

**Multimedia Extensions, My Roadmap to the Future, My Success Roadmap**

**Grades:** 7, 8, 9, 10, 11, 12

**States:** Mississippi K-12 Curriculum Framework

**Subjects:** Health and PE, Library / Technology, Science, Social Studies

**Mississippi K-12 Curriculum Framework**

**Health and PE**

**Grade 7 - Adopted 2006**

<b>COMPETENCY</b>	<b>MS.1.</b>	Comprehensive Health: Comprehend concepts related to health promotion and disease prevention. (M, PH, D, H, DA, C)
<b>OBJECTIVE</b>	<b>1.a.</b>	<p>Identify behaviors for effectively handling negative peer pressure and stress.</p> <p><b>Multimedia Extensions</b>                      Multimedia Extensions: Stress                      Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>                      Unit 4: Stress - Lesson 07: Handling Pressure                      Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>                      Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection                      Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress                      Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress                      Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being                      Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being                      Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>OBJECTIVE</b>	<b>1.e.</b>	<p>Propose ways in which improving the environment (i.e., pollution, landscape) can enhance physical, mental, and social health.</p> <p><b>My Roadmap to the Future</b>                      Unit 3: Connections - Lesson 06: Analyzing Support                      Unit 4: Stress - Lesson 08: Analyzing Stress                      Unit 5: Well-Being - Lesson 09: Finding Balance                      Unit 5: Well-Being - Lesson 10: Analyzing Well-Being                      Unit 6: Motivation - Lesson 11: Showing Motivation                      Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>                      Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being                      Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>COMPETENCY</b>	<b>MS.3.</b>	Comprehensive Health: Demonstrate the ability to practice health-enhancing behaviors and reduce health risks. (S, D, PH, N, M, DA)
<b>OBJECTIVE</b>	<b>3.c.</b>	Identify how a properly balanced diet and exercise influence healthy body weight.

		<p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p>
<b>OBJECTIVE</b>	<b>3.d.</b>	<p>List health professionals that provide education, counseling services, and treatment to prevent communicable disease.</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 03: Career Ideas</p>
<b>COMPETENCY</b>	<b>MS.4.</b>	<p>Comprehensive Health: Analyze the influence of culture, media, technology, and other factors on health. (C, CH, PH)</p>
<b>OBJECTIVE</b>	<b>4.a.</b>	<p>Describe the influence of culture on the use of health behaviors.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p> <p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>
<b>OBJECTIVE</b>	<b>4.b.</b>	<p>Analyze how the media and other sources influence health behavior.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>
<b>COMPETENCY</b>	<b>MS.5.</b>	<p>Comprehensive Health: Demonstrate the ability to use interpersonal communication skills to enhance health. (F, H, M)</p>
<b>OBJECTIVE</b>	<b>5.a.</b>	<p>Identify and differentiate roles and relationships within the family.</p> <p><b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE</b>	<b>5.b.</b>	<p>Demonstrate various forms of effective communication.</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
<b>COMPETENCY</b>	<b>MS.6.</b>	Comprehensive Health: Demonstrate the ability to use goal-setting and decision-making skills to enhance health. (N, PH, D, F, M, H, S, DA)
<b>OBJECTIVE</b>	<b>6.a.</b>	<p>Apply strategies and skills needed to attain goals that will contribute to a healthy lifestyle.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE</b>	<b>6.b.</b>	<p>Describe how personal health goals are influenced by changing information, abilities, priorities, and responsibilities.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals</p>

		<p>Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE</b>	<b>6.d.</b>	<p>Develop a plan that addresses personal strengths, values, needs, and health risks.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>COMPETENCY</b>	<b>MS.6.</b>	Physical Education: Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. (S, P, L, AP)
<b>OBJECTIVE</b>	<b>6.b.</b>	<p>Analyze physical fitness experiences regarding social, emotional, and health benefits.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p>

**Mississippi K-12 Curriculum Framework**

**Health and PE**

**Grade 8 - Adopted 2006**

<b>COMPETENCY</b>	<b>MS.1.</b>	Comprehensive Health: Comprehend concepts related to health promotion and disease prevention. (M, PH, D, H, DA, C)
<b>OBJECTIVE</b>	<b>1.a.</b>	<p>Describe some of the causes and effects of stress.</p> <p><b>Multimedia Extensions</b></p>

		<p>Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>
<b>OBJECTIVE</b>	<b>1.b.</b>	<p>Identify healthy ways to manage stress.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>OBJECTIVE</b>	<b>1.c.</b>	<p>Discuss the unique traits of adolescents.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p>
<b>COMPETENCY</b>	<b>MS.2.</b>	<p>Comprehensive Health: Demonstrate the ability to obtain valid health information. (CH, PH, C)</p>
<b>OBJECTIVE</b>	<b>2.a.</b>	<p>Distinguish differences among various health care professionals.</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 03: Career Ideas</p>
<b>COMPETENCY</b>	<b>MS.3.</b>	<p>Comprehensive Health: Demonstrate the ability to practice health-enhancing behaviors and reduce health risks. (S, D, PH, N, M, DA)</p>
<b>OBJECTIVE</b>	<b>3.c.</b>	<p>Practice realistic personal goal-setting in the areas of family, school, extra-curricular activities and life-time experiences.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p>

		<p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>COMPETENCY</b>	<b>MS.4.</b>	Comprehensive Health: Analyze the influence of culture, media, technology, and other factors on health. (C, CH, PH)
<b>OBJECTIVE</b>	<b>4.a.</b>	Analyze the positive and negative influences of technology and media on personal and family health. <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<b>OBJECTIVE</b>	<b>4.b.</b>	Describe the influence of cultural beliefs on health behaviors. <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>
<b>OBJECTIVE</b>	<b>4.c.</b>	Understand the relationship between peer association and health decisions. <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>COMPETENCY</b>	<b>MS.6.</b>	Comprehensive Health: Demonstrate the ability to use goal-setting and decision-making skills to enhance health. (N, PH, DA, F, M, H, S, D)

OBJECTIVE	6.b.	<p>Identify factors that influence individual decisions during adolescence.</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
OBJECTIVE	6.c.	<p>Develop a plan that addresses commitment and self-control.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
OBJECTIVE	6.d.	<p>Analyze how health related decisions are influenced by individuals, family, and community values.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
OBJECTIVE	6.e.	<p>Predict how decisions regarding health behaviors have consequences for self and others.</p>

		<p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE</b>	<b>6.f.</b>	<p>Create a personal health plan that encourages an active lifestyle.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>COMPETENCY</b>	<b>MS.3.</b>	Physical Education: Exhibit a physically active lifestyle. (C, GM, P, L)
<b>OBJECTIVE</b>	<b>3.b.</b>	<p>Set personal physical fitness goals based upon the results of fitness assessments.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<b>COMPETENCY</b>	<b>MS.4.</b>	Physical Education: Achieve and maintain a health-enhancing level of physical fitness. (L, C)
<b>OBJECTIVE</b>	<b>4.b.</b>	<p>Examine and discuss pre- and post-fitness test scores after participation in fitness-enhancing activities.</p> <p><b>My Success Roadmap</b>  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>OBJECTIVE</b>	<b>4.c.</b>	<p>Implement a personal fitness plan to accomplish a physical fitness goal.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence</p>



		Multimedia Extensions: Motivation
<b>COMPETENCY</b>	<b>MS.5.</b>	Physical Education: Exhibit responsible personal and social behavior that respects self and others in physical activity settings. (S, P, L)
<b>OBJECTIVE</b>	<b>5.a.</b>	<p>Exhibit characteristics of a positive role model.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 05: Making Connections  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

**Mississippi K-12 Curriculum Framework**

**Health and PE**

**Grade 9 - Adopted 2006**

<b>COMPETENCY</b>	<b>MS.1.</b>	Comprehensive Health: Comprehend concepts related to health promotion and disease prevention. (M, PH, D)
<b>OBJECTIVE</b>	<b>1.a.</b>	<p>Identify the harmful physiological and psychological effects of stress.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>

<b>COMPETENCY</b>	<b>MS.3.</b>	Comprehensive Health: Demonstrate the ability to practice health-enhancing behaviors and reduce health risks. (S, D, N, M, DA)
<b>OBJECTIVE</b>	<b>3.h.</b>	Compare or identify the interrelationship between the amount of food consumed to obtain ideal weight and the amount of food consumed in obese individuals.  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>OBJECTIVE</b>	<b>3.i.</b>	Identify the relationship between psychological factors and eating disorders.  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>OBJECTIVE</b>	<b>3.j.</b>	Identify available resources for treatment of mental illness.  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>COMPETENCY</b>	<b>MS.4.</b>	Comprehensive Health: Analyze the influence of culture, media, technology, and other factors on health. (C, CH, P)
<b>OBJECTIVE</b>	<b>4.b.</b>	Analyze the influences of different cultural beliefs on health behaviors.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
<b>COMPETENCY</b>	<b>MS.5.</b>	Comprehensive Health: Demonstrate the ability to use interpersonal communication skills to enhance health. (F, H, M)
<b>OBJECTIVE</b>	<b>5.a.</b>	Define the role of the family in the transmission of values, attitudes, behavior, personalities, and responsibilities of its members.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b>

		Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE</b>	<b>5.c.</b>	Discuss conflict resolution styles and components of communication that can aid in resolving conflicts.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>OBJECTIVE</b>	<b>5.d.</b>	Describe situations that could cause conflicts and problems within a family.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>COMPETENCY</b>	<b>MS.6.</b>	Comprehensive Health: Demonstrate the ability to use goal-setting and decision-making skills to enhance health. (N, PH DA, F, M, H, S, D)
<b>OBJECTIVE</b>	<b>6.c.</b>	Identify the activities and groups that protect the consumer.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support
<b>OBJECTIVE</b>	<b>6.f.</b>	Define a value system and identify the relationship of values to actions.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence  <b>My Roadmap to the Future</b> Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
<b>OBJECTIVE</b>	<b>6.g.</b>	Demonstrate the ability to work cooperatively with others to avoid potentially harmful situations.

		<p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 03: Facing Challenges  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 3: Connections - Lesson 05: Making Connections  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>COMPETENCY</b>	<b>MS.7.</b>	Comprehensive Health: Demonstrate the ability to advocate for personal, family, and community health. (C, CH, F, S, D)
<b>OBJECTIVE</b>	<b>7.c.</b>	<p>Illustrate how drug use, misuse, and abuse cause problems in society.</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>COMPETENCY</b>	<b>MS.3.</b>	Physical Education: Exhibit a physically active lifestyle. (L, F, P, C)
<b>OBJECTIVE</b>	<b>3.a.</b>	<p>Recognize the value of participating in vigorous activities over a sustained period of time.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p>

<b>OBJECTIVE</b>	<b>3.b.</b>	Establish personal physical activity goals based on previous assessments.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>COMPETENCY</b>	<b>MS.5.</b>	Physical Education: Exhibit responsible personal and social behavior that respects self and others in physical activity settings. (C, S, P, L GM, AP)
<b>OBJECTIVE</b>	<b>5.c.</b>	Demonstrate sportsmanship and fair play during physical activities.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

**Mississippi K-12 Curriculum Framework**

**Health and PE**

**Grade 10 - Adopted 2006**

<b>COMPETENCY</b>	<b>MS.1.</b>	Comprehensive Health: Comprehend concepts related to health promotion and disease prevention. (M, PH, D)
<b>OBJECTIVE</b>	<b>1.a.</b>	Identify the harmful physiological and psychological effects of stress.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being  <b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance  <b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
<b>COMPETENCY</b>	<b>MS.3.</b>	Comprehensive Health: Demonstrate the ability to practice health-enhancing behaviors and reduce health risks. (S, D, N, M, DA)
<b>OBJECTIVE</b>	<b>3.h.</b>	Compare or identify the interrelationship between the amount of food consumed to obtain ideal weight and the amount of food consumed in obese individuals.  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being

<b>OBJECTIVE</b>	<b>3.i.</b>	Identify the relationship between psychological factors and eating disorders.  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>OBJECTIVE</b>	<b>3.j.</b>	Identify available resources for treatment of mental illness.  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>COMPETENCY</b>	<b>MS.4.</b>	Comprehensive Health: Analyze the influence of culture, media, technology, and other factors on health. (C, CH, P)
<b>OBJECTIVE</b>	<b>4.b.</b>	Analyze the influences of different cultural beliefs on health behaviors.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
<b>COMPETENCY</b>	<b>MS.5.</b>	Comprehensive Health: Demonstrate the ability to use interpersonal communication skills to enhance health. (F, H, M)
<b>OBJECTIVE</b>	<b>5.a.</b>	Define the role of the family in the transmission of values, attitudes, behavior, personalities, and responsibilities of its members.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE</b>	<b>5.c.</b>	Discuss conflict resolution styles and components of communication that can aid in resolving conflicts.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance

		Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>OBJECTIVE</b>	<b>5.d.</b>	Describe situations that could cause conflicts and problems within a family.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>COMPETENCY</b>	<b>MS.6.</b>	Comprehensive Health: Demonstrate the ability to use goal-setting and decision-making skills to enhance health. (N, PH DA, F, M, H, S, D)
<b>OBJECTIVE</b>	<b>6.c.</b>	Identify the activities and groups that protect the consumer.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support
<b>OBJECTIVE</b>	<b>6.f.</b>	Define a value system and identify the relationship of values to actions.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence  <b>My Roadmap to the Future</b> Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
<b>OBJECTIVE</b>	<b>6.g.</b>	Demonstrate the ability to work cooperatively with others to avoid potentially harmful situations.  <b>My Roadmap to the Future</b> Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress

		<p>Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>COMPETENCY</b>	<b>MS.7.</b>	Comprehensive Health: Demonstrate the ability to advocate for personal, family, and community health. (C, CH, F, S, D)
<b>OBJECTIVE</b>	<b>7.c.</b>	<p>Illustrate how drug use, misuse, and abuse cause problems in society.</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>COMPETENCY</b>	<b>MS.3.</b>	Physical Education: Exhibit a physically active lifestyle. (GM, FM, L, C, AP)
<b>OBJECTIVE</b>	<b>3.b.</b>	<p>Select activities that promote a physically active lifestyle by determining the health and fitness benefits of team, dual, individual, and lifetime activities.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p>
<b>COMPETENCY</b>	<b>MS.5.</b>	Physical Education: Exhibit responsible personal and social behavior that respects self and others in physical activity settings. (C, S, P, GM, FM, AP)
<b>OBJECTIVE</b>	<b>5.a.</b>	<p>Engage in physical activities that encourage self-motivation and goal setting.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>



<b>COMPETENCY</b>	<b>MS.6.</b>	Physical Education: Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. (S, AP, GM, L, P)
<b>OBJECTIVE</b>	<b>6.c.</b>	Understand the value and benefits of physical activity which lead to a healthier lifestyle.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress

**Mississippi K-12 Curriculum Framework**

**Health and PE**

**Grade 11 - Adopted 2006**

<b>COMPETENCY</b>	<b>MS.1.</b>	Comprehensive Health: Comprehend concepts related to health promotion and disease prevention. (M, PH, D)
<b>OBJECTIVE</b>	<b>1.a.</b>	Identify the harmful physiological and psychological effects of stress.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being  <b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance  <b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
<b>COMPETENCY</b>	<b>MS.3.</b>	Comprehensive Health: Demonstrate the ability to practice health-enhancing behaviors and reduce health risks. (S, D, N, M, DA)
<b>OBJECTIVE</b>	<b>3.h.</b>	Compare or identify the interrelationship between the amount of food consumed to obtain ideal weight and the amount of food consumed in obese individuals.  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>OBJECTIVE</b>	<b>3.i.</b>	Identify the relationship between psychological factors and eating disorders.  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 08: Analyzing Support &

		Connection
<b>OBJECTIVE</b>	<b>3.j.</b>	Identify available resources for treatment of mental illness.  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>COMPETENCY</b>	<b>MS.4.</b>	Comprehensive Health: Analyze the influence of culture, media, technology, and other factors on health. (C, CH, P)
<b>OBJECTIVE</b>	<b>4.b.</b>	Analyze the influences of different cultural beliefs on health behaviors.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
<b>COMPETENCY</b>	<b>MS.5.</b>	Comprehensive Health: Demonstrate the ability to use interpersonal communication skills to enhance health. (F, H, M)
<b>OBJECTIVE</b>	<b>5.a.</b>	Define the role of the family in the transmission of values, attitudes, behavior, personalities, and responsibilities of its members.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE</b>	<b>5.c.</b>	Discuss conflict resolution styles and components of communication that can aid in resolving conflicts.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>OBJECTIVE</b>	<b>5.d.</b>	Describe situations that could cause conflicts and problems within a family.  <b>My Roadmap to the Future</b>

		<p>Unit 3: Connections - Lesson 05: Making Connections  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>COMPETENCY</b>	<b>MS.6.</b>	Comprehensive Health: Demonstrate the ability to use goal-setting and decision-making skills to enhance health. (N, PH DA, F, M, H, S, D)
<b>OBJECTIVE</b>	<b>6.c.</b>	<p>Identify the activities and groups that protect the consumer.</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>OBJECTIVE</b>	<b>6.f.</b>	<p>Define a value system and identify the relationship of values to actions.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence</p> <p><b>My Roadmap to the Future</b>  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
<b>OBJECTIVE</b>	<b>6.g.</b>	<p>Demonstrate the ability to work cooperatively with others to avoid potentially harmful situations.</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 03: Facing Challenges  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 3: Connections - Lesson 05: Making Connections  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b></p>

		Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>COMPETENCY</b>	<b>MS.7.</b>	Comprehensive Health: Demonstrate the ability to advocate for personal, family, and community health. (C, CH, F, S, D)
<b>OBJECTIVE</b>	<b>7.c.</b>	Illustrate how drug use, misuse, and abuse cause problems in society.  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support
<b>COMPETENCY</b>	<b>MS.3.</b>	Physical Education: Exhibit a physically active lifestyle. (GM, FM, L, C, AP)
<b>OBJECTIVE</b>	<b>3.b.</b>	Select activities that promote a physically active lifestyle by determining the health and fitness benefits of team, dual, individual, and lifetime activities.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>COMPETENCY</b>	<b>MS.5.</b>	Physical Education: Exhibit responsible personal and social behavior that respects self and others in physical activity settings. (C, S, P, GM, FM, AP)
<b>OBJECTIVE</b>	<b>5.a.</b>	Engage in physical activities that encourage self-motivation and goal setting.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>COMPETENCY</b>	<b>MS.6.</b>	Physical Education: Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. (S, AP, GM, L, P)
<b>OBJECTIVE</b>	<b>6.c.</b>	Understand the value and benefits of physical activity which lead to a healthier lifestyle.

**Multimedia Extensions**  
Multimedia Extensions: Stress

**Mississippi K-12 Curriculum Framework**

**Health and PE**

**Grade 12 - Adopted 2006**

<b>COMPETENCY</b>	<b>MS.1.</b>	Comprehensive Health: Comprehend concepts related to health promotion and disease prevention. (M, PH, D)
<b>OBJECTIVE</b>	<b>1.a.</b>	Identify the harmful physiological and psychological effects of stress.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being  <b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance  <b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
<b>COMPETENCY</b>	<b>MS.3.</b>	Comprehensive Health: Demonstrate the ability to practice health-enhancing behaviors and reduce health risks. (S, D, N, M, DA)
<b>OBJECTIVE</b>	<b>3.h.</b>	Compare or identify the interrelationship between the amount of food consumed to obtain ideal weight and the amount of food consumed in obese individuals.  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>OBJECTIVE</b>	<b>3.i.</b>	Identify the relationship between psychological factors and eating disorders.  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>OBJECTIVE</b>	<b>3.j.</b>	Identify available resources for treatment of mental illness.  <b>My Success Roadmap</b>

		Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>COMPETENCY</b>	<b>MS.4.</b>	Comprehensive Health: Analyze the influence of culture, media, technology, and other factors on health. (C, CH, P)
<b>OBJECTIVE</b>	<b>4.b.</b>	Analyze the influences of different cultural beliefs on health behaviors.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
<b>COMPETENCY</b>	<b>MS.5.</b>	Comprehensive Health: Demonstrate the ability to use interpersonal communication skills to enhance health. (F, H, M)
<b>OBJECTIVE</b>	<b>5.a.</b>	Define the role of the family in the transmission of values, attitudes, behavior, personalities, and responsibilities of its members.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE</b>	<b>5.c.</b>	Discuss conflict resolution styles and components of communication that can aid in resolving conflicts.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>OBJECTIVE</b>	<b>5.d.</b>	Describe situations that could cause conflicts and problems within a family.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>COMPETENCY</b>	<b>MS.6.</b>	Comprehensive Health: Demonstrate the ability to use goal-setting and decision-making skills to enhance health. (N, PH DA, F, M, H, S, D)
<b>OBJECTIVE</b>	<b>6.c.</b>	Identify the activities and groups that protect the consumer.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support
<b>OBJECTIVE</b>	<b>6.f.</b>	Define a value system and identify the relationship of values to actions.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence  <b>My Roadmap to the Future</b> Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
<b>OBJECTIVE</b>	<b>6.g.</b>	Demonstrate the ability to work cooperatively with others to avoid potentially harmful situations.  <b>My Roadmap to the Future</b> Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence

		<p>Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p> <p>Unit 3: Highway Connections - Lesson 07: Social Support</p> <p>Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection</p> <p>Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p> <p>Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>COMPETENCY</b>	<b>MS.7.</b>	Comprehensive Health: Demonstrate the ability to advocate for personal, family, and community health. (C, CH, F, S, D)
<b>OBJECTIVE</b>	<b>7.c.</b>	<p>Illustrate how drug use, misuse, and abuse cause problems in society.</p> <p><b>My Success Roadmap</b></p> <p>Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>COMPETENCY</b>	<b>MS.3.</b>	Physical Education: Exhibit a physically active lifestyle. (GM, FM, L, C, AP)
<b>OBJECTIVE</b>	<b>3.b.</b>	<p>Select activities that promote a physically active lifestyle by determining the health and fitness benefits of team, dual, individual, and lifetime activities.</p> <p><b>Multimedia Extensions</b></p> <p>Multimedia Extensions: Stress</p>
<b>COMPETENCY</b>	<b>MS.5.</b>	Physical Education: Exhibit responsible personal and social behavior that respects self and others in physical activity settings. (C, S, P, GM, FM, AP)
<b>OBJECTIVE</b>	<b>5.a.</b>	<p>Engage in physical activities that encourage self-motivation and goal setting.</p> <p><b>Multimedia Extensions</b></p> <p>Multimedia Extensions: Confidence</p> <p>Multimedia Extensions: Motivation</p>
<b>COMPETENCY</b>	<b>MS.6.</b>	Physical Education: Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. (S, AP, GM, L, P)
<b>OBJECTIVE</b>	<b>6.c.</b>	<p>Understand the value and benefits of physical activity which lead to a healthier lifestyle.</p> <p><b>Multimedia Extensions</b></p> <p>Multimedia Extensions: Stress</p>



Mississippi K-12 Curriculum Framework

Social Studies

Grade 9 - Adopted 2011

<b>COMPETENCY</b>	<b>MS.9-12.USH.</b>	UNITED STATES HISTORY FROM POST-RECONSTRUCTION TO PRESENT (one credit)
<b>OBJECTIVE</b>		Culture
<b>NUMBERED ITEMS</b>	<b>9-12.USH.7.</b>	Understand cultural trends, religious ideologies, and artistic expressions that contributed to the historical development of the United States.
<b>INDICATOR</b>	<b>9-12.USH.7.a.</b>	Examine cultural artifacts (including but not limited to visual art, literature, music, theatre, sports) to contextualize historical developments. (DOK 2)  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>COMPETENCY</b>	<b>MS.9-12.E.</b>	ECONOMICS (one half credit)
<b>OBJECTIVE</b>		Culture
<b>NUMBERED ITEMS</b>	<b>9-12.E.6.</b>	Understand the personal economic consequences of spending and investment decisions made by individuals, businesses, and governments.
<b>INDICATOR</b>	<b>9-12.E.6.b.</b>	Demonstrate why it is important to take responsibility for personal financial decisions. (DOK 3)  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>COMPETENCY</b>	<b>MS.9-12.AWG.</b>	ADVANCED WORLD GEOGRAPHY (one credit)
<b>OBJECTIVE</b>	<b>9-12.AWG.1.</b>	Understand the role of the United States in the world system.
<b>NUMBERED ITEMS</b>	<b>9-12.AWG.1.a.</b>	Recognize and explain the effects of U.S. public opinion and U.S. policies on other peoples and countries around the world.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>COMPETENCY</b>	<b>MS.9-12.S.</b>	SOCIOLOGY (one half credit)
<b>OBJECTIVE</b>	<b>9-12.S.3.</b>	Understand social structure.

<b>NUMBERED ITEMS</b>	<b>9-12.S.3.a.</b>	Describe social roles, their development, and their relationships among social groups.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>NUMBERED ITEMS</b>	<b>9-12.S.3.b.</b>	Compare and contrast formal and informal groups, and evaluate their importance.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>COMPETENCY</b>	<b>MS.9-12.S.</b>	<b>SOCIOLOGY (one half credit)</b>
<b>OBJECTIVE</b>	<b>9-12.S.4.</b>	Understand major social problems.
<b>NUMBERED ITEMS</b>	<b>9-12.S.4.c.</b>	Compare and contrast the nuclear family and extended family.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>COMPETENCY</b>	<b>MS.9-12.LRE.</b>	<b>LAW RELATED EDUCATION (one half credit)</b>
<b>OBJECTIVE</b>	<b>9-12.LRE.5.</b>	Understand the effectiveness of correctional systems in deterring criminal behavior.
<b>NUMBERED ITEMS</b>	<b>9-12.LRE.5.a.</b>	Distinguish between civil and criminal penalties.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>COMPETENCY</b>	<b>MS.9-12.PL.</b>	<b>PERSONAL LEADERSHIP (one credit)</b>
<b>OBJECTIVE</b>	<b>9-12.PL.2.</b>	Understand the importance of developing personal leadership skills.
<b>NUMBERED ITEMS</b>	<b>9-12.PL.2.d.</b>	Establish personal goals and a mission statement.  <b>Multimedia Extensions</b>

		<p>Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>NUMBERED ITEMS</b>	<b>9-12.PL.2.f.</b>	<p>Demonstrate the concept of good listening skills.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 03: Facing Challenges  Unit 3: Connections - Lesson 05: Making Connections  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>COMPETENCY</b>	<b>MS.9-12.PAD.</b>	<b>PROBLEMS IN AMERICAN DEMOCRACY (one half credit)</b>
<b>OBJECTIVE</b>	<b>9-12.PAD.2.</b>	Describe the importance of balancing the rights, roles, and status of individual Americans with those of the society at large.
<b>NUMBERED ITEMS</b>	<b>9-12.PAD.2.c.</b>	<p>Analyze the causes and effects of criminal and delinquent behavior in the United States today.</p> <p><b>Multimedia Extensions</b></p>

		Multimedia Extensions: Importance of School / Goal-Setting
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**Mississippi K-12 Curriculum Framework**

**Social Studies**

**Grade 10 - Adopted 2011**

<b>COMPETENCY</b>	<b>MS.9-12.USH.</b>	UNITED STATES HISTORY FROM POST-RECONSTRUCTION TO PRESENT (one credit)
<b>OBJECTIVE</b>		Culture
<b>NUMBERED ITEMS</b>	<b>9-12.USH.7.</b>	Understand cultural trends, religious ideologies, and artistic expressions that contributed to the historical development of the United States.
<b>INDICATOR</b>	<b>9-12.USH.7.a.</b>	Examine cultural artifacts (including but not limited to visual art, literature, music, theatre, sports) to contextualize historical developments. (DOK 2)  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>COMPETENCY</b>	<b>MS.9-12.E.</b>	ECONOMICS (one half credit)
<b>OBJECTIVE</b>		Culture
<b>NUMBERED ITEMS</b>	<b>9-12.E.6.</b>	Understand the personal economic consequences of spending and investment decisions made by individuals, businesses, and governments.
<b>INDICATOR</b>	<b>9-12.E.6.b.</b>	Demonstrate why it is important to take responsibility for personal financial decisions. (DOK 3)  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>COMPETENCY</b>	<b>MS.9-12.AWG.</b>	ADVANCED WORLD GEOGRAPHY (one credit)
<b>OBJECTIVE</b>	<b>9-12.AWG.1.</b>	Understand the role of the United States in the world system.
<b>NUMBERED ITEMS</b>	<b>9-12.AWG.1.a.</b>	Recognize and explain the effects of U.S. public opinion and U.S. policies on other peoples and countries around the world.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>COMPETENCY</b>	<b>MS.9-12.S.</b>	SOCIOLOGY (one half credit)

<b>OBJECTIVE</b>	<b>9-12.S.3.</b>	Understand social structure.
<b>NUMBERED ITEMS</b>	<b>9-12.S.3.a.</b>	Describe social roles, their development, and their relationships among social groups.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>NUMBERED ITEMS</b>	<b>9-12.S.3.b.</b>	Compare and contrast formal and informal groups, and evaluate their importance.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>COMPETENCY</b>	<b>MS.9-12.S.</b>	SOCIOLOGY (one half credit)
<b>OBJECTIVE</b>	<b>9-12.S.4.</b>	Understand major social problems.
<b>NUMBERED ITEMS</b>	<b>9-12.S.4.c.</b>	Compare and contrast the nuclear family and extended family.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>COMPETENCY</b>	<b>MS.9-12.LRE.</b>	LAW RELATED EDUCATION (one half credit)
<b>OBJECTIVE</b>	<b>9-12.LRE.5.</b>	Understand the effectiveness of correctional systems in deterring criminal behavior.
<b>NUMBERED ITEMS</b>	<b>9-12.LRE.5.a.</b>	Distinguish between civil and criminal penalties.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>COMPETENCY</b>	<b>MS.9-12.PL.</b>	PERSONAL LEADERSHIP (one credit)
<b>OBJECTIVE</b>	<b>9-12.PL.2.</b>	Understand the importance of developing personal leadership skills.
<b>NUMBERED</b>	<b>9-12.PL.2.d.</b>	Establish personal goals and a mission statement.

<b>ITEMS</b>		<p><b>Multimedia Extensions</b> Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b> Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>NUMBERED ITEMS</b>	9-12.PL.2.f.	<p>Demonstrate the concept of good listening skills.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b> Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 3: Connections - Lesson 05: Making Connections Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>COMPETENCY</b>	MS.9-12.PAD.	PROBLEMS IN AMERICAN DEMOCRACY (one half credit)
<b>OBJECTIVE</b>	9-12.PAD.2.	Describe the importance of balancing the rights, roles, and status of individual Americans with those of the society at large.
<b>NUMBERED ITEMS</b>	9-12.PAD.2.c.	Analyze the causes and effects of criminal and delinquent behavior in the United States today.

		<b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
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**Mississippi K-12 Curriculum Framework**

**Social Studies**

**Grade 11 - Adopted 2011**

<b>COMPETENCY</b>	<b>MS.9-12.USH.</b>	UNITED STATES HISTORY FROM POST-RECONSTRUCTION TO PRESENT (one credit)
<b>OBJECTIVE</b>		Culture
<b>NUMBERED ITEMS</b>	<b>9-12.USH.7.</b>	Understand cultural trends, religious ideologies, and artistic expressions that contributed to the historical development of the United States.
<b>INDICATOR</b>	<b>9-12.USH.7.a.</b>	Examine cultural artifacts (including but not limited to visual art, literature, music, theatre, sports) to contextualize historical developments. (DOK 2)  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>COMPETENCY</b>	<b>MS.9-12.E.</b>	ECONOMICS (one half credit)
<b>OBJECTIVE</b>		Culture
<b>NUMBERED ITEMS</b>	<b>9-12.E.6.</b>	Understand the personal economic consequences of spending and investment decisions made by individuals, businesses, and governments.
<b>INDICATOR</b>	<b>9-12.E.6.b.</b>	Demonstrate why it is important to take responsibility for personal financial decisions. (DOK 3)  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>COMPETENCY</b>	<b>MS.9-12.AWG.</b>	ADVANCED WORLD GEOGRAPHY (one credit)
<b>OBJECTIVE</b>	<b>9-12.AWG.1.</b>	Understand the role of the United States in the world system.
<b>NUMBERED ITEMS</b>	<b>9-12.AWG.1.a.</b>	Recognize and explain the effects of U.S. public opinion and U.S. policies on other peoples and countries around the world.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>COMPETENCY</b>	<b>MS.9-12.S.</b>	SOCIOLOGY (one half credit)

<b>OBJECTIVE</b>	<b>9-12.S.3.</b>	Understand social structure.
<b>NUMBERED ITEMS</b>	<b>9-12.S.3.a.</b>	Describe social roles, their development, and their relationships among social groups.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>NUMBERED ITEMS</b>	<b>9-12.S.3.b.</b>	Compare and contrast formal and informal groups, and evaluate their importance.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>COMPETENCY</b>	<b>MS.9-12.S.</b>	SOCIOLOGY (one half credit)
<b>OBJECTIVE</b>	<b>9-12.S.4.</b>	Understand major social problems.
<b>NUMBERED ITEMS</b>	<b>9-12.S.4.c.</b>	Compare and contrast the nuclear family and extended family.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>COMPETENCY</b>	<b>MS.9-12.LRE.</b>	LAW RELATED EDUCATION (one half credit)
<b>OBJECTIVE</b>	<b>9-12.LRE.5.</b>	Understand the effectiveness of correctional systems in deterring criminal behavior.
<b>NUMBERED ITEMS</b>	<b>9-12.LRE.5.a.</b>	Distinguish between civil and criminal penalties.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>COMPETENCY</b>	<b>MS.9-12.PL.</b>	PERSONAL LEADERSHIP (one credit)
<b>OBJECTIVE</b>	<b>9-12.PL.2.</b>	Understand the importance of developing personal leadership skills.
<b>NUMBERED</b>	<b>9-12.PL.2.d.</b>	Establish personal goals and a mission statement.



<b>ITEMS</b>		<p><b>Multimedia Extensions</b> Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b> Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>NUMBERED ITEMS</b>	9-12.PL.2.f.	<p>Demonstrate the concept of good listening skills.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b> Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 3: Connections - Lesson 05: Making Connections Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>COMPETENCY</b>	MS.9-12.PAD.	PROBLEMS IN AMERICAN DEMOCRACY (one half credit)
<b>OBJECTIVE</b>	9-12.PAD.2.	Describe the importance of balancing the rights, roles, and status of individual Americans with those of the society at large.
<b>NUMBERED ITEMS</b>	9-12.PAD.2.c.	Analyze the causes and effects of criminal and delinquent behavior in the United States today.

		<b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
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**Mississippi K-12 Curriculum Framework**

**Social Studies**

**Grade 12 - Adopted 2011**

<b>COMPETENCY</b>	<b>MS.9-12.USH.</b>	UNITED STATES HISTORY FROM POST-RECONSTRUCTION TO PRESENT (one credit)
<b>OBJECTIVE</b>		Culture
<b>NUMBERED ITEMS</b>	<b>9-12.USH.7.</b>	Understand cultural trends, religious ideologies, and artistic expressions that contributed to the historical development of the United States.
<b>INDICATOR</b>	<b>9-12.USH.7.a.</b>	Examine cultural artifacts (including but not limited to visual art, literature, music, theatre, sports) to contextualize historical developments. (DOK 2)  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>COMPETENCY</b>	<b>MS.9-12.E.</b>	ECONOMICS (one half credit)
<b>OBJECTIVE</b>		Culture
<b>NUMBERED ITEMS</b>	<b>9-12.E.6.</b>	Understand the personal economic consequences of spending and investment decisions made by individuals, businesses, and governments.
<b>INDICATOR</b>	<b>9-12.E.6.b.</b>	Demonstrate why it is important to take responsibility for personal financial decisions. (DOK 3)  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>COMPETENCY</b>	<b>MS.9-12.AWG.</b>	ADVANCED WORLD GEOGRAPHY (one credit)
<b>OBJECTIVE</b>	<b>9-12.AWG.1.</b>	Understand the role of the United States in the world system.
<b>NUMBERED ITEMS</b>	<b>9-12.AWG.1.a.</b>	Recognize and explain the effects of U.S. public opinion and U.S. policies on other peoples and countries around the world.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>COMPETENCY</b>	<b>MS.9-12.S.</b>	SOCIOLOGY (one half credit)

<b>OBJECTIVE</b>	<b>9-12.S.3.</b>	Understand social structure.
<b>NUMBERED ITEMS</b>	<b>9-12.S.3.a.</b>	Describe social roles, their development, and their relationships among social groups.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>NUMBERED ITEMS</b>	<b>9-12.S.3.b.</b>	Compare and contrast formal and informal groups, and evaluate their importance.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>COMPETENCY</b>	<b>MS.9-12.S.</b>	SOCIOLOGY (one half credit)
<b>OBJECTIVE</b>	<b>9-12.S.4.</b>	Understand major social problems.
<b>NUMBERED ITEMS</b>	<b>9-12.S.4.c.</b>	Compare and contrast the nuclear family and extended family.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>COMPETENCY</b>	<b>MS.9-12.LRE.</b>	LAW RELATED EDUCATION (one half credit)
<b>OBJECTIVE</b>	<b>9-12.LRE.5.</b>	Understand the effectiveness of correctional systems in deterring criminal behavior.
<b>NUMBERED ITEMS</b>	<b>9-12.LRE.5.a.</b>	Distinguish between civil and criminal penalties.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>COMPETENCY</b>	<b>MS.9-12.PL.</b>	PERSONAL LEADERSHIP (one credit)
<b>OBJECTIVE</b>	<b>9-12.PL.2.</b>	Understand the importance of developing personal leadership skills.
<b>NUMBERED</b>	<b>9-12.PL.2.d.</b>	Establish personal goals and a mission statement.

<b>ITEMS</b>		<p><b>Multimedia Extensions</b> Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b> Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>NUMBERED ITEMS</b>	9-12.PL.2.f.	<p>Demonstrate the concept of good listening skills.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b> Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 3: Connections - Lesson 05: Making Connections Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>COMPETENCY</b>	MS.9-12.PAD.	PROBLEMS IN AMERICAN DEMOCRACY (one half credit)
<b>OBJECTIVE</b>	9-12.PAD.2.	Describe the importance of balancing the rights, roles, and status of individual Americans with those of the society at large.
<b>NUMBERED ITEMS</b>	9-12.PAD.2.c.	Analyze the causes and effects of criminal and delinquent behavior in the United States today.

		<b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
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