

***Lakeview Public Schools***  
**Life Management Curriculum**  
***By Course, Standard, Benchmark***  
**6th Grade Skills For Adolescence**

**LM03 Understands the dynamics of family health**

7504 01 Knows when and how to report situations that may result in death or injury to self or others

**LM05 Understands concepts of human growth and development, human sexuality, and reproduction**

7505 01 Describe the interrelationship of physical, intellectual, emotional, and social health during adolescence

**LM07 Practices responsibility towards self and others**

7506 01 Demonstrate effective verbal and non-verbal communication skills to enhance health

7507 02 Describe how the behavior of family and peers affects interpersonal communication

7508 03 Demonstrate healthy ways to express needs, wants, and feelings

7509 04 Demonstrate ways to communicate care, consideration, empathy, and respect for self and others

7510 05 Demonstrate attentive listening skills

7511 06 Demonstrate communications skills to build and maintain healthy relationships

7512 07 Analyze the possible causes of conflict among youth in schools and communities

7513 08 Demonstrate strategies to manage conflict in healthy ways

7514 09 Predict how decisions regarding health behaviors have consequences for self and others

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**7th Grade Health/Skills For Adolescence**

**LM01 Understands consumer information, issues, and resources**

8356 01 Analyze the validity of health information, products, and services

8357 02 Demonstrate the ability to utilize resources from home, school, and community to provide valid health information

8358 03 Analyze how media influences the selection of health information and products

8359 04 Demonstrate the ability to locate health products and services

8360 05 Compare the costs and validity of health products

8361 06 Describe situations requiring professional health services

**LM02 Understands factors and strategies that affect wellness and self concept**

- 8362 01 Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death
- 8363 02 Explain how health is influenced by the interaction of body systems
- 8364 03 Describe how family and peers influence the health of adolescents
- 8365 04 Analyze how environment and personal health are interrelated
- 8366 05 Describe ways to reduce risks related to adolescent health problems
- 8367 06 Explain how appropriate health care and nutrition can prevent premature death and disability
- 8368 07 Describe how lifestyle, pathogens, family history, and other risk factors are related to the cause or prevention of disease and other health problems
- 8369 08 Knows how to determine daily dietary needs and make healthy food choices
- 8370 09 Knows basic first aid
- 8371 10 Knows symptoms and ramifications of various disorders (i.e. eating) and diseases (i.e. depression)

**LM03 Understands the dynamics of family health**

- 8372 01 Demonstrate the ability to influence and support others in making positive health choices
- 8373 02 Demonstrate the ability to access community agencies that advocate for healthy individuals, families, and communities

**LM04 Understands the use and abuse of chemical substances and/or drugs**

- 5363 01 Knows conditions that may put people at higher risk for substance abuse problems (e.g., genetic inheritability, substance abuse in family, low frustration tolerance)
- 5361 02 Knows how to distinguish between helpful and harmful substances and strategies to avoid harmful substances
- 5366 03 Knows factors involved in the development of a drug dependency and the early, observable signs and symptoms
- 5369 04 Knows the short and long term consequences of the use of alcohol, tobacco, and other drugs
- 5372 05 Knows public policy approaches to substance abuse control and prevention (e.g., pricing and taxation, warning labels, regulation of advertising, restriction of alcohol consumption at sporting events)

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**7th Grade Health/Skills For Adolescence**

**LM06 Uses skills necessary for healthy relationships within family, peer groups, workplace, and community**

- 8374 01 Explain the importance of assuming responsibility for personal health behaviors
- 8375 02 Analyze a personal health assessment to determine health strengths and risks

- 8376 03 Distinguish between safe and risky or harmful behaviors in relationships
- 8377 04 Demonstrate strategies to improve or maintain personal and family health
- 8378 05 Develop injury prevention and management strategies for personal and family health
- 8379 06 Demonstrate ways to avoid and reduce threatening situations
- 8380 07 Demonstrate strategies to manage stress

**LM07 Practices responsibility towards self and others**

- 8381 01 Demonstrate ways to communicate care, consideration, empathy, and respect for self and others
- 8382 02 Demonstrate healthy ways to express needs, wants, and feelings
- 8383 03 Demonstrate refusal and negotiation skills to enhance health
- 8384 04 Demonstrate the ability to apply a decision-making process to health issues and problems individually and collaboratively
- 8385 05 Analyze how health-related decisions are influenced by individuals, family, and community values
- 8386 06 Apply strategies and skills needed to attain personal health goals

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**8th Grade Food/Nutrition**

**LM01 Understands consumer information, issues, and resources**

- 5120 01 Understands how messages from the media, technology, and other sources impact consumer practices and decisions
- 5666 02 Uses labeling to make consumer choices

**LM02 Understands factors and strategies that affect wellness and self concept**

- 5667 01 Knows how to determine daily dietary needs and make healthy food choices

**LM03 Understands the dynamics of family health**

- 5161 01 Knows strategies that improve or maintain family health (e.g., communication)

**LM07 Practices responsibility towards self and others**

- 5672 01 Knows etiquette