

## NJDOE MODEL CURRICULUM

<b>CONTENT AREA:</b> Health	<b>GRADE:</b> 3-5	<b>UNIT #:</b> IV	<b>UNIT NAME:</b> Community Health Skills
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#	STUDENT LEARNING OBJECTIVES	CORRESPONDING NJCCCS
<b>1</b>	Identify criteria on which you should analyze situations to determine when a health -related decision should be made independently or with the help of others. 3	(2.2.4.B.1, 2.2.4.B.2)
<b>2</b>	Demonstrate effective decision- making strategies to identify and resolve potential situations of bullying, discrimination, violence, gang violence, and harassment. 4	(2.2.4.B.1, 2.1.4.E.2)
<b>3</b>	Identify effective interpersonal communication skills (verbal/nonverbal) in health and safety situations. 3	(2.2.4.A.1)
<b>4</b>	Demonstrate effective interpersonal communications skills in response to disagreements or conflicts with others. 4	(2.2.4.A.2)
<b>5</b>	Demonstrate how the use of verbal and nonverbal (conversation, physical gestures) interpersonal communication may impact the health of oneself or others we come into contact with. ( i.e. being able to communicate the need for help in different situations) 5	(2.2.6.A.1)
<b>6</b>	Determine how an individual’s character develops over time and impacts personal health (physical, mental, emotional, social). 3	(2.2.4.C.1)
<b>7</b>	Explain personal character traits that promote wellness and their importance in the local and world community. 4	(2.2.4.C.1)
<b>8</b>	Determine how preconceived attitudes and assumptions impact personal and family decisions and behaviors. 5	(2.2.6.C.1, 2.1.4.E.1)
<b>9</b>	Identify the impact that participating in different types of service projects may have on community wellness (environmental, social). 4	(2.2.4.D.1)
<b>10</b>	Analyze one’s values and community needs and determine the potential impact of participating in community and service projects on self and others. 5	( 2.2.6.D.1)
<b>11</b>	Identify specific health services in school and community and explain how these services assist people in addressing health emergencies and needs. 3	(2.2.4.E.1)

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<b>12</b>	Describe when and how to seek the proper help when oneself or others are experiencing a health emergency. 4	(2.2.4.E.2)
<b>13</b>	Identify different forms of abuse (physical, emotional, verbal, sexual) and the proper means of getting help. 3	(2.1.4.D.2)
<b>14</b>	Determine safe and unsafe behaviors in different settings and situations (home, school, automobile, fire safety, poison safety, traffic safety and rip current safety <a href="http://www.nj.gov/education/aps/cccs/chpe/">http://www.nj.gov/education/aps/cccs/chpe/</a> ) and strategies to reduce the risk of injury. 3	(2.1.4.D.1, 2.1.4.D.3)
<b>15</b>	Identify potential emergency situations and explain and demonstrate simple first aid procedures for choking, bleeding, burns, and poisoning. 4	(2.2.4.E.1, 2.1.4.D.4)
<b>16</b>	Summarize the common causes of intentional and unintentional injuries and develop strategies to reduce or prevent the risk of injury at home, school, and in the community. 5	( 2.1.6.D.1, 2.2.6.D.1)
<b>17</b>	Identify ways to cope with rejection, loss and separation. 3	(2.1.4.E.3)
<b>18</b>	Identify what causes stress and describe strategies to deal with stressful situations. 4	(2.1.4.E.4)
<b>19</b>	Analyze how one's personal assets (confidence, compassion, intelligence) support healthy social and emotional development . 5	(2.1.6.E.1 )

Code #	NJCCCS
2.1- Wellness	
D. Safety	<p>4 Identifying unsafe situations and choosing appropriate ways to reduce or eliminate risks contributes to the safety of self and others.</p> <p>4 Applying first-aid procedures can minimize injury and save lives.</p> <p>2.1.4.D.1 Determine the characteristics of safe and unsafe situations and develop strategies to reduce the risk of injuries at</p>

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	<p>home, school, and in the community (e.g., fire safety, poison safety, accident prevention).</p> <p>2.1.4.D.2 Summarize the various forms of abuse and ways to get help.</p> <p>2.1.4.D.3 Examine the impact of unsafe behaviors when traveling in vehicles, as a pedestrian, and when using other modes of transportation.</p> <p>2.1.4.D.4 Demonstrate simple first-aid procedures for choking, bleeding, burns, and poisoning.</p>
	<p>6 Identifying unsafe situations and choosing appropriate ways to reduce or eliminate risks contributes to the safety of self and others.</p>
	<p>2.1.6.D.1 Summarize the common causes of intentional and unintentional injuries in adolescents and related prevention strategies.</p> <p>2.1.6.D.2 Explain what to do if abuse is suspected or occurs.</p>
E. Social and Emotional Health	<p>4 Many factors at home, school, and in the community impact social and emotional health.</p> <p>4 Stress management skills impact an individual's ability to cope with different types of emotional situations.</p>
	<p>2.1.4.E.1 Compare and contrast how individuals and families attempt to address basic human needs.</p> <p>2.1.4.E.2 Distinguish among violence, harassment, gang violence, discrimination, and bullying and demonstrate strategies to prevent and resolve these types of conflicts.</p> <p>2.1.4.E.3 Determine ways to cope with rejection, loss, and separation.</p> <p>2.1.4.E.4 Summarize the causes of stress and explain ways to deal with stressful situations.</p>
	<p>6 Social and emotional development impacts all components of wellness.</p>
	<p>2.1.6.E.1 Examine how personal assets and protective factors support healthy social and emotional development.</p>
2.2- Integrated Skills	

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A. Interpersonal Communication	<p>4 Effective communication may be a determining factor in the outcome of health- and safety-related situations.</p> <p>4 Effective communication is the basis for strengthening interpersonal interactions and relationships and resolving conflicts.</p>
	<p>2.2.4.A.1 Demonstrate effective interpersonal communication in health- and safety-related situations.</p> <p>2.2.4.A.2 Demonstrate effective interpersonal communication when responding to disagreements or conflicts with others.</p>
	<p>6 Effective communication may be a determining factor in the outcome of health- and safety-related situations.</p>
	<p>2.2.6.A.1 Demonstrate verbal and nonverbal interpersonal communication in various settings that impact the health of oneself and others.</p>
B. Decision Making and Goal Setting	<p>4 Many health-related situations require the application of a thoughtful decision-making process.</p>
	<p>2.2.4.B.3 Determine how family, peers, technology, culture, and the media influence thoughts, feelings, health decisions, and behaviors.</p>
	<p>6 Every health-related decision has short- and long-term consequences and affects the ability to reach health goals.</p>
	<p>2.2.6.B.2 Predict how the outcome(s) of a health-related decision may differ if an alternative decision is made by self or others.</p>
C. Character Development	<p>4 Personal core ethical values impact the health of oneself and others.</p> <p>4 Character building is influenced by many factors both positive and negative, such as acceptance, discrimination, bullying, abuse, sportsmanship, support, disrespect, and violence.</p>
	<p>2.2.4.C.1 Determine how an individual’s character develops over time and impacts personal health.</p> <p>2.2.4.C.2 Explain why core ethical values (such as respect, empathy, civic mindedness, and good citizenship) are important in the local and world community.</p> <p>2.2.4.C.3 Determine how attitudes and assumptions toward individuals with disabilities may negatively or positively impact them.</p>

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	6 Personal core ethical values impact the behavior of oneself and others.
	2.2.6.C.1 Explain how character and core ethical values can be useful in addressing challenging situations.
D. Advocacy and Service	4 Service projects provide an opportunity to have a positive impact on the lives of self and others.
	6 Participation in social and health- or service-organization initiatives have a positive social impact.
	2.2.6.D.1 Appraise the goals of various community or service-organization initiatives to determine opportunities for volunteer service.
E. Health Services and Information	4 Communicating health needs to trusted adults and professionals assists in the prevention, early detection, and treatment of health problems.
	2.2.4.E.1 Identify health services and resources provided in the school and community and determine how each assists in addressing health needs and emergencies.
	2.2.4.E.2 Explain when and how to seek help when experiencing a health problem.
	6 Health literacy includes the ability to compare and evaluate health resources.
	2.2.6.E.1 Determine the validity and reliability of different types of health resources.