

Healthy Behavior Outcomes (HBO)
A Pre-K–12 comprehensive curriculum should enable students to:

Promoting an Alcohol and Other Drug-Free Lifestyle (AOD)

- AOD-1:** *Avoid misuse and abuse of over-the-counter and prescription drugs.*
- AOD-2:** *Avoid experimentation with alcohol and other drugs.*
- AOD-3:** *Avoid the use of alcohol.*
- AOD-4:** *Avoid the use of illegal drugs.*
- AOD-5:** *Avoid driving while under the influence of alcohol and other drugs.*
- AOD-6:** *Avoid riding in a motor vehicle with a driver who is under the influence of alcohol or other drugs.*
- AOD-7:** *Quit using alcohol and other drugs if already using.*
- AOD-8:** *Support others to be alcohol- and other drug-free.*

Promoting Healthy Eating (HE)

- HE-1:** *Eat the appropriate number of servings from each food group every day.*
- HE-2:** *Eat a variety of foods within each food group every day.*
- HE-3:** *Eat an abundance of fruits and vegetables every day.*
- HE-4:** *Choose to eat whole grain products and fat-free or low-fat milk or equivalent milk products regularly.*
- HE-5:** *Drink plenty of water every day.*
- HE-6:** *Limit foods and beverages high in added sugars, solid fat, and sodium.*
- HE-7:** *Eat breakfast every day.*
- HE-8:** *Eat healthy snacks.*
- HE-9:** *Eat healthy foods when dining out.*
- HE-10:** *Prepare food in healthful ways.*
- HE-11:** *Balance caloric intake with caloric expenditure.*
- HE-12:** *Follow an eating plan for healthy growth and development.*
- HE-13:** *Support others to eat healthy.*

Promoting Mental and Emotional Health (MEH)

- MEH-1:** *Express feelings in a healthy way.*
- MEH-2:** *Engage in activities that are mentally and emotionally healthy.*
- MEH-3:** *Prevent and manage interpersonal conflict in healthy ways.*
- MEH-4:** *Prevent and manage emotional stress and anxiety in healthy ways.*
- MEH-5:** *Use self-control and impulse-control strategies to promote health.*
- MEH-6:** *Get help for troublesome thoughts, feelings, or actions for oneself and others.*
- MEH-7:** *Show tolerance and acceptance of differences in others.*
- MEH-8:** *Establish and maintain healthy relationships.*

Promoting Personal Health and Wellness (PHW)

- PHW-1:** *Brush and floss teeth daily.*
- PHW-2:** *Practice appropriate hygiene habits.*
- PHW-3:** *Get an appropriate amount of sleep and rest.*
- PHW-4:** *Prevent vision and hearing loss.*
- PHW-5:** *Prevent damage from the sun.*
- PHW-6:** *Practice behaviors that prevent infectious diseases.*
- PHW-7:** *Practice behaviors that prevent chronic diseases.*
- PHW-8:** *Prevent serious health problems that result from common chronic diseases and conditions among youth, such as allergies, asthma, diabetes, and epilepsy.*
- PHW-9:** *Practice behaviors that prevent foodborne illnesses.*
- PHW-10:** *Seek out help for common infectious diseases and chronic diseases and conditions.*
- PHW-11:** *Seek out healthcare professionals for appropriate screenings and examinations.*
- PHW-12:** *Prevent health problems that result from fads or trends.*

Promoting Physical Activity (PA)

- PA-1: Engage in moderate to vigorous physical activity for at least 60 minutes every day.*
- PA-2: Regularly engage in physical activities that enhance cardio-respiratory endurance, flexibility, muscle endurance, and muscle strength.*
- PA-3: Engage in warm-up and cool-down activities before and after structured exercise.*
- PA-4: Drink plenty of water before, during, and after physical activity.*
- PA-5: Follow a physical activity plan for healthy growth and development.*
- PA-6: Avoid injury during physical activity.*
- PA-7: Support others to be physically active.*

Promoting Safety (S)

- S-1: Follow appropriate safety rules when riding in or on a motor vehicle.*
- S-2: Avoid driving a motor vehicle – or riding in a motor vehicle driven by someone – while under the influence of alcohol or other drugs.*
- S-3: Use safety equipment appropriately and correctly.*
- S-4: Apply safety rules and procedures to avoid risky behaviors and injury.*
- S-5: Avoid safety hazards in the home and community.*
- S-6: Recognize and avoid dangerous surroundings.*
- S-7: Get help for oneself or others when injured or suddenly ill.*
- S-8: Support others to avoid risky behaviors and be safe.*

Promoting Sexual Health (SH)

- SH-1: Establish and maintain healthy relationships.*
- SH-2: Be sexually abstinent.*
- SH-3: Engage in behaviors that prevent or reduce sexually transmitted disease (STD), including HIV infection.*
- SH-4: Engage in behaviors that prevent or reduce unintended pregnancy.*

SH-5: Avoid pressuring others to engage in sexual behaviors.

SH-6: Support others to avoid or reduce sexual risk behaviors.

SH-7: Treat others with courtesy and respect without regard to sexual status.

SH-8: Utilize appropriate health services to promote sexual health.

Promote a Tobacco-Free Lifestyle (T)

T-1: Avoid using (or experimenting with) any form of tobacco.

T-2: Avoid second-hand smoke.

T-3: Support a tobacco-free environment.

T-4: Support others to be tobacco-free.

T-5: Quit using tobacco, if already using.

Prevent Violence (V)

V-1: Manage interpersonal conflict in nonviolent ways.

V-2: Manage emotional distress in nonviolent ways.

V-3: Avoid bullying, being a bystander to bullying, or being a victim of bullying.

V-4: Avoid engaging in violence, including sexual harassment, coercion, exploitation, physical fighting, and rape.

V-5: Avoid situations where violence is likely to occur.

V-6: Avoid associating with others who are involved in or who encourage violence or criminal activity.

V-7: Get help to prevent or stop violence including harassment, abuse, bullying, hazing, fighting, and hate crimes.

V-8: Get help to prevent or stop inappropriate touching.

V-9: Get help to stop being subjected to violence or physical abuse.

V-10: Get help for oneself or others who are in danger of hurting themselves.