

# Project ALERT and Idaho Correlation

Idaho Administrative Code  
State Board of Education  
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## Rules Governing Thoroughness

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### 822. Health Standards - Grade 6, Sections 823 through 827

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#### 823. Health Lifestyles

**Standard 01 – The student will acquire the essential skills to lead a healthy life**

Content Knowledge and Skills		Project ALERT Lesson/Activities C= Core Lesson B= Booster Lesson, A= Lesson Activity	
<b>a.</b>	Identify the influence of exercise has in developing a healthy system	-	
<b>b.</b>	Identify prevention, causes, and treatment of diseases and disorders	C1, A 3,4,6 C2, A 1,2,3,4,7 C3, A 3,4,6 C8, A 6,9	C9, A 6 C10, A 1,2,3,4,6 B1, A 2,3,6,7
<b>c.</b>	Identify and be able to apply basic first aid and safety rules	C8, A 6,9	-
<b>d.</b>	Describe emotions that effect personal health	C3, A 4 C5, A 3,6,7 C6, A 4,5,6 C7, A 3,5,6,7	B1, A 3,6,7 B2, A 3,5,6,8 B3, A 2,3,4,5,6
<b>e.</b>	Identify the choices and consequences related to the abuse of alcohol, tobacco and other drugs	C1, A 3,4,5,6 C2, A 2,3,4,6,7 C3, A 2,3,4,5,6,7 C4, A 2,3,4,5,6 C5, A 1,2,3,4,6,7 C6, A 2,3,4,5,6 C7, A 2,3,4,5,6,7	C8, A 3,4,5,6,7,8,9 C9, A 2,3,4,5,6 C10, A 1,2,3,4,5 C11, A 2,3,4,5 B1, A 2,3,4,6,7 B2, A 2,3,4,5,6,7,8 B3, A 1,2,3,4,5,6
<b>f.</b>	Apply strategies for developing healthy eating habits	-	
<b>g.</b>	Identify the functions and characteristics of the major body systems	C8, A 5,7	-
<b>h.</b>	Discuss and evaluate the importance of healthy relationships	C5, A 6,7 C7, A 5	B3, A 3
<b>i.</b>	Examine factors involved in selecting and using health information	C1, A 3,4,5 C2, A 2,3 C3, A 2,3,4,5 C4, A 3,5 C5, A 1 C6, A 3	C8, A 2,3,4,5,6,7,8,9 C9, A 5,6 C10, A 4,5 C11, A 4 B 3, A 3,4,6
<b>j.</b>	Describe environmental health issues and their relationship to a healthy lifestyle	C8, A 2,3,6	-

## 824. Risk-Taking Behavior

**Standard 01 – The student will demonstrate the ability to practice health-enhancing behaviors and reduce health risks**

### Content Knowledge and Skills

### Project ALERT Lesson/Activities

C= Core Lesson

B= Booster Lesson, A= Lesson Activity

<b>a.</b>	Identify risk factors for illness and injuries	C1, A 3,4,6 C2, A 2,3,4,7 C3, A 3 C7, A 7 C8, A 5,7	C9, A 6 C10, A 2,4 C11, A 2 B 1, A 2,3,6,7
<b>b.</b>	Examine and evaluate how the actions of one person effect the behaviors of others	C1, A 2,3,4,5 C3, A 2 C4, A 2,3 C5, A 2,3,4,5,6,7 C6, A 2 C7, A 2,3,4,5,6 C8, A 8	C9, A 3,4 C10, A 3,4 C11, A 3 B1, A 3,4,5 B2, A 2,3,4,5 B3, A 2,3,4,5
<b>c.</b>	Describe high-risk substance abuse situations and behaviors that pose a risk to one's self and others	C1, A 3,4,5 C2, A 2,3,6 C3, A 2,3,4,6 C4, A 2,3,4,5,6 C5, A 1,2,3,4,6 C6, A 3,4,5,6 C7, A 2,3,4,5,6 C8, A 4,5,6,7,8	C9, A 2,3,4 C10, A 2,3,4 C11, A 2,3 B1, A 2,3,4,6 B2, A 2,3,5,7 B3, A 2,5
<b>d.</b>	Describe the impact of risky behaviors on personal and family health	C1, A 3,4,5 C2, A 2,3,4,6 C3, A 3,4,6 C5, A 6 C7, A 5,6	C8, A 4,5,6,7 C10, A 2,3,4 C11, A 2,3 B1, A 2,3,6 B2, A 3,6

## 825. Communication Skills for Healthy Relationships

**Standard 01 - The student will demonstrate the ability to use communication skills to enhance health**

<b>Content Knowledge and Skills</b>		<b>Project ALERT Lesson/Activities</b> C= Core Lesson B= Booster Lesson, A= Lesson Activity	
<b>a.</b>	Describe cause and effects of conflict in schools and families	-	
<b>b.</b>	Demonstrate refusal and decision-making skills that enhance personal relationships, including substance use and abuse	C5, A 3,4 C7, A 3,4 C9, A 3,4 B1, A 5 B2, A 4,7	-
<b>c.</b>	Explain interpersonal communication skills that can be used to build interactions between family, friends, and community	C1, A 2,6 C5, A 7 C7, A 6 C8, A 8,9 C9, A 6	C11, A 5 B2, A 8 B3, A 3

## 826. Consumer Health

**Standard 01 - The student will organize, analyze, and apply health information practices and services appropriate for individual needs**

<b>Content Knowledge and Skills</b>		<b>Project ALERT Lesson/Activities</b> C= Core Lesson B= Booster Lesson, A= Lesson Activity	
<b>a.</b>	Evaluate the validity of health information, products, and services	-	
<b>b.</b>	Analyze how media influences information about tobacco, alcohol, and drugs	C1, A 3,4,6 C3, A 2 C4, A 2,4,5,6,7	C5, A 1 B1, A 4
<b>c.</b>	Determine health resources available in personal community and state	-	

**827. Mental and Emotional Wellness**

**Standard 01 - The student will understand and demonstrate the key components to positive mental and emotional health**

**Content Knowledge and Skills**

**Project ALERT Lesson/Activities**

C= Core Lesson

B= Booster Lesson, A= Lesson Activity

<b>a.</b>	Analyze skills that positively express personal emotions and feelings	C3, A 4,5	C6, A 3,4,5,6
<b>b.</b>	Analyze the influence exercise has on relieving mental and emotional tension	C3, A 5	-
<b>c.</b>	Identify skills necessary for stress management, decision-making, and managing conflicts	-	
<b>d.</b>	Explore aspects of emotional safety	C3, A 4	-
<b>e.</b>	Explore factors that influence the use alcohol, tobacco, and drugs	C1, A 3,4,5,6 C2, A 2,3,4,5,6,7 C3, A 2,4,6 C4, A 2,4,5,7 C5, A 2,3,4,5,6,7 C6, A 2,3,4,5,6 C7, A 2,3,4,5,6,7	C8, A 7 C9, A 2 C10, A 3,4 C11, A 2,3 B1, A 2,3,4,6,7 B2, A 2,3,5,7 B3, A 2,5

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**831. Health Standards - Middle Grades (Grades 7-8), Sections 832-836**


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**832. Healthy Lifestyles**
**Standard 01 - The student will acquire the essential skills to lead a healthy life**
**Content Knowledge and Skills**
**Project ALERT Lesson/Activities**

C= Core Lesson

B= Booster Lesson, A= Lesson Activity

<b>a.</b>	Identify the components of physical fitness	-	
<b>b.</b>	Identify the prevention, causes, symptoms, treatment, and consequences of disease and disorders	C1, A 3,4,6 C2, A 1,2,3,4,7 C3, A 3,4,6 C8, A 6,9	C9, A 6 C10, A 1,2,3,4,6 B1, A 2,3,6,7
<b>c.</b>	Demonstrate knowledge of basic first aid and injury prevention	C8, A 6,8,9	-
<b>d.</b>	Explain the relationship among mental/emotional, physical, and social health as a basis for wellness	C3, A 4 C5, A 3,6,7 C6, A 4,5,6 C7, A 3,5,6,7	B1, A 3,6,7 B2, A 3,5,6,8 B3, A 2,3,4,5,6
<b>e.</b>	Recognize the impact of substance abuse on personal health	C1, A 3,4,5,6 C2, A 2,3,4,6,7 C3, A 2,3,4,5,6,7 C4, A 2,3,4,5,6 C5, A 1,2,3,4,6,7 C6, A 2,3,4,5,6 C7, A 2,3,4,5,6,7	C8, A 3,4,5,6,7,8,9 C9, A 2,3,4,5,6 C10, A 1,2,3,4,5 C11, A 2,3,4,5 B1, A 2,3,4,6,7 B2, A 2,3,4,5,6,7,8 B3, A 1,2,3,4,5,6
<b>f.</b>	Identify how food choices affect personal health	-	
<b>g.</b>	Label the major components of each body system and identify relationships to overall health	C8, A 5,7	-
<b>h.</b>	Analyze the importance of healthy relationships	C5, A 6,7 C7, A 5	B3, A 3
<b>i.</b>	Examine environmental health and recognize how it relates to a healthy lifestyle	C8, A 2,3,6	-

### 833. Risk-Taking Behavior

**Standard 01 - The student will demonstrate the ability to practice health-enhancing behaviors and reduce health risks**

<b>Content Knowledge and Skills</b>		<b>Project ALERT Lesson/Activities</b> C= Core Lesson B= Booster Lesson, A= Lesson Activity	
<b>a.</b>	Identify risk factors that lead to STDs and pregnancy	-	
<b>b.</b>	Evaluate the impact of risky behavior on personal health	C1, A 3,4,5 C2, A 2,3,4,7 C3, A 3,4 C4, A 3,7 C5, A 2,3,4,5,6,7 C6, A 3,4,5 C7, A 2,3,4,5	C8, A 3,4,5,6,7,8 C9, A 2,3,4,5,6 C10, A 2,3,4,5 C11, A 2,3 B1, A 2,3,6,7 B2, A 2,3,4,5,7 B3, A 2,5,6
<b>c.</b>	Identify the short-term effects and long-term consequences of substance abuse	C1, A 3,4,5 C2, A 2,3,4,5,6,7 C3, A 2,3,4,6 C4, A 2,3,4,5,6 C5, A 2,3,4,6 C6, A 3,4,5,6 C7, A 2,3,4,5	C8, A 4,5,6,7,8 C9, A 2,3,4,6 C10, A 2,3,4 C11, A 2,3 B1, A 2,3,4,6 B2, A 2,3,5,7 B3, A 2,5

### 834. Communication Skills for Healthy Relationships

**Standard 01 - The student will demonstrate the ability to use communication skills to enhance health**

<b>Content Knowledge and Skills</b>		<b>Project ALERT Lesson/Activities</b> C= Core Lesson B= Booster Lesson, A= Lesson Activity	
<b>a.</b>	Describe and explain the causes and effects of conflict in schools and families	-	
<b>b.</b>	Demonstrate communication skills that enhance personal relationships	C1, A 2,6 C5, A 7 C7, A 6 C8, A 8,9	C9, A 6 C11, A 5 B2, A 8 B3, A 3

**835. Consumer Health**

**Standard 01 - The student will organize, analyze, and apply health information practices and services appropriate for individual needs**

<b>Content Knowledge and Skills</b>		<b>Project ALERT Lesson/Activities</b> C= Core Lesson B= Booster Lesson, A= Lesson Activity
<b>a.</b>	Analyze the validity of health information, products, and services	-
<b>b.</b>	Identify available resources that provide health care services and information	-

**836. Mental and Emotional Wellness**

**Standard 01 - The student will understand and demonstrate the key components to positive mental and emotional health**

<b>Content Knowledge and Skills</b>		<b>Project ALERT Lesson/Activities</b> C= Core Lesson B= Booster Lesson, A= Lesson Activity	
<b>a.</b>	Identify mental and emotional disorders	C3, A 2,3,4,5 C8, A 7	C9, A 6 B1, A 3,6,7
<b>b.</b>	Recognize the personal aspects of mental and emotional health	C 3 A 4,5	-
<b>c.</b>	Identify stressors and techniques for stress management	-	
<b>d.</b>	Demonstrate factors that influence the use of alcohol, tobacco, and drugs	C1, A 3,4,5,6 C2, A 2,3,4,5,6,7 C3, A 2,4,6 C4, A 2,4,5,7 C5, A 2,3,4,5,6,7 C6, A 2,3,4,5,6 C7, A 2,3,4,5,6,7	C8, A 7 C9, A 2 C10, A 3,4 C11, A 2,3 B1, A 2,3,4,6,7 B2, A 2,3,5,7 B3, A 2,5