

	EARLY CHILDHOOD	KINDERGARTEN	GRADE ONE	GRADE TWO
Social & Emotional Health	<ul style="list-style-type: none"> Identifying basic expressions of emotions Using emotion words Discussing possible reasons for emotional expressions Recognizing emotions based on facial expressions, vocal intonations and body language Comparing and contrasting family characteristics Understanding and exploring what good friends do Identifying, practicing and evaluating problem solving Increasing self awareness and respecting the personal space of others (consent) Using polite words and manners in social interactions 	<ul style="list-style-type: none"> Showing respect and caring Making and keeping friends Understanding caring touch in positive relationships Identifying and expressing feelings Managing strong feelings Giving and receiving compliments and appreciation Being responsible at home and school Identifying people who can help 	<ul style="list-style-type: none"> Predicting feelings in others Asking how others feel Showing courtesy to others Demonstrating giving and receiving compliments or appreciation Describing ways family members and friends help each other Building friendships by listening Solving problems with a decision-making process (WIN) 	<ul style="list-style-type: none"> Identifying and expressing feelings Handling mixed feelings Expressing feelings and listening Discovering ways to show respect Managing anger and other strong feelings Practicing the WIN steps for decision-making
Nutrition & Physical Activity	<ul style="list-style-type: none"> Exploring bedtime routine, rest and relaxation Understanding the importance of food for good health Identifying healthy foods Understanding the importance of drinking water for good health Demonstrating ways to move and exercise Practicing yoga as method of exercise 	<ul style="list-style-type: none"> Choosing a variety in foods and snacks for good health Understanding that drinking water is good for health Categorizing foods and snacks into the five food groups Identifying why physical activity is good for health Knowing ways to be physically active 	<ul style="list-style-type: none"> Recognizing the importance of eating a variety of foods from all five food groups Describing the benefits of eating healthy snacks Discovering the benefits of drinking water Describing the benefits of physical activity Knowing how sleep, rest, and physical activity maintain health 	<ul style="list-style-type: none"> Reinforcing the importance of eating foods from all five food groups Explaining the different food groups when combining foods Identifying foods that should be limited Benefits of physical activity
Safety	<ul style="list-style-type: none"> Identifying and practicing ways to be safe Discuss and practice safety behaviors while riding in a vehicle (car, bus/van) Recognizing safety hazards to maintain personal safety Identifying and practicing safe behavior skills during fire emergencies/drills 	<ul style="list-style-type: none"> Recognizing dangerous and destructive situations that need adult help Demonstrating pedestrian safety Knowing rules for dangerous objects and weapons Understanding how and when to dial 911 Applying strategies to avoid inappropriate touch Identifying trusted adults who can help 	<ul style="list-style-type: none"> Applying strategies and rules for wheeled recreation hazards, safety, and safety gear Preventing fire and burn hazards Demonstrating actions to take in a fire emergency Describing and practicing situations that are dangerous, destructive, and disturbing and need adult help Escaping dangerous situations Defining an emergency and when to dial 911 Applying strategies to get away in cases of inappropriate touch or abduction Demonstrating how to ask a trusted adult for help 	<ul style="list-style-type: none"> Assessing safe use of wheeled recreational equipment e.g., bicycles, skateboards, skates Identifying safety precautions in or near water Developing strategies for Internet safety Demonstrating strategies to get away in cases of inappropriate touch or abduction Practice avoiding unsafe situations and asking trusted adults for help
Alcohol, Tobacco, & Other Drugs	 <p>MICHIGAN MODEL FOR HEALTH™ SCOPE & SEQUENCE Grades PreK-6</p>		<ul style="list-style-type: none"> Applying how to safely use over-the-counter and prescription medicines Defining what are Illicit drugs Identifying household products that can be dangerous Reviewing labels and ways to avoid poisons Recognizing adults as trustworthy sources of information about potential poisonous household products Identifying harmful chemicals in tobacco products Assessing dangers of secondhand smoke and ways to avoid or reduce exposure 	<ul style="list-style-type: none"> Identifying sources of caffeine and their impact on the body Explaining that nicotine and alcohol are drugs and should be avoided Applying skills to avoid exposure to secondhand smoke
Personal Health & Wellness	<ul style="list-style-type: none"> Identifying practices for preventing the spread of germs, e.g., handwashing, coughing into arm Practicing proper handwashing Internalizing steps for using the bathroom at school e.g., Bathroom Sequence Chart Understanding the importance of following illness prevention rules and practices for coughing, sneezing and runny noses Practicing good oral health and hygiene, e.g., toothbrushing and flossing 	<ul style="list-style-type: none"> Practicing proper hand washing to prevent the spread of germs Demonstrating and explaining how to properly take care of teeth Encouraging peers to make positive choices for personal health 	<ul style="list-style-type: none"> Practicing skills for stopping the spread of germs e.g., covering sneezes and washing hands Explaining ways to take care of teeth 	<p>The model for healthy kids!</p>  <p>Michigan Model for Health</p>

	GRADE THREE	GRADE FOUR	GRADE FIVE	GRADE SIX
Social & Emotional Health	<ul style="list-style-type: none"> Analyzing influences of positive role models and friends Making and keeping friends Recognizing special talents in self and others Respecting differences and supporting others Helping others who are bullied Identifying when to get help from adults Demonstrating thanks and appreciation Expressing annoyance respectfully 	<ul style="list-style-type: none"> Managing strong feelings Introducing I-Messages Practicing positive self-talk Describing effects of teasing and bullying Protecting self and others who are bullied and teased Demonstrating the WISE decision-making and problem-solving skills Developing non-violent conflict resolution skills 	<ul style="list-style-type: none"> Identifying feelings of different intensities in self and others Application of managing strong feelings Applying I-messages Introducing positive self-talk Protecting self and others when bullied or harassed Demonstrating assertive communication and listening skills Identifying situations that could lead to trouble Practicing the WISE decision-making and problem-solving skills Demonstrating how to get help for self and others in dangerous situations Practicing non-violent conflict resolution skills Setting personal goals Advocating for a healthy school environment 	<ul style="list-style-type: none"> Analyzing positive and negative risks of friendships Demonstrating effective listening skills and expressing appreciation Understanding when to use assertive communication, including I-messages Practice managing strong feelings Dealing with angry feelings using the COOL steps Getting help when decision-making and problem-solving skills Evaluating solutions or problems and decisions Analyzing non-violent conflict resolution skills Defining and managing stress
Nutrition & Physical Activity	<ul style="list-style-type: none"> Identifying the Magic Numbers: 5 (food groups) and 60 (minutes of exercise) Analyzing how food advertising can impact eating behaviors Describing the three types of physical activity Developing a plan to be physically active Advocating for healthy eating and daily activity 	<ul style="list-style-type: none"> Describing the food groups and their benefits Identifying daily amounts to eat from each food group and how to estimate amounts Understand how to "Fill Your Plate" with recommended quantity of food Analyzing the influence of food and beverage advertising Balancing the daily recommended amounts of physical activity and sleep Incorporating adequate sleep, rest, and physical activity into a healthy daily routine 	<ul style="list-style-type: none"> Identifying the six nutrients and their benefits Using food labels to determine information about a food Choosing water as a preferred beverage Analyzing the Dietary Guidelines when choosing foods Assessing meals using the "Fill Your Plate" visual Evaluating meals and making recommendations for improvement 	<ul style="list-style-type: none"> Preventing foodborne illnesses Understanding the benefits of healthy eating and physical activity Applying the dietary guidelines to an individual Analyzing body image and healthy weight Describing influences on eating, activity and sleep Using the Dietary Guidelines to make a personal plan Supporting others to eat healthy and be active
Safety	<ul style="list-style-type: none"> Identifying safe and unsafe passenger behaviors Describing how booster seats and safety belts help passengers stay safe Identifying and responding to dangerous, destructive and disturbing situations e.g., Internet hazards, weapons, inappropriate touch 	<ul style="list-style-type: none"> Preventing fire and burn hazards Creating and practicing a home fire escape plan Identifying strategies to prevent injuries Learning ways to stay safe when home alone Defining emergencies and how to make emergency phone calls Preventing injury from dangerous objects, including weapons Using the Internet safely and identifying online hazards Introduce setting boundaries, appropriate touch and strategies to prevent child sexual abuse and abduction 	<ul style="list-style-type: none"> Preventing injuries related to sun, water and ice Predicting safety hazards when home alone and how to stay safe Making an emergency phone call Developing safety strategies when in public places, including when alone in public places Apply setting boundaries, appropriate touch, and identifying strategies for getting help Applying prevention strategies for child sexual abuse and abduction 	<ul style="list-style-type: none"> Understanding seatbelt safety and impact of car passenger behavior Analyzing safety strategies when in public places, including escaping when weapons are present Demonstrating the ability to follow school procedures and escape in crisis situations Applying strategies to safe when using the Internet Getting adult help with Internet safety Advocating for self and others to practice safe behaviors online Setting boundaries, understanding appropriate touch, and reinforcing that abuse is not a child's fault Reinforcing strategies to prevent child sexual abuse and abduction
Alcohol, Tobacco, & Other Drugs	<ul style="list-style-type: none"> Knowing the differences between medicines and poisons Identifying the negative effects of tobacco use Recognizing strategies used by the media to encourage or discourage tobacco use Identifying the short- and long- term effects of alcohol Determining positive influences to stay drug free Introducing refusal skills to avoid alcohol, tobacco or other drugs 	<ul style="list-style-type: none"> Reinforcing dangers of secondhand smoke and ways to avoid or reduce exposure Exploring why individuals choose to drink or not to drink Explaining how decisions about alcohol and other drug use impact family and friends Analyzing how family and friends influence alcohol and other drug use decisions Describing the influence of advertising Applying refusal skills to avoid alcohol, tobacco and other drugs 	<ul style="list-style-type: none"> Describing the dangers of inhalant use and how to avoid exposure Assessing the influence of family and peers on drug use Recognizing rules for safety around dangerous or unknown products Identifying the effects of smoking tobacco, secondhand smoke, and use of spit tobacco Advocating for someone to avoid tobacco use or quit using Analyzing tobacco advertisements Demonstrating refusal skills to avoid alcohol, tobacco, and other drugs Knowing the effects of alcohol, especially when driving a vehicle Explaining the impact alcohol and tobacco use has on friends and family Practicing ways to avoid riding with a driver who has been drinking 	<ul style="list-style-type: none"> Assessing possible reasons people use or don't use drugs Recognizing negative health effects of drug use Analyzing drug use data Persuading others to stay drug free Influences of family, society and peers on drug use Determining the impact of drug use on personal goals Explaining school rules and laws related to tobacco Reinforcing refusal skills to avoid alcohol, tobacco and other drugs Assessing the validity of community and Internet resources Identifying ways to be supportive of friends and family trying to quit drug use Developing ways to avoid riding with a driver who has been drinking and what to do if it can't be avoided Demonstrating the benefits of living drug-free Making a drug-free commitment
Personal Health & Wellness	<ul style="list-style-type: none"> Describing basic body hygiene Practicing hand washing Planning for good body hygiene 		<ul style="list-style-type: none"> Explaining the importance of keeping the body clean Practicing proper hygiene Recognizing the influence of media on products purchased and on body image Analyzing advertisements for information 	<ul style="list-style-type: none"> Demonstrating skills for reducing the spread of germs
HIV Prevention		<ul style="list-style-type: none"> Defining HIV and AIDS Describing how HIV is and isn't transmitted Exploring how to protect oneself and others from HIV Understanding the importance of being compassionate when others are ill 	<ul style="list-style-type: none"> Defining HIV and AIDS Describing how HIV is and isn't transmitted Exploring how to protect oneself and others from HIV Understanding the importance of being compassionate when others are ill 	

Safe & Sound for Life: Social & Emotional Health & Safety

CONTENT	SKILLS
<ul style="list-style-type: none"> • Examining how feelings and thoughts help determine behavior • Recognizing characteristics of stress and stress management • Identifying signs of anger and ways to manage anger • Identifying internal and external influences that lead to aggression and violence • Recognizing depression and getting help • Analyzing bullying and cyberbullying and the role of bystanders • Knowing characteristics and laws related to sexual harassment and abusive relationships • Developing healthy relationships and friendships 	<ul style="list-style-type: none"> • Listening • Expressing emotions and thoughts • Using empathy • Practicing I-statements • Using decision making • Problem solving • Asking effective questions • Managing conflicts • Choosing positive relationships • Avoiding dangerous situations • De-escalating intimidation • Maintaining personal safety • Getting help for abusive relationships • Helping others • Accessing resources

A Winning Team: Healthy Eating & Physical Activity

CONTENT	SKILLS
<ul style="list-style-type: none"> • Recognizing health benefits of healthy eating, hydration, and being physically active • Describing the federal guidelines for diet and physical activity • Understanding factors related to weight control, body image, and body type • Identifying moderate-intensity physical activities • Exploring nutrition information on food labels, health claims, and advertisements 	<ul style="list-style-type: none"> • Analyzing personal food intake • Assessing personal barriers and developing solutions to healthy eating and physical activity • Accessing resources for weight management and unhealthy eating patterns • Analyzing influences of sedentary activities on physical activity • Selecting foods with high nutritional value • Analyzing nutrition information to identify healthier food options when eating out • Persuading peers to eat healthy and be physically active • Setting goals to improve healthy eating and increase physical activity

Stay Drug Free Today for a Successful Tomorrow: Alcohol & Other Drug Prevention

CONTENT	SKILLS
<ul style="list-style-type: none"> • Analyzing internal and external influences and social norms • Recognizing one's personal control over their response to influences • Distinguishing passive, aggressive, and assertive, verbal and non-verbal communication • Exploring dependency and addiction • Identifying resources and help for alcohol, tobacco, and other drug dependency • Researching the dangers of alcohol, marijuana, and steroid use, and over-the-counter, prescription drug and sports supplements misuse 	<ul style="list-style-type: none"> • Using I-statements in pressure situations • Practicing refusal skills to avoid drug use • Identifying risky situations • Applying effective communication skills • Using decision making and problem solving • Getting help • Advocating for drug-free social norm • Accessing resources <div data-bbox="902 1885 1533 1999" style="background-color: #004a7c; color: white; padding: 5px; text-align: center;"> <p>Note: Opioid Misuse Enhanced Curriculum available for 2019-2020 school year</p> </div>

The Power is Yours to Be Tobacco Free

CONTENT	SKILLS
<ul style="list-style-type: none"> • Describing how tobacco negatively impacts individuals, friends, family and community • Practicing healthy ways to meet needs without tobacco use • Exploring the dangers of vaping, e-cigarettes, tobacco and hookah use, and second and third-hand smoke • Exploring the health, legal, social and financial consequences of use 	<ul style="list-style-type: none"> • Analyzing influences to use tobacco • Using refusal skills to avoid tobacco use • Supporting those who abstain and those who are trying to quit • Identifying risky situations that could lead to tobacco use • Solving problems related to tobacco use • Avoiding secondhand smoke • Accessing resources to quit tobacco use • Practice developing persuasive advice for peers on how to stay tobacco free

Growing Up & Staying Healthy: Understanding HIV and Other STIs

CONTENT	SKILLS
<ul style="list-style-type: none"> • Distinguishing myths and facts related to HIV and other STIs • Exploring consequences of infection with HIV and other STIs • Evaluating how HIV and other STIs are and are not transmitted • Describing the negative consequences of sexual intercourse and reducing risk • Identifying situations requiring professional health services 	<ul style="list-style-type: none"> • Applying strategies to create sexual boundaries, abstain from sex and/or reduce risk* • Accessing reliable sources of information and help related to HIV and other STIs • Avoiding and escaping risky situations • Communicating verbally and non-verbally to refuse participation in sexual behaviors • Practice refusing pressure and identifying trouble for risky situations • Set goals to stay free of HIV and other STIs • Advocating for peers to live free of HIV and other STIs <p>* <i>This module offers two tracks: abstinence-only or abstinence-plus-condoms</i></p>



MICHIGAN MODEL FOR HEALTH™

SCOPE & SEQUENCE GRADES 9-12

Skills for Health & Life

FOCUS

The first unit of this one-semester curriculum focuses exclusively on introducing and practicing skills that are reinforced in subsequent units.

SKILLS

- Accessing information
- Analyzing influences
- Setting goals
- Making healthy decisions
- Using interpersonal communication
- Practicing effective listening
- Responding to the emotions of others
- Communicating assertively
- Asking effective questions
- Practicing refusal skills
- Using negotiation skills
- Collaborating with peers
- Developing self management skills
- Advocating for health

Social & Emotional Health

CONTENT

- Understanding self awareness
- Recognizing and managing stress
- Describing stress and depression
- Locating resources for help regarding depression and suicide
- Managing and resolving conflicts
- Identifying positive and negative relationships
- Exploring laws concerning bullying, harassment and sexual harassment
- Learning the warning signs of dating abuse
- Where to get help for abusive relationships

SKILLS

- Using empathy
- Getting help
- Analyzing the validity of resources
- Practicing conflict resolution
- Negotiation
- Setting goals
- Identifying and avoiding dangerous situations

Nutrition & Physical Activity

CONTENT

- Describing healthy and unhealthy weight management
- Recognizing facts and myths regarding nutrition and physical performance
- Assessing the importance of nutrition during pregnancy
- Locating and assessing validity of nutrition resources
- Analyzing food labels and federal guidelines for diet and physical activity
- Practicing healthy eating in restaurants
- Advocating for nutritional choices and physical activity at school

SKILLS

- Analyzing and assessing personal food intake
- Assessing personal barriers to physical activity and developing solutions
- Predicting benefits or consequences related to eating and physical activity behaviors
- Developing healthy eating and physical activity behaviors
- Using decision making
- Setting goals
- Accessing resources
- Advocating for healthier food choices and regular physical activity

Safety

CONTENT

- Recognizing dangerous situations and when it is important to report to authorities
- Developing strategies for resolving and managing potentially dangerous situations including conflicts involving weapons and gangs
- Practicing strategies to stay safe in a violent situation
- Analyzing effects of violence on individuals, families, communities and the nation
- Using problem-solving and decision-making skills to generate alternative solutions to social situations that may place one at risk
- Predicting potential short and long-term effects of choices

SKILLS

- Identifying, avoiding, and reporting dangerous situations
- Practicing conflict resolution
- Getting help from others
- Analyzing influences on promotion and prevalence of violence
- Using decision making and problem solving
- Accessing reliable resources

MICHIGAN MODEL FOR HEALTH™

SCOPE & SEQUENCE GRADES 9-12

Alcohol, Tobacco, & Other Drugs

CONTENT

- Recognizing short and long-term effects of alcohol, tobacco and other drugs
- Clarifying myths regarding use of alcohol, tobacco and other drugs
- Locating and assessing the validity of drug-related information resources and services
- Describing financial, political, social, health, legal issues and influences related to alcohol, tobacco and other drugs
- Analyzing internal and external pressures to use drugs
- Promoting a drug-free environment
- Avoiding and resisting use of alcohol, tobacco and other drugs

SKILLS

- Advocating for a drug-free environment
- Analyzing influences on drug use
- Using decision making and problem solving
- Advocating to reduce teen drug use
- Accessing reliable information and resources
- Avoiding exposure to and resisting use alcohol, tobacco and other drugs
- Practicing refusal skills
- Supporting others who want to stop using alcohol, tobacco or other drugs

Note: Opioid Misuse Enhanced Curriculum available for the 2019-2020 school year

Personal Health & Wellness

CONTENT

- Accessing valid information related to personal health issues and concerns
- Preventing spread of infectious diseases
- Recognizing the importance of sleep and rest
- Describing social influences on sun safety behaviors
- Understanding how to get regular health screenings, and finding quality health care
- Determining whether medical care is required based on symptoms
- Analyzing influences of media on personal health care product usage

SKILLS

- Accessing information
- Assessing validity of sources
- Effective listening
- Asking effective questions
- Analyzing influences
- Using assertive communication

Healthy & Responsible Relationships: HIV, STIs, & Pregnancy Prevention

CONTENT

- Recognizing healthy relationships
- Building healthy relationships and intimacy
- Understanding the consequences of infection with HIV and other STIs
- Describing how HIV and other STIs are and are not transmitted
- Analyzing health risks of various behaviors
- Knowing where to get HIV and other STI testing
- Determining the costs of pregnancy and teen parenting
- Identifying the laws and legal consequences of underage sex
- Situations requiring professional health services

SKILLS

- Applying strategies to abstain from sex and/or reduce risk*
- Accessing reliable sources of information and help
- Avoiding and escaping risky situations
- Communicating respectfully and assertively
- Refusing pressure
- Identifying trouble situations
- Analyzing influences on sexual behaviors
- Setting effective personal goals
- Advocating for peers to prevent HIV, other STIs and pregnancy

* This module offers three tracks: abstinence-only, abstinence-plus-condoms, or abstinence-plus-contraceptives.

