

Boulder Valley School District

Health Education Curriculum

Introduction to Elementary Health

Since there are not specific health courses scheduled in grades K-5, the health curriculum at the elementary level is designed to be delivered in a variety of ways. The essential learning results are identified as essential, desired, or optional. While all of the identified results are important, priority is given to making sure that students have the opportunity to learn those identified as essential.

Essential learning results addressing fitness are included in the Physical Education Standards and those addressing environmental health and safety are included in the Science Standards. The classroom teacher will also integrate those results with other areas of health where appropriate (e.g., the relation of nutrition and fitness and the importance of making healthy choices that improve community and environmental health).

The elementary health curriculum places a high emphasis on skill development in the areas of acquiring health knowledge, accessing health resources, practicing healthy behaviors, analyzing the influence of media and other cultural influences on health decisions, developing communication skills, setting goals and making health-related decisions, and advocating for personal, family, and community health. Health topics used to teach these skills include: nutrition, hygiene, disease prevention, body image, mental health and emotional wellness, violence awareness, substance use, abuse, and addiction, human growth and development, diversity awareness, and injury prevention and safety. The Health Education learning materials (lesson plans, student activities, parent newsletters, assessment tools) utilized to teach the curriculum emphasize experiential learning and reinforce parent-student communication and parent involvement in health education. The BVSD policy on exclusion from Health Education (IGAE) states that parents or guardians of students may exclude their children from *specific portions* of health instruction on the grounds that the instruction is contrary to the child's or parents religious beliefs and teachings, or contrary to closely held personal beliefs. Parents will be provided an exclusion request at the beginning of the school year (File IGAE-E).

BVSD Health Curriculum

Kindergarten

Approved, May 25, 2004

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Boulder Valley School District

Elementary Health Education Curriculum

**OUTLINE OF TOPICS, ESSENTIAL LEARNING RESULTS AND
PERFORMANCE INDICATORS**

Substance Use, Abuse and Addiction

Kindergarten:

Desired Learning Results:

1. Demonstrate understanding of core concepts related to substance use, abuse, and addiction by
 - a. explaining what medicine is;
 - b. describing basic differences between medicines and other drugs such as tobacco and alcohol;
 - c. identifying the people who are safe to administer medicine to children (e.g., parents, nurses, doctors); and
 - d. explaining why not to touch or eat unsafe objects, including tobacco.

2. Demonstrate the ability to practice healthy behaviors with respect to substance use, abuse, and addiction by
 - a. demonstrating what to do if someone tries to pressure us into touching or eating unsafe objects.

First Grade

Desired Learning Results:

1. Demonstrate understanding of core concepts related to substance use, abuse, and addiction by
 - a. identifying symbols and warnings on poisonous products;
 - b. discussing reasons to avoid tobacco and alcohol.

2. Demonstrate the ability to analyze influences on substance use, abuse, and addiction by
 - a. describing media messages about tobacco and alcohol use.

3. Demonstrate the ability to use interpersonal communication skills to reduce substance use, abuse, and addiction by
 - a. demonstrating refusal skills to resist tobacco and alcohol; and

- b. sharing tobacco and alcohol prevention knowledge and skills with parents.

Optional Learning Results:

1. Demonstrate understanding of core concepts related to substance use, abuse, and addiction by
 - a. explaining the importance of taking only our own medications.

Second Grade

Desired Learning Results

1. Demonstrate understanding of core concepts related to substance use, abuse and addiction by
 - a. distinguishing between harmful and helpful and legal and illegal drugs;
 - b. identifying rules for safe use of medicines;
 - c. identifying specific effects of tobacco and alcohol on overall health; and
 - d. explaining the negative health impacts of harmful drugs on the body organs.

Third Grade

Desired Learning Results

1. Demonstrate understanding of core concepts related to substance use, abuse and addiction by
 - a. defining the concept of risk; and
 - b. describing how tobacco, alcohol, and other drug use affect the body and mind.

2. Demonstrate the ability to set goals and make decisions to prevent substance use, abuse, and addiction by
 - a. describing how choices about drug use might affect future goals.

Fourth Grade

Desired Learning Results

1. Demonstrate understanding of core concepts related to substance use, abuse and addiction by
 - a. discussing the consequences of poor decision-making about drugs.
2. Demonstrate the ability to use interpersonal communication skills to prevent substance use, abuse and addiction by
 - a. demonstrating refusal strategies to resist negative peer pressure to use tobacco, alcohol or other drugs.

Fifth Grade

Desired Learning Results

1. Demonstrate understanding of core concepts related to substance use, abuse and addiction by
 - a. describing the benefits and risks of over-the-counter medicines and the importance of taking them correctly; and
 - b. identifying examples of common inhalants (e.g., fingernail polish remover, gasoline, paint thinner) and explaining the potentially harmful effects they have upon body systems.
2. Demonstrating the ability to analyze influences on substance use, abuse, and addiction by
 - a. describing internal and external influences that affect decisions about drug use.
3. Demonstrate the ability to set goals and make decisions to prevent substance use, abuse, and addiction by
 - a. reviewing how choices about drug use might affect future goals.