

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

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

States: New Hampshire Curriculum Frameworks

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

New Hampshire Curriculum Frameworks

Health and PE

Grade 7 - Adopted 2003

STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	INJ.M.	Injury Prevention — Middle School (INJ)
GRADE LEVEL EXPECTATION	INJ.M.5.	Violence Prevention
EXPECTATION	INJ.M.5.3.	Students need to know how to avoid fighting/bullying My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	INJ.M.	Injury Prevention — Middle School (INJ)
GRADE LEVEL EXPECTATION	INJ.M.7.	Suicide Prevention
EXPECTATION	INJ.M.7.1.	Students need to know how to identify stressors Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap 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
EXPECTATION	INJ.M.7.2.	Students need to know how to recognize signs of depression and mental illness

		<p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION	INJ.M.7.3.	<p>Students need to know how to get help for self and others</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	NUT.M.	Nutrition — Middle School (NUT)
GRADE LEVEL EXPECTATION	NUT.M.1.	Healthful Eating
EXPECTATION	NUT.M.1.6.	<p>Students need to know how to assess personal nutritional needs, preferences, and practices</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	NUT.M.	Nutrition — Middle School (NUT)
GRADE LEVEL EXPECTATION	NUT.M.3.	Influences on Food Choices
EXPECTATION	NUT.M.3.1.	<p>Students need to know how to assess personal likes and dislikes</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION	NUT.M.3.6.	<p>Students need to know how moods and emotions influence food choices</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	PA.M.	Physical Activity — Middle School (PA)
GRADE LEVEL EXPECTATION	PA.M.1.	Healthful Physical Activity

EXPECTATION	PA.M.1.1.	<p>Students need to know benefits and risks of physical activity, including mental and social benefits</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
EXPECTATION	PA.M.1.8.	<p>Students need to know strategies for overcoming barriers to physical activity</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	FLS.M.	Family Life and Sexuality — Middle School (FLS)
GRADE LEVEL EXPECTATION	FLS.M.1.	Families and Relationships
EXPECTATION	FLS.M.1.1.	<p>Students need to know ways to communicate respect for self and others</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION	FLS.M.1.2.	<p>Students need to know diversity of relationships</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support &</p>

		<p>Connection</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION	FLS.M.1.3.	<p>Students need to know effects of changes in family dynamics after birth, marriage, divorce, death, etc.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	FLS.M.	Family Life and Sexuality — Middle School (FLS)
GRADE LEVEL EXPECTATION	FLS.M.2.	Growth and Development
EXPECTATION	FLS.M.2.4.	<p>Students need to know about puberty and adolescence</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p>
EXPECTATION	FLS.M.2.5.	<p>Students need to know about changes during the life cycle (birth, childhood, aging, death)</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	MH.M.	Mental Health — Middle School (MH)
GRADE LEVEL EXPECTATION	MH.M.1.	Positive Self-Image
EXPECTATION	MH.M.1.1.	<p>Students need to know personal assets and strengths</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support</p>

		<p>Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
EXPECTATION	MH.M.1.2.	<p>Students need to know characteristics of positive role models</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>My Roadmap to the Future 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>My Success Roadmap 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 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION	MH.M.1.3.	<p>Students need to know how to develop and demonstrate a sense of belonging (connectiveness)</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap 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 6: Highway to Motivation - Lesson 13: Motivation</p>
EXPECTATION	MH.M.1.4.	<p>Students need to know how to develop and demonstrate a sense of power (empowerment)</p>

		<p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap 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 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	MH.M.	Mental Health — Middle School (MH)
GRADE LEVEL EXPECTATION	MH.M.2.	Emotional Health
EXPECTATION	MH.M.2.1.	<p>Students need to know how to express needs, wants, and feelings appropriately</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</p>
EXPECTATION	MH.M.2.2.	<p>Students need to know positive ways to handle/express emotions, e.g., mood swings, hurt feelings, loneliness, sadness</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p>
EXPECTATION	MH.M.2.4.	<p>Students need to know ways to deal with frustration</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence</p>

		Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	MH.M.	Mental Health — Middle School (MH)
GRADE LEVEL EXPECTATION	MH.M.3.	Interpersonal Relationships and Communication
EXPECTATION	MH.M.3.1.	<p>Students need to know how to build and maintain healthy friendships</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION	MH.M.3.2.	<p>Students need to know skills for effective speaking, e.g., I-statements, eye contact, assertiveness</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
EXPECTATION	MH.M.3.3.	<p>Students need to know effective listening skills, e.g., reflective listening</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure</p>
EXPECTATION	MH.M.3.4.	<p>Students need to know characteristics of nonverbal communication</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure</p>
EXPECTATION	MH.M.3.9.	<p>Students need to know how to advocate for a healthy social environment</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>

STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	MH.M.	Mental Health — Middle School (MH)
GRADE LEVEL EXPECTATION	MH.M.4.	Stress Management
EXPECTATION	MH.M.4.1.	<p>Students need to know how to analyze stressors, e.g., death, ending relationships, changing schools, rejection</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap 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</p>
EXPECTATION	MH.M.4.2.	<p>Students need to know coping strategies to reduce stress</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap 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 6: Highway to Motivation - Lesson 13: Motivation</p>
EXPECTATION	MH.M.4.3.	<p>Students need to know ways to avoid stress</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p>

		<p>My Success Roadmap 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 6: Highway to Motivation - Lesson 13: Motivation</p>
EXPECTATION	MH.M.4.4.	<p>Students need to know strategies for transitioning into high school and beyond</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap 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 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	MH.M.	Mental Health — Middle School (MH)
GRADE LEVEL EXPECTATION	MH.M.6.	Resources and Support
EXPECTATION	MH.M.6.1.	<p>Students need to know when to get help</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
EXPECTATION	MH.M.6.2.	<p>Students need to know why to get help</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>

EXPECTATION	MH.M.6.3.	<p>Students need to know valid sources of information and help</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
EXPECTATION	MH.M.6.4.	<p>Students need to know how to identify support systems (formal and informal)</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	CEH.M.	Community and Environmental Health — Middle School (CEH)
GRADE LEVEL EXPECTATION	CEH.M.1.	Community Health Services
EXPECTATION	CEH.M.1.1.	<p>Students need to know home, school and community resources to promote health, e.g., library, Internet, health department, voluntary agencies</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
EXPECTATION	CEH.M.1.2.	<p>Students need to know how to access health agencies, e.g., health departments, voluntary agencies, private health care</p> <p>My Roadmap to the Future</p>

		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
EXPECTATION	CEH.M.1.3.	Students need to know how to identify public service community health activities My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
STRAND / STANDARD	NH.P.	Physical Education Curriculum Guidelines
STANDARD / GLE	P.1.	Engages in a physically active lifestyle (psychomotor).
GRADE LEVEL EXPECTATION	P.1.b.	The student will be able to set personal physical activity goals. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
GRADE LEVEL EXPECTATION	P.1.c.	The student will be able to identify long-term benefits that may result from regular participation in physical activity. Multimedia Extensions Multimedia Extensions: Stress
STRAND / STANDARD	NH.P.	Physical Education Curriculum Guidelines
STANDARD / GLE	P.2.	Achieves and maintains a health enhancing level of physical fitness (psychomotor).
GRADE LEVEL EXPECTATION	P.2.b.	The student will be able to design a comprehensive personal fitness plan (goals, strategies, timeline) based upon fitness assessment results. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GRADE LEVEL EXPECTATION	P.2.c.	The student will be able to identify effects of activity on stress levels. Multimedia Extensions

		<p>Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
GRADE LEVEL EXPECTATION	P.2.f.	<p>The student will be able to show improvement in all components of health-related fitness.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
GRADE LEVEL EXPECTATION	P.2.i.	<p>The student will be able to use a beginning level of technology to analyze, assess and improve one's fitness level.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD	NH.P.	Physical Education Curriculum Guidelines
STANDARD / GLE	P.5.	Identifies that physical activity provides opportunities for health enhancement, enjoyment, challenge, self-expression and social interaction (cognitive).
GRADE LEVEL EXPECTATION	P.5.a.	<p>The student will be able to identify the value of personally participating in physical activities.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STRAND / STANDARD	NH.P.	Physical Education Curriculum Guidelines
STANDARD / GLE	P.6.	Exhibits responsible personal and social behavior that respects self and others in physical activity settings (affective).
GRADE LEVEL EXPECTATION	P.6.e.	<p>The student will be able to discuss the difference between ethical and unethical behavior in physical activity settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
GRADE LEVEL EXPECTATION	P.6.f.	<p>The student will be able to demonstrate ethical behavior in physical activity settings.</p> <p>My Success Roadmap</p>

		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GRADE LEVEL EXPECTATION	P.6.h.	The student will be able to demonstrate positive attitudes towards self and others through verbal and non-verbal behaviors. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GRADE LEVEL EXPECTATION	P.6.k.	The student will be able to resolve conflicts and accept decisions of judgment in socially acceptable ways. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

New Hampshire Curriculum Frameworks

Health and PE

Grade 8 - Adopted 2003

STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	INJ.M.	Injury Prevention — Middle School (INJ)
GRADE LEVEL EXPECTATION	INJ.M.5.	Violence Prevention
EXPECTATION	INJ.M.5.3.	Students need to know how to avoid fighting/bullying My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	INJ.M.	Injury Prevention — Middle School (INJ)
GRADE LEVEL EXPECTATION	INJ.M.7.	Suicide Prevention
EXPECTATION	INJ.M.7.1.	Students need to know how to identify stressors Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance

		<p>My Success Roadmap 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</p>
EXPECTATION	INJ.M.7.2.	<p>Students need to know how to recognize signs of depression and mental illness</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION	INJ.M.7.3.	<p>Students need to know how to get help for self and others</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	NUT.M.	Nutrition — Middle School (NUT)
GRADE LEVEL EXPECTATION	NUT.M.1.	Healthful Eating
EXPECTATION	NUT.M.1.6.	<p>Students need to know how to assess personal nutritional needs, preferences, and practices</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	NUT.M.	Nutrition — Middle School (NUT)
GRADE LEVEL EXPECTATION	NUT.M.3.	Influences on Food Choices
EXPECTATION	NUT.M.3.1.	<p>Students need to know how to assess personal likes and dislikes</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION	NUT.M.3.6.	<p>Students need to know how moods and emotions influence food choices</p> <p>My Success Roadmap</p>

		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	PA.M.	Physical Activity — Middle School (PA)
GRADE LEVEL EXPECTATION	PA.M.1.	Healthful Physical Activity
EXPECTATION	PA.M.1.1.	Students need to know benefits and risks of physical activity, including mental and social benefits Multimedia Extensions Multimedia Extensions: Stress
EXPECTATION	PA.M.1.8.	Students need to know strategies for overcoming barriers to physical activity Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	FLS.M.	Family Life and Sexuality — Middle School (FLS)
GRADE LEVEL EXPECTATION	FLS.M.1.	Families and Relationships
EXPECTATION	FLS.M.1.1.	Students need to know ways to communicate respect for self and others Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

EXPECTATION	FLS.M.1.2.	<p>Students need to know diversity of relationships</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION	FLS.M.1.3.	<p>Students need to know effects of changes in family dynamics after birth, marriage, divorce, death, etc.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	FLS.M.	Family Life and Sexuality — Middle School (FLS)
GRADE LEVEL EXPECTATION	FLS.M.2.	Growth and Development
EXPECTATION	FLS.M.2.4.	<p>Students need to know about puberty and adolescence</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p>
EXPECTATION	FLS.M.2.5.	<p>Students need to know about changes during the life cycle (birth, childhood, aging, death)</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	MH.M.	Mental Health — Middle School (MH)
GRADE LEVEL EXPECTATION	MH.M.1.	Positive Self-Image

<p>EXPECTATION</p>	<p>MH.M.1.1.</p>	<p>Students need to know personal assets and strengths</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence 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 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
<p>EXPECTATION</p>	<p>MH.M.1.2.</p>	<p>Students need to know characteristics of positive role models</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>My Roadmap to the Future 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>My Success Roadmap 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 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>EXPECTATION</p>	<p>MH.M.1.3.</p>	<p>Students need to know how to develop and demonstrate a sense of belonging (connectiveness)</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap</p>

		<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 & Connection</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
EXPECTATION	MH.M.1.4.	<p>Students need to know how to develop and demonstrate a sense of power (empowerment)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap 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 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	MH.M.	Mental Health — Middle School (MH)
GRADE LEVEL EXPECTATION	MH.M.2.	Emotional Health
EXPECTATION	MH.M.2.1.	<p>Students need to know how to express needs, wants, and feelings appropriately</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</p>
EXPECTATION	MH.M.2.2.	<p>Students need to know positive ways to handle/express emotions, e.g., mood swings, hurt feelings, loneliness, sadness</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence</p>

		Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress
EXPECTATION	MH.M.2.4.	<p>Students need to know ways to deal with frustration</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	MH.M.	Mental Health — Middle School (MH)
GRADE LEVEL EXPECTATION	MH.M.3.	Interpersonal Relationships and Communication
EXPECTATION	MH.M.3.1.	<p>Students need to know how to build and maintain healthy friendships</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION	MH.M.3.2.	<p>Students need to know skills for effective speaking, e.g., I-statements, eye contact, assertiveness</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
EXPECTATION	MH.M.3.3.	<p>Students need to know effective listening skills, e.g., reflective listening</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure</p>
EXPECTATION	MH.M.3.4.	<p>Students need to know characteristics of nonverbal communication</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</p>

		Unit 4: Stress - Lesson 07: Handling Pressure
EXPECTATION	MH.M.3.9.	<p>Students need to know how to advocate for a healthy social environment</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	MH.M.	Mental Health — Middle School (MH)
GRADE LEVEL EXPECTATION	MH.M.4.	Stress Management
EXPECTATION	MH.M.4.1.	<p>Students need to know how to analyze stressors, e.g., death, ending relationships, changing schools, rejection</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap 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</p>
EXPECTATION	MH.M.4.2.	<p>Students need to know coping strategies to reduce stress</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap 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 6: Highway to Motivation - Lesson 13: Motivation</p>

<p>EXPECTATION</p>	<p>MH.M.4.3.</p>	<p>Students need to know ways to avoid stress</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap 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 6: Highway to Motivation - Lesson 13: Motivation</p>
<p>EXPECTATION</p>	<p>MH.M.4.4.</p>	<p>Students need to know strategies for transitioning into high school and beyond</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap 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 6: Highway to Motivation - Lesson 13: Motivation</p>
<p>STRAND / STANDARD</p>	<p>NH.H.</p>	<p>Health Education Curriculum Guidelines</p>
<p>STANDARD / GLE</p>	<p>MH.M.</p>	<p>Mental Health — Middle School (MH)</p>
<p>GRADE LEVEL EXPECTATION</p>	<p>MH.M.6.</p>	<p>Resources and Support</p>
<p>EXPECTATION</p>	<p>MH.M.6.1.</p>	<p>Students need to know when to get help</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>

EXPECTATION	MH.M.6.2.	<p>Students need to know why to get help</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
EXPECTATION	MH.M.6.3.	<p>Students need to know valid sources of information and help</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
EXPECTATION	MH.M.6.4.	<p>Students need to know how to identify support systems (formal and informal)</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	CEH.M.	Community and Environmental Health — Middle School (CEH)
GRADE LEVEL EXPECTATION	CEH.M.1.	Community Health Services
EXPECTATION	CEH.M.1.1.	<p>Students need to know home, school and community resources to promote health, e.g., library, Internet, health department, voluntary agencies</p> <p>My Roadmap to the Future</p>

		<p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
EXPECTATION	CEH.M.1.2.	<p>Students need to know how to access health agencies, e.g., health departments, voluntary agencies, private health care</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
EXPECTATION	CEH.M.1.3.	<p>Students need to know how to identify public service community health activities</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
STRAND / STANDARD	NH.P.	Physical Education Curriculum Guidelines
STANDARD / GLE	P.1.	Engages in a physically active lifestyle (psychomotor).
GRADE LEVEL EXPECTATION	P.1.b.	<p>The student will be able to set personal physical activity goals.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
GRADE LEVEL EXPECTATION	P.1.c.	<p>The student will be able to identify long-term benefits that may result from regular participation in physical activity.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STRAND / STANDARD	NH.P.	Physical Education Curriculum Guidelines
STANDARD / GLE	P.2.	Achieves and maintains a health enhancing level of physical fitness (psychomotor).
GRADE LEVEL EXPECTATION	P.2.b.	<p>The student will be able to design a comprehensive personal fitness plan (goals, strategies, timeline) based upon fitness assessment results.</p> <p>Multimedia Extensions</p>

		<p>Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
GRADE LEVEL EXPECTATION	P.2.c.	<p>The student will be able to identify effects of activity on stress levels.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
GRADE LEVEL EXPECTATION	P.2.f.	<p>The student will be able to show improvement in all components of health-related fitness.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
GRADE LEVEL EXPECTATION	P.2.i.	<p>The student will be able to use a beginning level of technology to analyze, assess and improve one's fitness level.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD	NH.P.	Physical Education Curriculum Guidelines
STANDARD / GLE	P.5.	Identifies that physical activity provides opportunities for health enhancement, enjoyment, challenge, self-expression and social interaction (cognitive).
GRADE LEVEL EXPECTATION	P.5.a.	<p>The student will be able to identify the value of personally participating in physical activities.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STRAND / STANDARD	NH.P.	Physical Education Curriculum Guidelines
STANDARD / GLE	P.6.	Exhibits responsible personal and social behavior that respects self and others in physical activity settings (affective).
GRADE LEVEL EXPECTATION	P.6.e.	The student will be able to discuss the difference between ethical and unethical behavior in physical activity settings.

		<p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
GRADE LEVEL EXPECTATION	P.6.f.	<p>The student will be able to demonstrate ethical behavior in physical activity settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
GRADE LEVEL EXPECTATION	P.6.h.	<p>The student will be able to demonstrate positive attitudes towards self and others through verbal and non-verbal behaviors.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
GRADE LEVEL EXPECTATION	P.6.k.	<p>The student will be able to resolve conflicts and accept decisions of judgment in socially acceptable ways.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>

New Hampshire Curriculum Frameworks

Social Studies

Grade 7 - Adopted 2006

STRAND / STANDARD	NH.4.	Economics: Economics is the study of the allocation and utilization of limited resources to meet society's unlimited needs and wants, including how goods and services are produced and distributed. Through economics, students examine the relationship between costs and benefits. They develop an understanding of basic economic concepts; economics in history; how economics affects and is affected by the individual; cycles in the economy; financial institutions and government; and international economics and trade. The goal of economic education is to prepare students to make effective decisions as consumers, producers, savers, investors, and as citizens.
STANDARD / GLE	4.6.	Personal Finance: Students will be able to explain the importance of money management, spending credit, saving, and investing in a free market economy.
GRADE LEVEL EXPECTATION	4.6.8.4.	<p>Students will identify sources of earned and unearned income, e.g., wages or investments.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
GRADE LEVEL EXPECTATION	4.6.8.7.	Discuss the importance of taking responsibility for personal financial decisions.

		<p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
GRADE LEVEL EXPECTATION	4.6.8.8.	<p>Design a plan for earning, spending, saving, and investing.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
STRAND / STANDARD	NH.6.	<p>New Hampshire and United States History: The study of New Hampshire and United States History is important in helping citizens understand and appreciate the legacy of our republic, and to develop the empathy and analytical skills needed to participate intelligently and responsibly in our ongoing democratic experiment. Historical study exposes students to the enduring themes and issues of our past and emboldens them to courageously and compassionately meet the contemporary challenges they will face as individuals in a state, a country and an interdependent world. Ultimately, the study of history will help students plan and implement responsible actions that support and enhance our collective values.</p>
STANDARD / GLE	6.3.	<p>World Views and Value systems and their Intellectual and Artistic Expressions: Students will demonstrate an understanding of conceptions of reality, ideals, guidelines of behavior and forms of expression.</p>
GRADE LEVEL EXPECTATION	6.3.8.1.	<p>Explain how art, music and literature often reflect and/or influence major ideas, values and conflicts of particular time periods, e.g., manifest destiny, protest movements, or freedom of expression.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>
STRAND / STANDARD	NH.6.	<p>New Hampshire and United States History: The study of New Hampshire and United States History is important in helping citizens understand and appreciate the legacy of our republic, and to develop the empathy and analytical skills needed to participate intelligently and responsibly in our ongoing democratic experiment. Historical study exposes students to the enduring themes and issues of our past and emboldens them to courageously and compassionately meet the contemporary challenges they will face as individuals in a state, a country and an interdependent world. Ultimately, the study of history will help students plan and implement responsible actions that support and enhance our collective values.</p>
STANDARD / GLE	6.5.	<p>Social/Cultural: Students will demonstrate an understanding of the interaction of various social groups, including their values, beliefs and practices, over time.</p>
GRADE LEVEL EXPECTATION	6.5.8.1.	<p>Analyze how societal changes have influenced the family, e.g., child labor or elderly care.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>

New Hampshire Curriculum Frameworks

Social Studies

Grade 8 - Adopted 2006

STRAND / STANDARD	NH.4.	Economics: Economics is the study of the allocation and utilization of limited resources to meet society's unlimited needs and wants, including how goods and services are produced and distributed. Through economics, students examine the relationship between costs and benefits. They develop an understanding of basic economic concepts; economics in history; how economics affects and is affected by the individual; cycles in the economy; financial institutions and government; and international economics and trade. The goal of economic education is to prepare students to make effective decisions as consumers, producers, savers, investors, and as citizens.
STANDARD / GLE	4.6.	Personal Finance: Students will be able to explain the importance of money management, spending credit, saving, and investing in a free market economy.
GRADE LEVEL EXPECTATION	4.6.8.4.	Students will identify sources of earned and unearned income, e.g., wages or investments. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
GRADE LEVEL EXPECTATION	4.6.8.7.	Discuss the importance of taking responsibility for personal financial decisions. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
GRADE LEVEL EXPECTATION	4.6.8.8.	Design a plan for earning, spending, saving, and investing. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND / STANDARD	NH.6.	New Hampshire and United States History: The study of New Hampshire and United States History is important in helping citizens understand and appreciate the legacy of our republic, and to develop the empathy and analytical skills needed to participate intelligently and responsibly in our ongoing democratic experiment. Historical study exposes students to the enduring themes and issues of our past and emboldens them to courageously and compassionately meet the contemporary challenges they will face as individuals in a state, a country and an interdependent world. Ultimately, the study of history will help students plan and implement responsible actions that support and enhance our collective values.
STANDARD / GLE	6.3.	World Views and Value systems and their Intellectual and Artistic Expressions: Students will demonstrate an understanding of conceptions of reality, ideals, guidelines of behavior and forms of expression.
GRADE LEVEL EXPECTATION	6.3.8.1.	Explain how art, music and literature often reflect and/or influence major ideas, values and conflicts of particular time periods, e.g., manifest destiny, protest movements, or freedom of expression. Multimedia Extensions Multimedia Extensions: Confidence

STRAND / STANDARD	NH.6.	New Hampshire and United States History: The study of New Hampshire and United States History is important in helping citizens understand and appreciate the legacy of our republic, and to develop the empathy and analytical skills needed to participate intelligently and responsibly in our ongoing democratic experiment. Historical study exposes students to the enduring themes and issues of our past and emboldens them to courageously and compassionately meet the contemporary challenges they will face as individuals in a state, a country and an interdependent world. Ultimately, the study of history will help students plan and implement responsible actions that support and enhance our collective values.
STANDARD / GLE	6.5.	Social/Cultural: Students will demonstrate an understanding of the interaction of various social groups, including their values, beliefs and practices, over time.
GRADE LEVEL EXPECTATION	6.5.8.1.	Analyze how societal changes have influenced the family, e.g., child labor or elderly care. Multimedia Extensions Multimedia Extensions: Connections

New Hampshire Curriculum Frameworks

Health and PE

Grade 9 - Adopted 2003

STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	INJ.H.	Injury Prevention – High School (INJ)
GRADE LEVEL EXPECTATION	INJ.H.3.	Violence Prevention
EXPECTATION	INJ.H.3.4.	Students need to know how to avoid fighting/bullying My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	INJ.H.	Injury Prevention – High School (INJ)
GRADE LEVEL EXPECTATION	INJ.H.5.	Suicide Prevention
EXPECTATION	INJ.H.5.1.	Students need to know signs of depression and mental illness My Success Roadmap

		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
EXPECTATION	INJ.H.5.2.	Students need to know how to get help for self and others My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	NUT.H.	Nutrition Prevention – High School (NUT)
GRADE LEVEL EXPECTATION	NUT.H.1.	Healthful Eating
EXPECTATION	NUT.H.1.6.	Students need to know how to assess personal nutritional needs, preferences and practices My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	NUT.H.	Nutrition Prevention – High School (NUT)
GRADE LEVEL EXPECTATION	NUT.H.3.	Influences on Food Choices
EXPECTATION	NUT.H.3.1.	Students need to know how to analyze personal likes and dislikes My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
EXPECTATION	NUT.H.3.6.	Students need to know how mood and emotions affect food choices My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	PA.H.	Physical Activity – High School (PA)
GRADE LEVEL EXPECTATION	PA.H.1.	Healthful Physical Activity
EXPECTATION	PA.H.1.1.	Students need to know benefits and risks of physical activity

		<p>Multimedia Extensions Multimedia Extensions: Stress</p>
EXPECTATION	PA.H.1.8.	<p>Students need to know strategies for overcoming barriers to physical activity</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	FLS.H.	Family Life and Sexuality – High School (FLS)
GRADE LEVEL EXPECTATION	FLS.H.1.	Families and Relationships
EXPECTATION	FLS.H.1.1.	<p>Students need to know ways to communicate respect for self and others</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION	FLS.H.1.2.	<p>Students need to know diversity of relationships, e.g., family, friends, dating, marriage</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 6: Highway to Motivation - Lesson 13: Motivation</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	MH.H.	Mental Health – High School (MH)
GRADE LEVEL EXPECTATION	MN.H.1.	Positive Self-Image
EXPECTATION	MN.H.1.1.	<p>Students need to know personal assets and strengths</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence 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 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
EXPECTATION	MN.H.1.2.	<p>Students need to know characteristics of positive role models</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>My Roadmap to the Future 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>My Success Roadmap 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 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

EXPECTATION	MN.H.1.3.	<p>Students need to know how to develop and demonstrate a sense of belonging</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap 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 6: Highway to Motivation - Lesson 13: Motivation</p>
EXPECTATION	MN.H.1.4.	<p>Students need to know how to develop and demonstrate a sense of empowerment</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap 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 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	MH.H.	Mental Health – High School (MH)
GRADE LEVEL EXPECTATION	MN.H.2.	Emotional Health
EXPECTATION	MN.H.2.1.	Students need to know strategies for expressing needs, wants and feelings appropriately

		<p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</p>
EXPECTATION	MN.H.2.2.	<p>Students need to know positive ways to handle emotions, e.g., mood swings, loneliness, hurt feelings, sadness</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p>
EXPECTATION	MN.H.2.4.	<p>Students need to know ways of dealing with frustration</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	MH.H.	Mental Health – High School (MH)
GRADE LEVEL EXPECTATION	MN.H.3.	Interpersonal Relationships and Communication
EXPECTATION	MN.H.3.1.	<p>Students need to know how to build and maintain relationships, including appropriate ways to end relationships</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION	MN.H.3.2.	<p>Students need to know skills for effective speaking, e.g., I-statements, eye contact, assertiveness</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>

EXPECTATION	MN.H.3.3.	<p>Students need to know skills for effective listening, e.g., reflective listening</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure</p>
EXPECTATION	MN.H.3.4.	<p>Students need to know characteristics of non-verbal communication</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure</p>
EXPECTATION	MN.H.3.10.	<p>Students need to know how to advocate for healthy social environment</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	MH.H.	Mental Health – High School (MH)
GRADE LEVEL EXPECTATION	MN.H.4.	Stress Management
EXPECTATION	MN.H.4.1.	<p>Students need to know types of stressors, e.g., death, ending relationships, changing schools, rejection</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap 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</p>
EXPECTATION	MN.H.4.2.	<p>Students need to know coping strategies to reduce stress, including exercise</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>

		<p>Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap 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 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION	MN.H.4.3.	<p>Students need to know ways to avoid stress</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap 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 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	MH.H.	Mental Health – High School (MH)
GRADE LEVEL EXPECTATION	MN.H.5.	Mental Health Problems
EXPECTATION	MN.H.5.1.	<p>Students need to know behaviors and symptoms of depression and other mental illness, e.g., obsessive-compulsive disorder, impulse-control disorders</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION	MN.H.5.3.	<p>Students need to know symptoms of eating disorders</p> <p>My Success Roadmap</p>

		Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	MH.H.	Mental Health – High School (MH)
GRADE LEVEL EXPECTATION	MN.H.6.	Resources and Support
EXPECTATION	MN.H.6.1.	<p>Students need to know when to get help</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
EXPECTATION	MN.H.6.2.	<p>Students need to know why to get help</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
EXPECTATION	MN.H.6.3.	<p>Students need to know where and how to get help</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
EXPECTATION	MN.H.6.4.	<p>Students need to know how to identify support systems (formal and informal)</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p>

		<p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	CEH.H.	Community and Environmental Health – High School (CEH)
GRADE LEVEL EXPECTATION	CEH.H.1.	Community Health Services
EXPECTATION	CEH.H.1.1.	<p>Students need to know how to access environment, school and community health services</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
EXPECTATION	CEH.H.1.3.	<p>Students need to know community health careers</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
STRAND / STANDARD	NH.P.	Physical Education Curriculum Guidelines
STANDARD / GLE	P.1.	Engages in a physically active lifestyle (psychomotor).
GRADE LEVEL EXPECTATION	P.1.b.	<p>The student will be able to develop a physical activity plan based on individual needs and interests.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD	NH.P.	Physical Education Curriculum Guidelines
STANDARD / GLE	P.2.	Achieves and maintains a health enhancing level of physical fitness (psychomotor).

<p>GRADE LEVEL EXPECTATION</p>	<p>P.2.c.</p>	<p>The student will be able to develop and implement a personal fitness program based on his/her fitness profile.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<p>GRADE LEVEL EXPECTATION</p>	<p>P.2.f.</p>	<p>The student will be able to use technology to analyze, assess and improve one's physical activity and fitness levels.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<p>GRADE LEVEL EXPECTATION</p>	<p>P.2.g.</p>	<p>The student will be able to examine the correlation between modifiable health-related risk factors and health-related fitness.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
<p>STRAND / STANDARD</p>	<p>NH.P.</p>	<p>Physical Education Curriculum Guidelines</p>
<p>STANDARD / GLE</p>	<p>P.5.</p>	<p>Identifies that physical activity provides opportunities for health enhancement, enjoyment, challenge, self-expression and social interaction (cognitive).</p>
<p>GRADE LEVEL EXPECTATION</p>	<p>P.5.a.</p>	<p>The student will be able to identify the value of personally participating in physical activities.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
<p>STRAND / STANDARD</p>	<p>NH.P.</p>	<p>Physical Education Curriculum Guidelines</p>
<p>STANDARD / GLE</p>	<p>P.6.</p>	<p>Exhibits responsible personal and social behavior that respects self and others in physical activity settings (affective).</p>
<p>GRADE LEVEL EXPECTATION</p>	<p>P.6.d.</p>	<p>The student will be able to analyze the difference between ethical and unethical behavior in physical activity settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>

GRADE LEVEL EXPECTATION	P.6.e.	The student will be able to demonstrate ethical behavior in physical activity settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GRADE LEVEL EXPECTATION	P.6.f.	The student will be able to demonstrate positive attitudes towards self and others through verbal and non-verbal behaviors. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
GRADE LEVEL EXPECTATION	P.6.i.	The student will be able to resolve conflicts and accept decisions of judgment in socially acceptable ways. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

New Hampshire Curriculum Frameworks

Health and PE

Grade 10 - Adopted 2003

STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	INJ.H.	Injury Prevention – High School (INJ)
GRADE LEVEL EXPECTATION	INJ.H.3.	Violence Prevention
EXPECTATION	INJ.H.3.4.	Students need to know how to avoid fighting/bullying My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	INJ.H.	Injury Prevention – High School (INJ)
GRADE LEVEL EXPECTATION	INJ.H.5.	Suicide Prevention
EXPECTATION	INJ.H.5.1.	Students need to know signs of depression and mental illness My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being

EXPECTATION	INJ.H.5.2.	Students need to know how to get help for self and others My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	NUT.H.	Nutrition Prevention – High School (NUT)
GRADE LEVEL EXPECTATION	NUT.H.1.	Healthful Eating
EXPECTATION	NUT.H.1.6.	Students need to know how to assess personal nutritional needs, preferences and practices My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	NUT.H.	Nutrition Prevention – High School (NUT)
GRADE LEVEL EXPECTATION	NUT.H.3.	Influences on Food Choices
EXPECTATION	NUT.H.3.1.	Students need to know how to analyze personal likes and dislikes My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
EXPECTATION	NUT.H.3.6.	Students need to know how mood and emotions affect food choices My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	PA.H.	Physical Activity – High School (PA)
GRADE LEVEL EXPECTATION	PA.H.1.	Healthful Physical Activity
EXPECTATION	PA.H.1.1.	Students need to know benefits and risks of physical activity Multimedia Extensions

		Multimedia Extensions: Stress
EXPECTATION	PA.H.1.8.	Students need to know strategies for overcoming barriers to physical activity Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	FLS.H.	Family Life and Sexuality – High School (FLS)
GRADE LEVEL EXPECTATION	FLS.H.1.	Families and Relationships
EXPECTATION	FLS.H.1.1.	Students need to know ways to communicate respect for self and others Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
EXPECTATION	FLS.H.1.2.	Students need to know diversity of relationships, e.g., family, friends, dating, marriage My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action

		Planning
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	MH.H.	Mental Health – High School (MH)
GRADE LEVEL EXPECTATION	MN.H.1.	Positive Self-Image
EXPECTATION	MN.H.1.1.	<p>Students need to know personal assets and strengths</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence 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 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
EXPECTATION	MN.H.1.2.	<p>Students need to know characteristics of positive role models</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>My Roadmap to the Future 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>My Success Roadmap 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 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION	MN.H.1.3.	Students need to know how to develop and demonstrate a sense of belonging

		<p>Multimedia Extensions Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap 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 6: Highway to Motivation - Lesson 13: Motivation</p>
EXPECTATION	MN.H.1.4.	<p>Students need to know how to develop and demonstrate a sense of empowerment</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap 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 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	MH.H.	Mental Health – High School (MH)
GRADE LEVEL EXPECTATION	MN.H.2.	Emotional Health
EXPECTATION	MN.H.2.1.	<p>Students need to know strategies for expressing needs, wants and feelings appropriately</p> <p>My Roadmap to the Future</p>

		Unit 3: Connections - Lesson 06: Analyzing Support
EXPECTATION	MN.H.2.2.	<p>Students need to know positive ways to handle emotions, e.g., mood swings, loneliness, hurt feelings, sadness</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p>
EXPECTATION	MN.H.2.4.	<p>Students need to know ways of dealing with frustration</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	MH.H.	Mental Health – High School (MH)
GRADE LEVEL EXPECTATION	MN.H.3.	Interpersonal Relationships and Communication
EXPECTATION	MN.H.3.1.	<p>Students need to know how to build and maintain relationships, including appropriate ways to end relationships</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION	MN.H.3.2.	<p>Students need to know skills for effective speaking, e.g., I-statements, eye contact, assertiveness</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
EXPECTATION	MN.H.3.3.	Students need to know skills for effective listening, e.g., reflective listening

		<p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure</p>
EXPECTATION	MN.H.3.4.	<p>Students need to know characteristics of non-verbal communication</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure</p>
EXPECTATION	MN.H.3.10.	<p>Students need to know how to advocate for healthy social environment</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	MH.H.	Mental Health – High School (MH)
GRADE LEVEL EXPECTATION	MN.H.4.	Stress Management
EXPECTATION	MN.H.4.1.	<p>Students need to know types of stressors, e.g., death, ending relationships, changing schools, rejection</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap 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</p>
EXPECTATION	MN.H.4.2.	<p>Students need to know coping strategies to reduce stress, including exercise</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future</p>

		<p>Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap 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 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION	MN.H.4.3.	<p>Students need to know ways to avoid stress</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap 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 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	MH.H.	Mental Health – High School (MH)
GRADE LEVEL EXPECTATION	MN.H.5.	Mental Health Problems
EXPECTATION	MN.H.5.1.	<p>Students need to know behaviors and symptoms of depression and other mental illness, e.g., obsessive-compulsive disorder, impulse-control disorders</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION	MN.H.5.3.	<p>Students need to know symptoms of eating disorders</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>

STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	MH.H.	Mental Health – High School (MH)
GRADE LEVEL EXPECTATION	MN.H.6.	Resources and Support
EXPECTATION	MN.H.6.1.	<p>Students need to know when to get help</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
EXPECTATION	MN.H.6.2.	<p>Students need to know why to get help</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
EXPECTATION	MN.H.6.3.	<p>Students need to know where and how to get help</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
EXPECTATION	MN.H.6.4.	<p>Students need to know how to identify support systems (formal and informal)</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>

		<p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	CEH.H.	Community and Environmental Health – High School (CEH)
GRADE LEVEL EXPECTATION	CEH.H.1.	Community Health Services
EXPECTATION	CEH.H.1.1.	<p>Students need to know how to access environment, school and community health services</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
EXPECTATION	CEH.H.1.3.	<p>Students need to know community health careers</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
STRAND / STANDARD	NH.P.	Physical Education Curriculum Guidelines
STANDARD / GLE	P.1.	Engages in a physically active lifestyle (psychomotor).
GRADE LEVEL EXPECTATION	P.1.b.	<p>The student will be able to develop a physical activity plan based on individual needs and interests.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD	NH.P.	Physical Education Curriculum Guidelines
STANDARD / GLE	P.2.	Achieves and maintains a health enhancing level of physical fitness (psychomotor).
GRADE LEVEL EXPECTATION	P.2.c.	The student will be able to develop and implement a personal fitness program based on his/her fitness profile.

		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
GRADE LEVEL EXPECTATION	P.2.f.	<p>The student will be able to use technology to analyze, assess and improve one's physical activity and fitness levels.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
GRADE LEVEL EXPECTATION	P.2.g.	<p>The student will be able to examine the correlation between modifiable health-related risk factors and health- related fitness.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STRAND / STANDARD	NH.P.	Physical Education Curriculum Guidelines
STANDARD / GLE	P.5.	Identifies that physical activity provides opportunities for health enhancement, enjoyment, challenge, self-expression and social interaction (cognitive).
GRADE LEVEL EXPECTATION	P.5.a.	<p>The student will be able to identify the value of personally participating in physical activities.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STRAND / STANDARD	NH.P.	Physical Education Curriculum Guidelines
STANDARD / GLE	P.6.	Exhibits responsible personal and social behavior that respects self and others in physical activity settings (affective).
GRADE LEVEL EXPECTATION	P.6.d.	<p>The student will be able to analyze the difference between ethical and unethical behavior in physical activity settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
GRADE LEVEL EXPECTATION	P.6.e.	The student will be able to demonstrate ethical behavior in physical activity settings.

		<p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
GRADE LEVEL EXPECTATION	P.6.f.	<p>The student will be able to demonstrate positive attitudes towards self and others through verbal and non-verbal behaviors.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
GRADE LEVEL EXPECTATION	P.6.i.	<p>The student will be able to resolve conflicts and accept decisions of judgment in socially acceptable ways.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>

New Hampshire Curriculum Frameworks

Health and PE

Grade 11 - Adopted 2003

STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	INJ.H.	Injury Prevention – High School (INJ)
GRADE LEVEL EXPECTATION	INJ.H.3.	Violence Prevention
EXPECTATION	INJ.H.3.4.	<p>Students need to know how to avoid fighting/bullying</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	INJ.H.	Injury Prevention – High School (INJ)
GRADE LEVEL EXPECTATION	INJ.H.5.	Suicide Prevention
EXPECTATION	INJ.H.5.1.	<p>Students need to know signs of depression and mental illness</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION	INJ.H.5.2.	Students need to know how to get help for self and others

		<p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	NUT.H.	Nutrition Prevention – High School (NUT)
GRADE LEVEL EXPECTATION	NUT.H.1.	Healthful Eating
EXPECTATION	NUT.H.1.6.	<p>Students need to know how to assess personal nutritional needs, preferences and practices</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	NUT.H.	Nutrition Prevention – High School (NUT)
GRADE LEVEL EXPECTATION	NUT.H.3.	Influences on Food Choices
EXPECTATION	NUT.H.3.1.	<p>Students need to know how to analyze personal likes and dislikes</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION	NUT.H.3.6.	<p>Students need to know how mood and emotions affect food choices</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	PA.H.	Physical Activity – High School (PA)
GRADE LEVEL EXPECTATION	PA.H.1.	Healthful Physical Activity
EXPECTATION	PA.H.1.1.	<p>Students need to know benefits and risks of physical activity</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>

EXPECTATION	PA.H.1.8.	<p>Students need to know strategies for overcoming barriers to physical activity</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	FLS.H.	Family Life and Sexuality – High School (FLS)
GRADE LEVEL EXPECTATION	FLS.H.1.	Families and Relationships
EXPECTATION	FLS.H.1.1.	<p>Students need to know ways to communicate respect for self and others</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION	FLS.H.1.2.	<p>Students need to know diversity of relationships, e.g., family, friends, dating, marriage</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	MH.H.	Mental Health – High School (MH)
GRADE LEVEL EXPECTATION	MN.H.1.	Positive Self-Image
EXPECTATION	MN.H.1.1.	<p>Students need to know personal assets and strengths</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence 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 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
EXPECTATION	MN.H.1.2.	<p>Students need to know characteristics of positive role models</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>My Roadmap to the Future 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>My Success Roadmap 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 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION	MN.H.1.3.	<p>Students need to know how to develop and demonstrate a sense of belonging</p>

		<p>Multimedia Extensions Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap 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 6: Highway to Motivation - Lesson 13: Motivation</p>
EXPECTATION	MN.H.1.4.	<p>Students need to know how to develop and demonstrate a sense of empowerment</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap 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 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	MH.H.	Mental Health – High School (MH)
GRADE LEVEL EXPECTATION	MN.H.2.	Emotional Health
EXPECTATION	MN.H.2.1.	<p>Students need to know strategies for expressing needs, wants and feelings appropriately</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</p>

EXPECTATION	MN.H.2.2.	<p>Students need to know positive ways to handle emotions, e.g., mood swings, loneliness, hurt feelings, sadness</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p>
EXPECTATION	MN.H.2.4.	<p>Students need to know ways of dealing with frustration</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	MH.H.	Mental Health – High School (MH)
GRADE LEVEL EXPECTATION	MN.H.3.	Interpersonal Relationships and Communication
EXPECTATION	MN.H.3.1.	<p>Students need to know how to build and maintain relationships, including appropriate ways to end relationships</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION	MN.H.3.2.	<p>Students need to know skills for effective speaking, e.g., I-statements, eye contact, assertiveness</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
EXPECTATION	MN.H.3.3.	<p>Students need to know skills for effective listening, e.g., reflective listening</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p>

		Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
EXPECTATION	MN.H.3.4.	Students need to know characteristics of non-verbal communication My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
EXPECTATION	MN.H.3.10.	Students need to know how to advocate for healthy social environment My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	MH.H.	Mental Health – High School (MH)
GRADE LEVEL EXPECTATION	MN.H.4.	Stress Management
EXPECTATION	MN.H.4.1.	Students need to know types of stressors, e.g., death, ending relationships, changing schools, rejection Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap 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
EXPECTATION	MN.H.4.2.	Students need to know coping strategies to reduce stress, including exercise Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance

		<p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap 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 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION	MN.H.4.3.	<p>Students need to know ways to avoid stress</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap 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 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	MH.H.	Mental Health – High School (MH)
GRADE LEVEL EXPECTATION	MN.H.5.	Mental Health Problems
EXPECTATION	MN.H.5.1.	<p>Students need to know behaviors and symptoms of depression and other mental illness, e.g., obsessive-compulsive disorder, impulse-control disorders</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION	MN.H.5.3.	<p>Students need to know symptoms of eating disorders</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
STRAND /	NH.H.	Health Education Curriculum Guidelines

STANDARD		
STANDARD / GLE	MH.H.	Mental Health – High School (MH)
GRADE LEVEL EXPECTATION	MN.H.6.	Resources and Support
EXPECTATION	MN.H.6.1.	<p>Students need to know when to get help</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
EXPECTATION	MN.H.6.2.	<p>Students need to know why to get help</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
EXPECTATION	MN.H.6.3.	<p>Students need to know where and how to get help</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
EXPECTATION	MN.H.6.4.	<p>Students need to know how to identify support systems (formal and informal)</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</p>

		Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	CEH.H.	Community and Environmental Health – High School (CEH)
GRADE LEVEL EXPECTATION	CEH.H.1.	Community Health Services
EXPECTATION	CEH.H.1.1.	Students need to know how to access environment, school and community health services My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
EXPECTATION	CEH.H.1.3.	Students need to know community health careers My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
STRAND / STANDARD	NH.P.	Physical Education Curriculum Guidelines
STANDARD / GLE	P.1.	Engages in a physically active lifestyle (psychomotor).
GRADE LEVEL EXPECTATION	P.1.b.	The student will be able to develop a physical activity plan based on individual needs and interests. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD	NH.P.	Physical Education Curriculum Guidelines
STANDARD / GLE	P.2.	Achieves and maintains a health enhancing level of physical fitness (psychomotor).
GRADE LEVEL EXPECTATION	P.2.c.	The student will be able to develop and implement a personal fitness program based on his/her fitness profile.

		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
GRADE LEVEL EXPECTATION	P.2.f.	<p>The student will be able to use technology to analyze, assess and improve one's physical activity and fitness levels.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
GRADE LEVEL EXPECTATION	P.2.g.	<p>The student will be able to examine the correlation between modifiable health-related risk factors and health-related fitness.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STRAND / STANDARD	NH.P.	Physical Education Curriculum Guidelines
STANDARD / GLE	P.5.	Identifies that physical activity provides opportunities for health enhancement, enjoyment, challenge, self-expression and social interaction (cognitive).
GRADE LEVEL EXPECTATION	P.5.a.	<p>The student will be able to identify the value of personally participating in physical activities.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STRAND / STANDARD	NH.P.	Physical Education Curriculum Guidelines
STANDARD / GLE	P.6.	Exhibits responsible personal and social behavior that respects self and others in physical activity settings (affective).
GRADE LEVEL EXPECTATION	P.6.d.	<p>The student will be able to analyze the difference between ethical and unethical behavior in physical activity settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
GRADE LEVEL EXPECTATION	P.6.e.	The student will be able to demonstrate ethical behavior in physical activity settings.

		<p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
GRADE LEVEL EXPECTATION	P.6.f.	<p>The student will be able to demonstrate positive attitudes towards self and others through verbal and non-verbal behaviors.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
GRADE LEVEL EXPECTATION	P.6.i.	<p>The student will be able to resolve conflicts and accept decisions of judgment in socially acceptable ways.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>

New Hampshire Curriculum Frameworks

Health and PE

Grade 12 - Adopted 2003

STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	INJ.H.	Injury Prevention – High School (INJ)
GRADE LEVEL EXPECTATION	INJ.H.3.	Violence Prevention
EXPECTATION	INJ.H.3.4.	<p>Students need to know how to avoid fighting/bullying</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	INJ.H.	Injury Prevention – High School (INJ)
GRADE LEVEL EXPECTATION	INJ.H.5.	Suicide Prevention
EXPECTATION	INJ.H.5.1.	<p>Students need to know signs of depression and mental illness</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION	INJ.H.5.2.	Students need to know how to get help for self and others

		<p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	NUT.H.	Nutrition Prevention – High School (NUT)
GRADE LEVEL EXPECTATION	NUT.H.1.	Healthful Eating
EXPECTATION	NUT.H.1.6.	<p>Students need to know how to assess personal nutritional needs, preferences and practices</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	NUT.H.	Nutrition Prevention – High School (NUT)
GRADE LEVEL EXPECTATION	NUT.H.3.	Influences on Food Choices
EXPECTATION	NUT.H.3.1.	<p>Students need to know how to analyze personal likes and dislikes</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION	NUT.H.3.6.	<p>Students need to know how mood and emotions affect food choices</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	PA.H.	Physical Activity – High School (PA)
GRADE LEVEL EXPECTATION	PA.H.1.	Healthful Physical Activity
EXPECTATION	PA.H.1.1.	<p>Students need to know benefits and risks of physical activity</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>

EXPECTATION	PA.H.1.8.	<p>Students need to know strategies for overcoming barriers to physical activity</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	FLS.H.	Family Life and Sexuality – High School (FLS)
GRADE LEVEL EXPECTATION	FLS.H.1.	Families and Relationships
EXPECTATION	FLS.H.1.1.	<p>Students need to know ways to communicate respect for self and others</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION	FLS.H.1.2.	<p>Students need to know diversity of relationships, e.g., family, friends, dating, marriage</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	MH.H.	Mental Health – High School (MH)
GRADE LEVEL EXPECTATION	MN.H.1.	Positive Self-Image
EXPECTATION	MN.H.1.1.	<p>Students need to know personal assets and strengths</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence 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 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
EXPECTATION	MN.H.1.2.	<p>Students need to know characteristics of positive role models</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>My Roadmap to the Future 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>My Success Roadmap 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 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION	MN.H.1.3.	<p>Students need to know how to develop and demonstrate a sense of belonging</p>

		<p>Multimedia Extensions Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap 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 6: Highway to Motivation - Lesson 13: Motivation</p>
EXPECTATION	MN.H.1.4.	<p>Students need to know how to develop and demonstrate a sense of empowerment</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap 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 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	MH.H.	Mental Health – High School (MH)
GRADE LEVEL EXPECTATION	MN.H.2.	Emotional Health
EXPECTATION	MN.H.2.1.	<p>Students need to know strategies for expressing needs, wants and feelings appropriately</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</p>

EXPECTATION	MN.H.2.2.	<p>Students need to know positive ways to handle emotions, e.g., mood swings, loneliness, hurt feelings, sadness</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p>
EXPECTATION	MN.H.2.4.	<p>Students need to know ways of dealing with frustration</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	MH.H.	Mental Health – High School (MH)
GRADE LEVEL EXPECTATION	MN.H.3.	Interpersonal Relationships and Communication
EXPECTATION	MN.H.3.1.	<p>Students need to know how to build and maintain relationships, including appropriate ways to end relationships</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION	MN.H.3.2.	<p>Students need to know skills for effective speaking, e.g., I-statements, eye contact, assertiveness</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
EXPECTATION	MN.H.3.3.	<p>Students need to know skills for effective listening, e.g., reflective listening</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p>

		Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
EXPECTATION	MN.H.3.4.	Students need to know characteristics of non-verbal communication My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
EXPECTATION	MN.H.3.10.	Students need to know how to advocate for healthy social environment My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	MH.H.	Mental Health – High School (MH)
GRADE LEVEL EXPECTATION	MN.H.4.	Stress Management
EXPECTATION	MN.H.4.1.	Students need to know types of stressors, e.g., death, ending relationships, changing schools, rejection Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap 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
EXPECTATION	MN.H.4.2.	Students need to know coping strategies to reduce stress, including exercise Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance

		<p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap 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 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EXPECTATION	MN.H.4.3.	<p>Students need to know ways to avoid stress</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap 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 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	MH.H.	Mental Health – High School (MH)
GRADE LEVEL EXPECTATION	MN.H.5.	Mental Health Problems
EXPECTATION	MN.H.5.1.	<p>Students need to know behaviors and symptoms of depression and other mental illness, e.g., obsessive-compulsive disorder, impulse-control disorders</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EXPECTATION	MN.H.5.3.	<p>Students need to know symptoms of eating disorders</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
STRAND /	NH.H.	Health Education Curriculum Guidelines

STANDARD		
STANDARD / GLE	MH.H.	Mental Health – High School (MH)
GRADE LEVEL EXPECTATION	MN.H.6.	Resources and Support
EXPECTATION	MN.H.6.1.	<p>Students need to know when to get help</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
EXPECTATION	MN.H.6.2.	<p>Students need to know why to get help</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
EXPECTATION	MN.H.6.3.	<p>Students need to know where and how to get help</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
EXPECTATION	MN.H.6.4.	<p>Students need to know how to identify support systems (formal and informal)</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</p>

		Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STRAND / STANDARD	NH.H.	Health Education Curriculum Guidelines
STANDARD / GLE	CEH.H.	Community and Environmental Health – High School (CEH)
GRADE LEVEL EXPECTATION	CEH.H.1.	Community Health Services
EXPECTATION	CEH.H.1.1.	Students need to know how to access environment, school and community health services My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
EXPECTATION	CEH.H.1.3.	Students need to know community health careers My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
STRAND / STANDARD	NH.P.	Physical Education Curriculum Guidelines
STANDARD / GLE	P.1.	Engages in a physically active lifestyle (psychomotor).
GRADE LEVEL EXPECTATION	P.1.b.	The student will be able to develop a physical activity plan based on individual needs and interests. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD	NH.P.	Physical Education Curriculum Guidelines
STANDARD / GLE	P.2.	Achieves and maintains a health enhancing level of physical fitness (psychomotor).
GRADE LEVEL EXPECTATION	P.2.c.	The student will be able to develop and implement a personal fitness program based on his/her fitness profile.

		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
GRADE LEVEL EXPECTATION	P.2.f.	<p>The student will be able to use technology to analyze, assess and improve one's physical activity and fitness levels.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
GRADE LEVEL EXPECTATION	P.2.g.	<p>The student will be able to examine the correlation between modifiable health-related risk factors and health-related fitness.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STRAND / STANDARD	NH.P.	Physical Education Curriculum Guidelines
STANDARD / GLE	P.5.	Identifies that physical activity provides opportunities for health enhancement, enjoyment, challenge, self-expression and social interaction (cognitive).
GRADE LEVEL EXPECTATION	P.5.a.	<p>The student will be able to identify the value of personally participating in physical activities.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STRAND / STANDARD	NH.P.	Physical Education Curriculum Guidelines
STANDARD / GLE	P.6.	Exhibits responsible personal and social behavior that respects self and others in physical activity settings (affective).
GRADE LEVEL EXPECTATION	P.6.d.	<p>The student will be able to analyze the difference between ethical and unethical behavior in physical activity settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
GRADE LEVEL EXPECTATION	P.6.e.	The student will be able to demonstrate ethical behavior in physical activity settings.

		<p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
GRADE LEVEL EXPECTATION	P.6.f.	<p>The student will be able to demonstrate positive attitudes towards self and others through verbal and non-verbal behaviors.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
GRADE LEVEL EXPECTATION	P.6.i.	<p>The student will be able to resolve conflicts and accept decisions of judgment in socially acceptable ways.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>

New Hampshire Curriculum Frameworks

Social Studies

Grade 9 - Adopted 2006

STRAND / STANDARD	NH.6.	<p>New Hampshire and United States History: The study of New Hampshire and United States History is important in helping citizens understand and appreciate the legacy of our republic, and to develop the empathy and analytical skills needed to participate intelligently and responsibly in our ongoing democratic experiment. Historical study exposes students to the enduring themes and issues of our past and emboldens them to courageously and compassionately meet the contemporary challenges they will face as individuals in a state, a country and an interdependent world. Ultimately, the study of history will help students plan and implement responsible actions that support and enhance our collective values.</p>
STANDARD / GLE	6.3.	<p>World Views and Value systems and their Intellectual and Artistic Expressions: Students will demonstrate an understanding of conceptions of reality, ideals, guidelines of behavior and forms of expression.</p>
GRADE LEVEL EXPECTATION	6.3.12.4.	<p>Analyze the spread of American ideas and culture around the world using examples, e.g., the Bill of Rights or popular music.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>

New Hampshire Curriculum Frameworks

Social Studies

Grade 10 - Adopted 2006

STRAND / STANDARD	NH.6.	<p>New Hampshire and United States History: The study of New Hampshire and United States History is important in helping citizens understand and appreciate the legacy of our republic, and to develop the empathy and analytical skills</p>
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		needed to participate intelligently and responsibly in our ongoing democratic experiment. Historical study exposes students to the enduring themes and issues of our past and emboldens them to courageously and compassionately meet the contemporary challenges they will face as individuals in a state, a country and an interdependent world. Ultimately, the study of history will help students plan and implement responsible actions that support and enhance our collective values.
STANDARD / GLE	6.3.	World Views and Value systems and their Intellectual and Artistic Expressions: Students will demonstrate an understanding of conceptions of reality, ideals, guidelines of behavior and forms of expression.
GRADE LEVEL EXPECTATION	6.3.12.4.	Analyze the spread of American ideas and culture around the world using examples, e.g., the Bill of Rights or popular music. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

New Hampshire Curriculum Frameworks

Social Studies

Grade 11 - Adopted 2006

STRAND / STANDARD	NH.6.	New Hampshire and United States History: The study of New Hampshire and United States History is important in helping citizens understand and appreciate the legacy of our republic, and to develop the empathy and analytical skills needed to participate intelligently and responsibly in our ongoing democratic experiment. Historical study exposes students to the enduring themes and issues of our past and emboldens them to courageously and compassionately meet the contemporary challenges they will face as individuals in a state, a country and an interdependent world. Ultimately, the study of history will help students plan and implement responsible actions that support and enhance our collective values.
STANDARD / GLE	6.3.	World Views and Value systems and their Intellectual and Artistic Expressions: Students will demonstrate an understanding of conceptions of reality, ideals, guidelines of behavior and forms of expression.
GRADE LEVEL EXPECTATION	6.3.12.4.	Analyze the spread of American ideas and culture around the world using examples, e.g., the Bill of Rights or popular music. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

New Hampshire Curriculum Frameworks

Social Studies

Grade 12 - Adopted 2006

STRAND / STANDARD	NH.6.	New Hampshire and United States History: The study of New Hampshire and United States History is important in helping citizens understand and appreciate the legacy of our republic, and to develop the empathy and analytical skills needed to participate intelligently and responsibly in our ongoing democratic
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		experiment. Historical study exposes students to the enduring themes and issues of our past and emboldens them to courageously and compassionately meet the contemporary challenges they will face as individuals in a state, a country and an interdependent world. Ultimately, the study of history will help students plan and implement responsible actions that support and enhance our collective values.
STANDARD / GLE	6.3.	World Views and Value systems and their Intellectual and Artistic Expressions: Students will demonstrate an understanding of conceptions of reality, ideals, guidelines of behavior and forms of expression.
GRADE LEVEL EXPECTATION	6.3.12.4.	Analyze the spread of American ideas and culture around the world using examples, e.g., the Bill of Rights or popular music. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

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