

Mental and Emotional Health (MEH)

Grades PreK-2

This concept area focuses on essential content students need to know to handle emotions in positive ways, anger and conflict management, stress management, respect, and mental health issues, including depression and suicide.

Stem	This is evident when students.....
<p>HE1: Self Management Students will understand how to reduce their health risks through the practice of healthy behaviors.</p>	<ul style="list-style-type: none"> a. Apply effective ways to handle emotions (e.g., fear, anger, happiness, sadness, frustration). b. Demonstrate ways to show respect for feelings, rights, and property of others.
<p>HE2: Core Concepts Students will show an understanding of health promotion and disease prevention concepts.</p>	<ul style="list-style-type: none"> a. Describe what respect is and why it is important. b. Describe a variety of feelings and the importance of expressing them in appropriate ways.
<p>HE4: Accessing Information Students will demonstrate the ability to access valid information and/or resources about health issues, services and products.</p>	<ul style="list-style-type: none"> a. Identify trusted individuals in the home, school, and community who can provide help with troublesome feelings and solving problems.
<p>HE5: Interpersonal Communication Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community.</p>	<ul style="list-style-type: none"> a. Use effective verbal and nonverbal communication skills to express ideas, needs, wants, and feelings. b. Demonstrate ways to communicate care, consideration, and respect for self and others (e.g., making friends, giving and receiving compliments).
<p>HE7: Decision Making Students demonstrate the ability to make decisions that lead to better health.</p>	<ul style="list-style-type: none"> a. Explain when assistance is needed in making health-related decisions. b. Predict outcomes of positive health decisions.

Mental and Emotional Health (MEH)

Grades 3-4

This concept area focuses on essential content students need to know to handle emotions in positive ways, anger and conflict management, stress management, respect, and mental health issues, including depression and suicide.

Stem	This is evident when students.....
<p>HE1: Self Management Students will understand how to reduce their health risks through the practice of healthy behaviors.</p>	<ul style="list-style-type: none"> a. Identify positive strategies to reduce stress and manage strong feelings. b. Demonstrate ways to show care, consideration and respect for self and others, including how to help others and acceptance of differences.
<p>HE2: Core Concepts Students will show an understanding of health promotion and disease prevention concepts.</p>	<ul style="list-style-type: none"> a. Identify indicators or characteristics of mental and emotional health during childhood. b. Identify stressors and the affects on how the body works. c. Identify personal strengths and assets. d. Describe the characteristics of positive role models. e. Describe the effects of teasing and bullying on others.
<p>HE3: Analyzing Influences Students will show understanding of how culture, media, peers, family, and other factors influence healthy behaviors.</p>	<ul style="list-style-type: none"> a. Analyze ways that peers and family influence feelings, behavior and well-being.
<p>HE4: Accessing Information Students will demonstrate the ability to access valid information and/or resources about health issues, services and products.</p>	<ul style="list-style-type: none"> a. Identify individuals who can provide support and help solve problems.
<p>HE5: Interpersonal Communication Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community by.</p>	<ul style="list-style-type: none"> a. Use appropriate communication skills to express emotions and appreciation for self and others. b. Demonstrate the ability to use listening skills to support others and understand their feelings. c. Apply mediation and conflict resolution skills.
<p>HE7: Decision Making Students demonstrate the ability to make decisions that lead to better health.</p>	<ul style="list-style-type: none"> a. Demonstrate the ability to apply the decision-making process to health issues and problems.

Mental and Emotional Health (MEH)

Grades 5-6

This concept area focuses on essential content students need to know to handle emotions in positive ways, anger and conflict management, stress management, respect, and mental health issues, including depression and suicide.

Stem	This is evident when students.....
<p>HE1: Self Management Students will understand how to reduce their health risks through the practice of healthy behaviors.</p>	<ul style="list-style-type: none"> a. Identify positive ways to handle emotions, including strong feelings. b. Demonstrate ways to avoid or change situations that threaten health and safety (e.g., stress, harassment, situations that could lead to trouble or violence).
<p>HE2: Core Concepts Students will show an understanding of health promotion and disease prevention concepts.</p>	<ul style="list-style-type: none"> a. Describe the characteristics of a safe, healthy and respectful school and community. b. Describe how mood changes and strong feelings affect thoughts and behaviors and how to manage. c. Describe teasing, bullying and harassing behaviors. d. Describe common stressors and the health effects of stress.
<p>HE4: Accessing Information Students will demonstrate the ability to access valid information and/or resources about health issues, services and products.</p>	<ul style="list-style-type: none"> a. Analyze the importance of accessing help from an adult when it is needed. b. Identify sources of support in the school and community who can help make decisions and solve problems for oneself or one's friends, including situations when someone is in danger of hurting self or others. c. Identify resources from school and community that provide valid mental health information and services for individuals, families, and communities.
<p>HE5: Interpersonal Communication Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community.</p>	<ul style="list-style-type: none"> a. Demonstrate effective ways to express needs, wants, and feelings to build, promote and support positive health and relationships, including seeking help and support. b. Demonstrate effective listening skills.
<p>HE6: Goal Setting Students will demonstrate the ability to set personal goals to enhance health.</p>	<ul style="list-style-type: none"> a. Set realistic short and long-term goals for stress management, using a goal setting model and developing plans to achieve them.
<p>HE7: Decision Making Students demonstrate the ability to make decisions that lead to better health.</p>	<ul style="list-style-type: none"> a. Analyze how individuals, families and community values influence decisions and problem solving strategies.

Mental and Emotional Health (MEH)

Grades 7-8

This concept area focuses on essential content students need to know to handle emotions in positive ways, anger and conflict management, stress management, respect, and mental health issues, including depression and suicide.

Stem	This is evident when students.....
<p>HE1: Self Management Students will understand how to reduce their health risks through the practice of healthy behaviors.</p>	<ul style="list-style-type: none"> a. Develop healthy stress management techniques for reducing, avoiding or coping with stress. b. Differentiate between situations that require care and concern among friends or require getting the support and help of caring adults (e.g., getting help vs. tattling).
<p>HE2: Core Concepts Students will show an understanding of health promotion and disease prevention concepts.</p>	<ul style="list-style-type: none"> a. Identify strategies that promote emotional and mental health (e.g., connectiveness, communication). b. Describe characteristics and conditions associated with positive self-esteem/image. c. Describe the warning signs, behaviors, risk factors, and protective factors for depression and suicide.
<p>HE3: Analyzing Influences Students will show understanding of how culture, media, peers, family, and other factors influence healthy behaviors.</p>	<ul style="list-style-type: none"> a. Describe how school, family and peers influence the health choices and behaviors of individuals.
<p>HE4: Accessing Information Students will demonstrate the ability to access valid information and/or resources about health issues, services and products.</p>	<ul style="list-style-type: none"> a. Analyze school and community health services available for support and information with problems related to emotional or mental health concerns, including the risk of suicide. b. Demonstrate how to ask trusted adults and friends for help with emotional or mental health concerns for oneself or others, including the risk of suicide.
<p>HE5: Interpersonal Communication Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community.</p>	<ul style="list-style-type: none"> a. Demonstrate ways to respond appropriately to feelings expressed by others. b. Demonstrate ways to show respect for diversity (e.g., mental and physical disabilities, culture, race/ethnicity, sexual orientation, age, socioeconomics). c. Demonstrate the ability to use mediation and negotiation skills to resolve conflict.
<p>HE7: Decision Making Students demonstrate the ability to make decisions that lead to better health.</p>	<ul style="list-style-type: none"> a. Demonstrate individual and collaborative decision-making processes to resolve problems.

Mental and Emotional Health (MEH)

Grades 9-12

This concept area focuses on essential content students need to know to handle emotions in positive ways, anger and conflict management, stress management, respect, and mental health issues, including depression and suicide.

Stem	This is evident when students.....
<p>HE1: Self Management Students will understand how to reduce their health risks through the practice of healthy behaviors.</p>	<ul style="list-style-type: none"> a. Demonstrate positive ways to cope with emotions, including strong feelings like anger, rejection, social isolation. b. Design, implement and evaluate a plan of healthy stress management.
<p>HE2: Core Concepts Students will show an understanding of health promotion and disease prevention concepts.</p>	<ul style="list-style-type: none"> a. Describe the interrelationship of physical, mental, emotional and social health (e.g., fight or flight response to stress). b. Describe signs, symptoms of depression, suicide, and mental health issues (e.g., obsessive-compulsive disorder, autism).
<p>HE3: Analyzing Influences Students will show understanding of how culture, media, peers, family, and other factors influence healthy behaviors.</p>	<ul style="list-style-type: none"> a. Analyze internal and external factors that influence a positive self-image.
<p>HE4: Accessing Information Students will demonstrate the ability to access valid information and/or resources about health issues, services and products.</p>	<ul style="list-style-type: none"> a. Demonstrate the ability to evaluate and access resources from a variety of sources, including school, community, and the Internet for information and services regarding mental and emotional health issues. b. Evaluate factors that influence access to resources and support for mental and emotional health issues, including denial.
<p>HE5: Interpersonal Communication Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community.</p>	<ul style="list-style-type: none"> a. Demonstrate skills for communicating effectively with family, peers, and others (e.g., clear refusal, assertiveness, active listening, and supportive body language). b. Develop strategies to support others and ask for help around issues of depression and suicide.
<p>HE7: Decision Making Students demonstrate the ability to make decisions that lead to better health.</p>	<ul style="list-style-type: none"> a. Demonstrate a logical progression through a decision-making process that result in appropriate solutions regarding situations that could result in harm to self or others. b. Analyze the immediate and long-term impact of decisions on the individual, family, and community.