</p> <p>Choose and model health advocacy strategies for families, schools, and communities. 5:3:b</p>	<p>Use input from others to determine the effectiveness of personal communication. 4:1:c</p> <p>Determine the purpose of oral presentations when deciding appropriate language. 4:2:b</p>	
Lesson Nine Review & Practice of Resistance Techniques	<p>Model appropriate ways to express feelings in a variety of age-appropriate situations. 1:1:a</p> <p>Analyze how appropriate and inappropriate health practices affect self and family. 1:1:c</p>	<p>Present oral information in a logical and coherent manner. 4:1:b</p> <p>Use input from others to determine the effectiveness of personal communication. 4:1:c</p>	

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Lesson Nine: (Continued)	<p>Analyze how social pressures can influence participation in risk-taking behaviors. 3:1:b</p> <p>Demonstrate individual responsibility in health-related decisions/choices. 3:3:b</p> <p>Model an age-appropriate healthy lifestyle. 3:3:c</p> <p>Choose appropriate communication techniques when interacting with family, peers, and community. 4:1:b</p> <p>Model effective interpersonal communication skills. 4:1:c</p> <p>Demonstrate communication skills used to avoid potentially harmful situations. 4:3:c</p> <p>Investigate methods used to influence others in making healthy choices. 5:3:a</p> <p>Choose and model health advocacy strategies for families, schools, and communities. 5:3:b</p>	<p>Determine the purpose of oral presentations when deciding appropriate language. 4:2:b</p>	
Lesson Ten Smoking Cessation	<p>Examine practices which enhance personal emotional, social, and physical well-being. 1:2:b</p> <p>Analyze personal health progress and adjust behaviors as needed. 3:2:c</p> <p>Demonstrate individual responsibility in health-related decisions/choices. 3:3:b</p> <p>Investigate methods used to influence others in making healthy choices. 5:3:a</p>		