

Curriculum Alignment

Nevada Department of Education Health Education Standards and *Project ALERT*

Project ALERT is a nationally recognized substance abuse prevention curriculum for middle grades. Typically implemented in grades 7 and 8, the program consists of eleven lessons taught in the first or core year followed by three lessons taught in the second or booster year. Each lesson is comprised of several activities.

Project ALERT has been aligned with the National Health Education Standards, which serve as the basis for health instruction in many school districts and private schools. The curriculum has also been aligned with the curriculum standards for numerous states. This document serves as a tool to demonstrate the alignment and congruence of *Project ALERT* and Nevada's Health Education Standards.

The following grids will clarify the relationship between the Nevada Health Education Standards for middle grades and *Project ALERT*. Each activity in the curriculum was scrutinized to determine if it does one of the following:

1. Provides instruction leading to the development of skills embodied in one or more of the standards.
2. Allows the student to directly perform the skills spelled out in the corresponding standard.

To that end, standards are listed with each *Project ALERT* activity that meets one or both of the criteria listed above.

The faithful implementation of *Project ALERT* will facilitate the completion of many of the competencies implied in the standards for middle grades.

Content Standard 1.0: (CORE CONCEPTS) Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standards	Project ALERT Activities	Strands
1.8.1 Analyze the relationships between health behaviors and personal health.	C ¹ 1, Activities 3,4,5,6(HW ²) B ³ 1, Activities 2,3,6,7(HW) C2, Activities 2,3,4,5,6,7,8(HW) C3, Activities 3,6 B2, Activity 8(HW) C7, Activity 7(HW) B3, Activities 3,4,5,6 C8, Activities 2,3,4,5,6,7,8 C9, Activities 5,6(HW) C10, Activities 2,3,4 C11, Activities 2,3,4	Personal Health
1.8.2 Identify personal behaviors that affect development and functioning of the body systems.	C8, Activities 3,5,7,8	Growth and Development
1.8.6 Analyze beneficial and harmful substance use.	C8, Activity 4	Substance Use and Abuse
1.8.7 Develop a personal safety plan to reduce or prevent injuries	C8, Activities 6,9(HW)	Injury/Violence Prevention and Safety
1.8.8 Examine the likelihood of serious injury or illness if engaging in risky behaviors.	C ¹ 1, Activities 3,4,5,6(HW ²) B ³ 1, Activities 2,3,6,7(HW) C2, Activities 2,3,4,5,6,7,8(HW) C3, Activities 3,6 B2, Activity 8(HW) C7, Activity 7(HW) B3, Activities 3,4,5,6 C8, Activities 2,3,4,5,6,7,8 C9, Activities 5,6(HW) C10, Activities 2,3,4 C11, Activities 2,3,4	Injury/Violence Prevention and Safety
1.8.9 Describe how behaviors, pathogens, genetic history, and other factors are related to illness/disease prevention.	C2, Activities 6,7 B3, Activity 6 C4, Activity 7(HW) C8, Activities 4,6,8,9(HW) C9, Activity 5 C10, Activities 2,3,5 C11, Activity 4	Prevention/Control of Disease
1.8.10 Discuss how personal health behaviors can impact risk for illness/disease.	C1, Activities 3,4,5,6(HW) B1, Activities 2,3,6,7(HW) C2, Activities 2,3,4,5,6,7,8(HW) C3, Activities 3,6 B2, Activity 8(HW) C7, Activity 7(HW) B3, Activities 3,4,5,6 C8, Activities 2,3,4,5,6,7,8 C9, Activities 5,6(HW) C10, Activities 2,3,4 C11, Activities 2,3,4	Prevention/Control of Disease

¹ Indicates Core Lesson ² Indicates Homework Assignment ³ Indicates Booster Lesson

Content Standard 2.0: (ANALYZING INFLUENCES) Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Standards	Project ALERT Activities	Strands
2.8.1 Explain how various sources affect individual health practices and behaviors.	C1, Activities 3,4,5 B1, Activity 4 C2, Activity 6 B2, Activities 2,3 C3, Activity 2 C4, Activities 2,3,4,5 C5, Activities 2,7(HW) C6, Activities 2,5 C7, Activities 2,5,6 C8, Activity 8 C9, Activity 9	Personal Health
2.8.2 Explain how the perceptions of norms influence healthy and risky behaviors.	C4, Activities 4,5,6(HW)	Personal Health
2.8.4 Explain how individual family, peers, and information influence the personal use, misuse, and abuse of substances.	C1, Activities 3,4,5 B1, Activity 4 C2, Activity 6 B2, Activities 2,3 C3, Activity 2 C4, Activities 2,3,4,5 C5, Activities 2,7(HW) C6, Activities 2,5 C7, Activities 2,5,6 C8, Activity 8 C9, Activity 9 C10, Activities 3,4	Substance Use and Abuse
2.8.6 Critique a variety of consumer influences that affect health decisions.	C4, Activities 4,5,6,7 C5, Activity 1	Environmental/Consumer Health

Content Standard 4.0: (INTERPERSONAL COMMUNICATION) Students will demonstrate the ability to use interpersonal communication skills to enhance health and to avoid or reduce health risks.

Standards	Project ALERT Activities	Strands
4.8.1 Practice refusal and negotiation skills that avoid or reduce health risks	C5, Activities 2,3,4,5,6 C6, Activities 2,3,4,5,6(HW) C7, Activities 2,3,4,5 C9, Activities 2,3,4 B1, Activity 5 B2, Activities 2,3,4,5,6,7 B3, Activity 2	Personal Health
4.8.3 Practice appropriate methods of response to negative risk-taking situations, including alcohol, tobacco, and other drugs.	C5, Activities 2,3,4,5,6 C6, Activities 2,3,4,5,6(HW) C7, Activities 2,3,4,5 C9, Activities 2,3,4 B1, Activity 5 B2, Activities 2,3,4,5,6,7 B3, Activity 2	Substance Use and Abuse

Content Standard 5.0: (DECISION MAKING) Students will demonstrate the ability to use decision-making skills to enhance health.

Standard	Project ALERT Activities	Strands
5.8.1 Defend healthy alternatives over unhealthy alternatives when making a decision.	C5, Activities 2,3,4,5,6 B3, Activities 3,4,5,6 C6, Activities 2,3,4,5 C8, Activity 8 C9, Activities 3,4 C10, Activities 3,4	Personal Health
5.8.2 Compare the short and long-term impact of choices regarding substance use and abuse.	C2, Activities 2,3,4,5 B1, Activities 2,3,6 C3, Activity 3 C8, Activities 5,7	Substance Use and Abuse
5.8.3 Compare the short and long-term impact of health decisions.	C2, Activities 2,3,4,5 B1, Activities 2,3,6 C3, Activity 3 C8, Activities 5,7	Prevention/Control of Disease

Content Standard 7.0: (SELF MANAGEMENT) Students will demonstrate the ability to practice health-enhancing behaviors and to avoid or reduce health risks.

Standards	Project ALERT Activities	Strands
7.8.4 Demonstrate methods of response to risk taking behaviors, including alcohol, tobacco, and other drugs.	C5, Activities 2,3,4,5,6 B1, Activity 5 C6, Activities 2,3,4,5,6(HW) B2, Activities 2,3,4,5,6,7 C7, Activities 2,3,4,5 B3, Activity 2 C9, Activities 2,3,4	Substance Use and Abuse
7.8.6 Evaluate personal risk taking behavior (i.e., self-harming behaviors, harmful fads)	C1, Activities 3,4,5,6(HW) B1, Activities 2,3,6,7(HW) C2, Activities 2,3,4,5,6,7,8(HW) B3, Activities 4,6 C3, Activities 2,3,4,6 C8, Activities 2,3,4,5,6,7,8 C9, Activities 5,6(HW) C10, Activity 3 C11, Activities 2,3	Injury/Violence Prevention and Safety

Content Standard 8: Students will demonstrate the ability to support/promote family, personal, and community health.

Standards	Project ALERT Activities	Strands
8.8.1 Demonstrate ways to influence and support others to make positive health choices	C8, Activity 8 C10, Activities 3,4 B3, Activity 3	Environmental/Consumer Health
8.8.2 Analyze how messages may influence community practices affecting environmental and community health	C4, Activities 4,5,6,7(HW) C5, Activity 1	Environmental/Consumer Health