

## **Protecting Youth Excerpts from: Health Course of Study K-8**

### **Emotional Intelligence**

E1 Discuss that people are diverse due to heredity, experiences, influences, and emotional intelligence. 5 & 7

E4 Realize that depression, anxiety, and anger hinder the growth of intelligence while absence of threat, acceptance, and happiness foster the development of intelligence. 5 & 7

E7 Focus on building life skills. 5 & 7

E9 Recognize that others give clues as to how they are feeling and be able to respond appropriately in a variety of situations (home, school, sporting events, etc.) 5 & 7

### **Mental Health**

MH2 Discuss ways that emotional needs can be met (appropriate and inappropriate) 7

MH3 Recognize that everyone has different emotional needs that will affect those around them (positive and negative) 7

MH14 Evaluate your own emotional health and know when to ask for help. 7

MH15 List and discuss various people and places for help. 7

### **Safety**

S4 Name significant adults who we can trust. K, 1, 2

S5 Define a stranger. 1, 2

S6 Explore alternatives and role-play responses when one is approached by a stranger. 1 & 2

S7 Explain the necessity for safety precautions when alone. 1, 2, 4

### **Social Health**

SH3 Verbalize and demonstrate feelings in acceptable ways. K, 2, 3

SH6 Identify and relate with the feelings of others. K, 2, 3

SH9 Interpret "body language." 2 & 3

SH12 Define a peer and a friend. 5