

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

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

States: Oklahoma Priority Academic Student Skills

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

Oklahoma Priority Academic Student Skills

Social Studies

Grade 7 - Adopted 2012

CONTENT STANDARD / COURSE	OK.7.PALS.	WORLD GEOGRAPHY - EASTERN HEMISPHERE THE WHY OF WHERE – PLACES, PATTERNS OF SETTLEMENT, AND GLOBAL INTERACTIONS - PROCESS AND LITERACY SKILLS (PALS) FOR LEARNING
STRAND / STANDARD	7.PALS.1.	The student will develop and demonstrate Common Core Social Studies reading literacy skills.
OBJECTIVE	7.PALS.1.A.	Key Ideas and Details
SKILL / CONCEPT	7.PALS.1.A.3.	Identify key steps in a text’s description of a process related to history/social studies (e.g., how a bill becomes law, how interest rates are raised or lowered). My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

Oklahoma Priority Academic Student Skills

Social Studies

Grade 8 - Adopted 2012

CONTENT STANDARD / COURSE	OK.8.PALS.	UNITED STATES HISTORY - CREATING THE UNITED STATES: THE FOUNDATION, FORMATION, AND TRANSFORMATION OF THE AMERICAN NATION, 1754-1877 - PROCESS AND LITERACY SKILLS (PALS) FOR LEARNING
STRAND / STANDARD	8.PALS.1.	The student will develop and demonstrate Common Core Social Studies reading literacy skills.
OBJECTIVE	8.PALS.1.A.	Key Ideas and Details
SKILL / CONCEPT	8.PALS.1.A.3.	Identify key steps in a text’s description of a process related to history/social studies (e.g., how a bill becomes law, how interest rates are raised or lowered). My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals

		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
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Oklahoma Priority Academic Student Skills

Health and PE

Grade 7 - Adopted 2002

CONTENT STANDARD / COURSE	OK.1.	Health Education: Health and Safety Literacy: The student will comprehend concepts related to health promotion, disease prevention, and safety practices.
STRAND / STANDARD	1.13.	Explain the relationship between caloric intake and level of activity in weight management and describe safe methods of weight control. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT STANDARD / COURSE	OK.2.	Health Education: Health and Safety Literacy: The student will demonstrate the ability to access valid health information and health-promoting products and services.
STRAND / STANDARD	2.4.	Analyze how media influences the selection of health information and products. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT STANDARD / COURSE	OK.3.	Health Education: Responsible Health and Safety Behavior: The student will demonstrate the ability to practice health-enhancing behaviors and reduce health and safety risks.
STRAND / STANDARD	3.3.	Examine how social pressures affect participation in risk-taking activities (e.g., using inhalants, steroids). My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap 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 12: Analyzing Well-Being
STRAND / STANDARD	3.5.	Describe techniques for coping with personal loss. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future

		<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>
STRAND / STANDARD	3.8.	<p>Analyze a personal health assessment to determine strengths and risks.</p> <p>Multimedia Extensions 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</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School 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 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / STANDARD	3.9.	<p>Demonstrate strategies to manage 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 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>
STRAND / STANDARD	3.10.	<p>Identify the role exercise, nutrition, hygiene, and relationships play in basic personal health needs.</p>

		<p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND / STANDARD	3.11.	<p>Investigate how to report potential dangerous situations to appropriate authorities (e.g., violence, health, or safety risks).</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>
CONTENT STANDARD / COURSE	OK.4.	<p>Health Education: Responsible Health and Safety Behavior: The student will analyze the influence of culture, media, technology, and other factors on health and safety.</p>
STRAND / STANDARD	4.1.	<p>Analyze the influence of technology on personal and family health and safety.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STRAND / STANDARD	4.2.	<p>Examine the influence of cultural beliefs on health behaviors and use of health services.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future 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 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
STRAND / STANDARD	4.4.	<p>Identify how media messages influence health behavior and choices.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
CONTENT STANDARD / COURSE	OK.5.	<p>Health Education: Responsible Health and Safety Behavior: The student will use interpersonal skills to enhance health and safety.</p>
STRAND / STANDARD	5.1.	<p>Identify verbal and nonverbal communication.</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>
STRAND / STANDARD	5.2.	<p>Describe and identify a need, want, and feeling.</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 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
STRAND / STANDARD	5.6.	<p>Demonstrate the ability to communicate consideration, caring, and 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 Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</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</p>
STRAND / STANDARD	5.7.	<p>Identify characteristics of good listening skills that build and maintain healthy relationships.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support 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>
CONTENT STANDARD / COURSE	OK.6.	<p>Health Education: Responsible Health and Safety Behavior: The student will demonstrate the ability to use goal-setting and decision-making skills to enhance health.</p>
STRAND / STANDARD	6.1.	<p>Establish personal health goals and record progress towards achievement.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>

		<p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>STRAND / STANDARD</p>	<p>6.2.</p>	<p>Identify healthy leisure-time activities (e.g., family outing, sports, board games).</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 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>STRAND / STANDARD</p>	<p>6.3.</p>	<p>Demonstrate the ability to apply a decision-making process to health and safety issues individually and collaboratively.</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>STRAND / STANDARD</p>	<p>6.4.</p>	<p>Analyze how personal health goals are influenced by changing information, priorities, and responsibilities.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>

		<p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / STANDARD	6.5.	<p>Develop a plan that identifies personal strengths, needs, and health risks.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School 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 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD / COURSE	OK.7.	<p>Health Education: Health and Safety Advocacy: The student will become an advocate for health and safety enhancement of self, family, and community.</p>
STRAND / STANDARD	7.3.	<p>Demonstrate the ability to influence and support others in making positive health and safety choices.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / STANDARD	7.4.	<p>Examine various methods for communicating health information and ideas.</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> <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>

<p>CONTENT STANDARD / COURSE</p>	<p>OK.3.</p>	<p>Health Education: HIV/Aids Prevention Education: Demonstrate refusal skills (saying 'no'), negotiation skills and peer resistance skills related to sexual health.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap 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 12: Analyzing Well-Being</p>
<p>CONTENT STANDARD / COURSE</p>	<p>OK.3.</p>	<p>Physical Education: Health-Enhancing Activity Development: The student exhibits a physically active lifestyle.</p>
<p>STRAND / STANDARD</p>	<p>3.1.</p>	<p>Participate in an individualized fitness program.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<p>STRAND / STANDARD</p>	<p>3.2.</p>	<p>Monitor heart rate before, during and after activity.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<p>STRAND / STANDARD</p>	<p>3.3.</p>	<p>Identify benefits of participation in different forms of physical activities.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<p>CONTENT STANDARD / COURSE</p>	<p>OK.4.</p>	<p>Physical Education: Health-Enhancing Activity Development: The student achieves and maintains a health-enhancing level of physical fitness.</p>
<p>STRAND / STANDARD</p>	<p>4.2.</p>	<p>Identify benefits of participation in different forms of physical activities.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap</p>

		Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND / STANDARD	4.3.	<p>Explain the importance of the components of health-related fitness: cardiovascular endurance, muscular strength, muscular endurance, and body composition.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT STANDARD / COURSE	OK.5.	Physical Education: Personal and Social Skill Development: The student demonstrates responsible personal and social behavior in physical activity settings.
STRAND / STANDARD	5.2.	<p>Apply rules and etiquette in physical activities.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD	5.3.	<p>Accept and respect the decisions made by game officials, whether they are fellow students, teachers, or volunteers.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
CONTENT STANDARD / COURSE	OK.6.	Physical Education: Personal and Social Skill Development: The student demonstrates understanding and respect for differences among people in physical activity settings.
STRAND / STANDARD	6.1.	<p>Participate with and show respect for persons of like and different skill levels.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD	6.2.	<p>Demonstrate sensitivity to the feelings of others during interaction with others in a physical activity setting.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>

Oklahoma Priority Academic Student Skills

Health and PE

Grade 8 - Adopted 2002

CONTENT STANDARD /	OK.1.	Health Education: Health and Safety Literacy: The student will comprehend
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COURSE		concepts related to health promotion, disease prevention, and safety practices.
STRAND / STANDARD	1.13.	<p>Explain the relationship between caloric intake and level of activity in weight management and describe safe methods of weight control.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
CONTENT STANDARD / COURSE	OK.2.	Health Education: Health and Safety Literacy: The student will demonstrate the ability to access valid health information and health-promoting products and services.
STRAND / STANDARD	2.4.	<p>Analyze how media influences the selection of health information and products.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
CONTENT STANDARD / COURSE	OK.3.	Health Education: Responsible Health and Safety Behavior: The student will demonstrate the ability to practice health-enhancing behaviors and reduce health and safety risks.
STRAND / STANDARD	3.3.	<p>Examine how social pressures affect participation in risk-taking activities (e.g., using inhalants, steroids).</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap 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 12: Analyzing Well-Being</p>
STRAND / STANDARD	3.5.	<p>Describe techniques for coping with personal loss.</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 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>

<p>STRAND / STANDARD</p>	<p>3.8.</p>	<p>Analyze a personal health assessment to determine strengths and risks.</p> <p>Multimedia Extensions 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</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School 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 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>STRAND / STANDARD</p>	<p>3.9.</p>	<p>Demonstrate strategies to manage 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 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>
<p>STRAND / STANDARD</p>	<p>3.10.</p>	<p>Identify the role exercise, nutrition, hygiene, and relationships play in basic personal health needs.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<p>STRAND / STANDARD</p>	<p>3.11.</p>	<p>Investigate how to report potential dangerous situations to appropriate authorities (e.g., violence, health, or safety risks).</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>
CONTENT STANDARD / COURSE	OK.4.	Health Education: Responsible Health and Safety Behavior: The student will analyze the influence of culture, media, technology, and other factors on health and safety.
STRAND / STANDARD	4.1.	<p>Analyze the influence of technology on personal and family health and safety.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STRAND / STANDARD	4.2.	<p>Examine the influence of cultural beliefs on health behaviors and use of health services.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future 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 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
CONTENT STANDARD / COURSE	OK.5.	Health Education: Responsible Health and Safety Behavior: The student will analyze the influence of culture, media, technology, and other factors on health and safety.
STRAND / STANDARD	4.4.	<p>Identify how media messages influence health behavior and choices.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
CONTENT STANDARD / COURSE	OK.5.	Health Education: Responsible Health and Safety Behavior: The student will use interpersonal skills to enhance health and safety.
STRAND / STANDARD	5.1.	<p>Identify verbal and nonverbal communication.</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>
STRAND / STANDARD	5.2.	Describe and identify a need, want, and feeling.

		<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 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
STRAND / STANDARD	5.6.	<p>Demonstrate the ability to communicate consideration, caring, and 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 Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</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</p>
STRAND / STANDARD	5.7.	<p>Identify characteristics of good listening skills that build and maintain healthy relationships.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support 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>
CONTENT STANDARD / COURSE	OK.6.	<p>Health Education: Responsible Health and Safety Behavior: The student will demonstrate the ability to use goal-setting and decision-making skills to enhance health.</p>
STRAND / STANDARD	6.1.	<p>Establish personal health goals and record progress towards achievement.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap</p>

		<p>Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / STANDARD	6.2.	<p>Identify healthy leisure-time activities (e.g., family outing, sports, board games).</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 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / STANDARD	6.3.	<p>Demonstrate the ability to apply a decision-making process to health and safety issues individually and collaboratively.</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / STANDARD	6.4.	<p>Analyze how personal health goals are influenced by changing information, priorities, and responsibilities.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / STANDARD	6.5.	<p>Develop a plan that identifies personal strengths, needs, and health risks.</p>

		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD / COURSE	OK.7.	Health Education: Health and Safety Advocacy: The student will become an advocate for health and safety enhancement of self, family, and community.
STRAND / STANDARD	7.3.	<p>Demonstrate the ability to influence and support others in making positive health and safety choices.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / STANDARD	7.4.	<p>Examine various methods for communicating health information and ideas.</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> <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>
CONTENT STANDARD / COURSE	OK.3.	<p>Health Education: HIV/Aids Prevention Education: Demonstrate refusal skills (saying 'no'), negotiation skills and peer resistance skills related to sexual health.</p> <p>My Roadmap to the Future</p>

		<p>Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap 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 12: Analyzing Well-Being</p>
CONTENT STANDARD / COURSE	OK.3.	Physical Education: Health-Enhancing Activity Development: The student exhibits a physically active lifestyle.
STRAND / STANDARD	3.2.	<p>Participate regularly in and out of the school setting in health-enhancing physical activity to accomplish personal goals.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND / STANDARD	3.3.	<p>Demonstrate knowledge of long-term physiological and psychological benefits that may result from regular participation in physical activity.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT STANDARD / COURSE	OK.4.	Physical Education: Health-Enhancing Activity Development: The student achieves and maintains a health-enhancing level of physical fitness.
STRAND / STANDARD	4.1.	<p>Analyze and categorize activities and exercises according to potential fitness benefits.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STRAND / STANDARD	4.5.	<p>Design and implement a personal fitness profile that relates to total wellness.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT STANDARD / COURSE	OK.5.	Physical Education: Personal and Social Skill Development: The student demonstrates responsible personal and social behavior in physical activity settings.

STRAND / STANDARD	5.1.	Demonstrate appropriate conduct as an individual and as part of a group. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD	5.3.	Recognize the influence of peer pressure. My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap 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 12: Analyzing Well-Being
STRAND / STANDARD	5.4.	Solve problems by analyzing causes and potential solutions. My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT STANDARD / COURSE	OK.6.	Physical Education: Personal and Social Skill Development: The student demonstrates understanding and respect for differences among people in physical activity settings.
STRAND / STANDARD	6.1.	Show respect for persons of like and different skill levels. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

Oklahoma Priority Academic Student Skills

Social Studies

Grade 9 - Adopted 2012

CONTENT STANDARD / COURSE	OK.E.CS.	ECONOMICS - INCENTIVES AND DISINCENTIVES: LAND, LABOR, CAPITAL, AND ENTREPRENEURSHIP - CONTENT SKILLS
STRAND / STANDARD	E.CS.9.	The student will evaluate the economic role of government in a market economy.
OBJECTIVE	E.CS.9.2.	Describe the costs and benefits of government assistance programs, education, and other government funded services and projects. Multimedia Extensions

		<p>Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
CONTENT STANDARD / COURSE	OK.OHG.CS.	OKLAHOMA HISTORY AND GOVERNMENT: THE FOUNDATION, FORMATION, AND TRANSFORMATION OF OKLAHOMA - CONTENT SKILLS
STRAND / STANDARD	OHG.CS.3.	The student will analyze the formation and development of constitutional government in Oklahoma.
OBJECTIVE	OHG.CS.3.5.	<p>Identify major sources of local and state revenues and the services provided including education, infrastructure, courts, and public safety.</p> <p>Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
CONTENT STANDARD / COURSE	OK.P.CS.	PSYCHOLOGY - FOUNDATIONS AND FORMATIONS OF HUMAN DEVELOPMENT - CONTENT SKILLS
STRAND / STANDARD	P.CS.9.	The student will evaluate the many factors that promote mental health.
OBJECTIVE	P.CS.9.1.	<p>Identify and explain potential sources of stress, effects of stress, and various coping strategies for dealing with stress.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p>
OBJECTIVE	P.CS.9.2.	<p>Describe the characteristics of and factors that promote resilience and optimism.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p>
OBJECTIVE	P.CS.9.3.	<p>Analyze the relationship between psychological health and physiological health.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p>

CONTENT STANDARD / COURSE	OK.S.CS.	SOCIOLOGY - FORMATIONS AND PATTERNS OF GROUP BEHAVIOR - CONTENT SKILLS
STRAND / STANDARD	S.CS.2.	The student will examine the influence of culture and the way cultural transmission is accomplished.
OBJECTIVE	S.CS.2.5.	Compare and contrast various subcultures including counter culture, pop culture, ethnic cultures, and religious cultures. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
CONTENT STANDARD / COURSE	OK.S.CS.	SOCIOLOGY - FORMATIONS AND PATTERNS OF GROUP BEHAVIOR - CONTENT SKILLS
STRAND / STANDARD	S.CS.4.	The student will examine how social groups are composed of people who share common characteristics including interests, beliefs, behaviors, and feelings.
OBJECTIVE	S.CS.4.1.	Examine why individuals become members of or associate with different social groups. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
CONTENT STANDARD / COURSE	OK.US.H.CS.	UNITED STATES HISTORY - THE UNITED STATES: THE AMERICAN NATION IN TRANSFORMATION, 1878 TO THE PRESENT - PROCESS AND LITERACY SKILLS (PALS) FOR LEARNING - CONTENT SKILLS
STRAND / STANDARD	USH.CS.7.	The student will examine contemporary challenges and successes in meeting the needs of the American citizen and society, 2002 to the present.
OBJECTIVE	USH.CS.7.2.	Examine the ongoing issues of immigration, employment, climate change, environmental pollution, globalization, population growth, race relations, women's issues, healthcare, civic engagement, education, and the rapid development of technology. Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

Social Studies

Grade 10 - Adopted 2012

CONTENT STANDARD / COURSE	OK.E.CS.	ECONOMICS - INCENTIVES AND DISINCENTIVES: LAND, LABOR, CAPITAL, AND ENTREPRENEURSHIP - CONTENT SKILLS
STRAND / STANDARD	E.CS.9.	The student will evaluate the economic role of government in a market economy.
OBJECTIVE	E.CS.9.2.	Describe the costs and benefits of government assistance programs, education, and other government funded services and projects. Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
CONTENT STANDARD / COURSE	OK.OHG.CS.	OKLAHOMA HISTORY AND GOVERNMENT: THE FOUNDATION, FORMATION, AND TRANSFORMATION OF OKLAHOMA - CONTENT SKILLS
STRAND / STANDARD	OHG.CS.3.	The student will analyze the formation and development of constitutional government in Oklahoma.
OBJECTIVE	OHG.CS.3.5.	Identify major sources of local and state revenues and the services provided including education, infrastructure, courts, and public safety. Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
CONTENT STANDARD / COURSE	OK.P.CS.	PSYCHOLOGY - FOUNDATIONS AND FORMATIONS OF HUMAN DEVELOPMENT - CONTENT SKILLS
STRAND / STANDARD	P.CS.9.	The student will evaluate the many factors that promote mental health.
OBJECTIVE	P.CS.9.1.	Identify and explain potential sources of stress, effects of stress, and various coping strategies for dealing with stress. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being

OBJECTIVE	P.CS.9.2.	Describe the characteristics of and factors that promote resilience and optimism. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
OBJECTIVE	P.CS.9.3.	Analyze the relationship between psychological health and physiological health. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
CONTENT STANDARD / COURSE	OK.S.CS.	SOCIOLOGY - FORMATIONS AND PATTERNS OF GROUP BEHAVIOR - CONTENT SKILLS
STRAND / STANDARD	S.CS.2.	The student will examine the influence of culture and the way cultural transmission is accomplished.
OBJECTIVE	S.CS.2.5.	Compare and contrast various subcultures including counter culture, pop culture, ethnic cultures, and religious cultures. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
CONTENT STANDARD / COURSE	OK.S.CS.	SOCIOLOGY - FORMATIONS AND PATTERNS OF GROUP BEHAVIOR - CONTENT SKILLS
STRAND / STANDARD	S.CS.4.	The student will examine how social groups are composed of people who share common characteristics including interests, beliefs, behaviors, and feelings.
OBJECTIVE	S.CS.4.1.	Examine why individuals become members of or associate with different social groups. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
CONTENT STANDARD / COURSE	OK.US.H.CS.	UNITED STATES HISTORY - THE UNITED STATES: THE AMERICAN NATION IN TRANSFORMATION, 1878 TO THE PRESENT - PROCESS AND LITERACY SKILLS (PALS) FOR LEARNING - CONTENT SKILLS
STRAND / STANDARD	USH.CS.7.	The student will examine contemporary challenges and successes in meeting the needs of the American citizen and society, 2002 to the present.

OBJECTIVE	USH.CS.7.2.	Examine the ongoing issues of immigration, employment, climate change, environmental pollution, globalization, population growth, race relations, women's issues, healthcare, civic engagement, education, and the rapid development of technology. Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
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Oklahoma Priority Academic Student Skills

Social Studies

Grade 11 - Adopted 2012

CONTENT STANDARD / COURSE	OK.E.CS.	ECONOMICS - INCENTIVES AND DISINCENTIVES: LAND, LABOR, CAPITAL, AND ENTREPRENEURSHIP - CONTENT SKILLS
STRAND / STANDARD	E.CS.9.	The student will evaluate the economic role of government in a market economy.
OBJECTIVE	E.CS.9.2.	Describe the costs and benefits of government assistance programs, education, and other government funded services and projects. Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
CONTENT STANDARD / COURSE	OK.OHG.CS.	OKLAHOMA HISTORY AND GOVERNMENT: THE FOUNDATION, FORMATION, AND TRANSFORMATION OF OKLAHOMA - CONTENT SKILLS
STRAND / STANDARD	OHG.CS.3.	The student will analyze the formation and development of constitutional government in Oklahoma.
OBJECTIVE	OHG.CS.3.5.	Identify major sources of local and state revenues and the services provided including education, infrastructure, courts, and public safety. Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

CONTENT STANDARD / COURSE	OK.P.CS.	PSYCHOLOGY - FOUNDATIONS AND FORMATIONS OF HUMAN DEVELOPMENT - CONTENT SKILLS
STRAND / STANDARD	P.CS.9.	The student will evaluate the many factors that promote mental health.
OBJECTIVE	P.CS.9.1.	Identify and explain potential sources of stress, effects of stress, and various coping strategies for dealing with stress. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
OBJECTIVE	P.CS.9.2.	Describe the characteristics of and factors that promote resilience and optimism. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
OBJECTIVE	P.CS.9.3.	Analyze the relationship between psychological health and physiological health. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
CONTENT STANDARD / COURSE	OK.S.CS.	SOCIOLOGY - FORMATIONS AND PATTERNS OF GROUP BEHAVIOR - CONTENT SKILLS
STRAND / STANDARD	S.CS.2.	The student will examine the influence of culture and the way cultural transmission is accomplished.
OBJECTIVE	S.CS.2.5.	Compare and contrast various subcultures including counter culture, pop culture, ethnic cultures, and religious cultures. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
CONTENT STANDARD / COURSE	OK.S.CS.	SOCIOLOGY - FORMATIONS AND PATTERNS OF GROUP BEHAVIOR - CONTENT SKILLS
STRAND / STANDARD	S.CS.4.	The student will examine how social groups are composed of people who share common characteristics including interests, beliefs, behaviors, and feelings.
OBJECTIVE	S.CS.4.1.	Examine why individuals become members of or associate with different social groups.

		<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</p>
CONTENT STANDARD / COURSE	OK.U.S.H.CS.	UNITED STATES HISTORY - THE UNITED STATES: THE AMERICAN NATION IN TRANSFORMATION, 1878 TO THE PRESENT - PROCESS AND LITERACY SKILLS (PALS) FOR LEARNING - CONTENT SKILLS
STRAND / STANDARD	USH.CS.7.	The student will examine contemporary challenges and successes in meeting the needs of the American citizen and society, 2002 to the present.
OBJECTIVE	USH.CS.7.2.	<p>Examine the ongoing issues of immigration, employment, climate change, environmental pollution, globalization, population growth, race relations, women’s issues, healthcare, civic engagement, education, and the rapid development of technology.</p> <p>Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

Oklahoma Priority Academic Student Skills

Social Studies

Grade 12 - Adopted 2012

CONTENT STANDARD / COURSE	OK.E.CS.	ECONOMICS - INCENTIVES AND DISINCENTIVES: LAND, LABOR, CAPITAL, AND ENTREPRENEURSHIP - CONTENT SKILLS
STRAND / STANDARD	E.CS.9.	The student will evaluate the economic role of government in a market economy.
OBJECTIVE	E.CS.9.2.	<p>Describe the costs and benefits of government assistance programs, education, and other government funded services and projects.</p> <p>Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
CONTENT STANDARD /	OK.OHG.CS.	OKLAHOMA HISTORY AND GOVERNMENT: THE FOUNDATION, FORMATION, AND TRANSFORMATION OF OKLAHOMA - CONTENT

COURSE		SKILLS
STRAND / STANDARD	OHG.CS.3.	The student will analyze the formation and development of constitutional government in Oklahoma.
OBJECTIVE	OHG.CS.3.5.	Identify major sources of local and state revenues and the services provided including education, infrastructure, courts, and public safety. Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
CONTENT STANDARD / COURSE	OK.P.CS.	PSYCHOLOGY - FOUNDATIONS AND FORMATIONS OF HUMAN DEVELOPMENT - CONTENT SKILLS
STRAND / STANDARD	P.CS.9.	The student will evaluate the many factors that promote mental health.
OBJECTIVE	P.CS.9.1.	Identify and explain potential sources of stress, effects of stress, and various coping strategies for dealing with stress. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
OBJECTIVE	P.CS.9.2.	Describe the characteristics of and factors that promote resilience and optimism. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
OBJECTIVE	P.CS.9.3.	Analyze the relationship between psychological health and physiological health. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
CONTENT STANDARD / COURSE	OK.S.CS.	SOCIOLOGY - FORMATIONS AND PATTERNS OF GROUP BEHAVIOR - CONTENT SKILLS
STRAND / STANDARD	S.CS.2.	The student will examine the influence of culture and the way cultural transmission is accomplished.

OBJECTIVE	S.CS.2.5.	Compare and contrast various subcultures including counter culture, pop culture, ethnic cultures, and religious cultures. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
CONTENT STANDARD / COURSE	OK.S.CS.	SOCIOLOGY - FORMATIONS AND PATTERNS OF GROUP BEHAVIOR - CONTENT SKILLS
STRAND / STANDARD	S.CS.4.	The student will examine how social groups are composed of people who share common characteristics including interests, beliefs, behaviors, and feelings.
OBJECTIVE	S.CS.4.1.	Examine why individuals become members of or associate with different social groups. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
CONTENT STANDARD / COURSE	OK.US.H.CS.	UNITED STATES HISTORY - THE UNITED STATES: THE AMERICAN NATION IN TRANSFORMATION, 1878 TO THE PRESENT - PROCESS AND LITERACY SKILLS (PALS) FOR LEARNING - CONTENT SKILLS
STRAND / STANDARD	USH.CS.7.	The student will examine contemporary challenges and successes in meeting the needs of the American citizen and society, 2002 to the present.
OBJECTIVE	USH.CS.7.2.	Examine the ongoing issues of immigration, employment, climate change, environmental pollution, globalization, population growth, race relations, women's issues, healthcare, civic engagement, education, and the rapid development of technology. Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

Oklahoma Priority Academic Student Skills

Health and PE

Grade 9 - Adopted 2002

CONTENT STANDARD /	OK.1.	Health Education: Health and Safety Literacy: The student will comprehend concepts related to health promotion, safety, and disease prevention.
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COURSE		
STRAND / STANDARD	1.5.	<p>Describe the impact of personal health behaviors and their influence on the health of individuals.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD / COURSE	OK.2.	<p>Health Education: Health and Safety Literacy: The student knows how to access valid health information, health products and services.</p>
STRAND / STANDARD	2.2.	<p>Examine and evaluate media messages.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STRAND / STANDARD	2.3.	<p>Demonstrate the ability to access school and community health services for self and others.</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 Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
STRAND / STANDARD	2.4.	<p>Evaluate factors that influence personal choices of health products and services.</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
STRAND / STANDARD	2.5.	<p>Examine how 'media' influences the use of tobacco products.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STRAND / STANDARD	2.6.	<p>Describe how our culture, media, videogames, and Internet usage influences perceptions of violence.</p>

		<p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future 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 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
CONTENT STANDARD / COURSE	OK.3.	Health Education: Health and Safety Literacy: The student will analyze the influence of culture, media, technology, and other factors on health.
STRAND / STANDARD	3.1.	<p>Examine and evaluate how culture influences health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future 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 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
STRAND / STANDARD	3.2.	<p>Analyze how information from media, technology, and the community effects health and safety behavior.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
STRAND / STANDARD	3.3.	<p>Interpret and evaluate media messages and other factors on personal, family, and community health and safety.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>

		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONTENT STANDARD / COURSE	OK.4.	Health Education: Health and Safety Literacy: The student will demonstrate the ability to use interpersonal communication skills to enhance health and safety.
STRAND / STANDARD	4.1.	Demonstrate ability to communicate effectively with family, peers, and others. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
STRAND / STANDARD	4.2.	Practice skills and techniques for decision making and problem solving. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND / STANDARD	4.3.	Demonstrate ways to communicate care, consideration, and respect of 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 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation 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
STRAND / STANDARD	4.4.	Demonstrate refusal, negotiation, and collaboration skills to avoid harmful situations. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success

		<p>Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / STANDARD	4.6.	<p>Examine how interpersonal communication affects relationships.</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>
STRAND / STANDARD	4.7.	<p>Demonstrate anger management and conflict resolution skills through assertive communication skills.</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>
CONTENT STANDARD / COURSE	OK.5.	<p>Health Education: Health and Safety Literacy: The student will develop plans for a healthy future through individual goal setting and decision making.</p>
STRAND / STANDARD	5.1.	<p>Analyze and predict immediate and long-term impact of health and safety decisions on individual, family, school, and community.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>

		<p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / STANDARD	5.2.	<p>Establish personal health goals and evaluate progress toward achieving those goals.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / STANDARD	5.3.	<p>Demonstrate the ability to utilize various strategies when making decisions related to health needs and risks of young adults.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD / COURSE	OK.6.	<p>Health Education: Health and Safety Advocacy: The student becomes an advocate for health and safety for self, family, and community.</p>
STRAND / STANDARD	6.1.	<p>Investigate and present information about health and safety issues utilizing technology.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD	6.2.	<p>Demonstrate the ability to influence and support others in positive health and safety choices.</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	6.4.	<p>Utilize strategies to overcome barriers in communicating information, ideas, feelings, and opinions concerning health and safety issues.</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> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD	6.5.	<p>Examine bullying prevention strategies and the effect of bystander influence on violent behavior situations.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap 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 12: Analyzing Well-Being</p>
CONTENT STANDARD / COURSE	OK.3.	<p>Health Education: HIV/Aids Prevention Education: Demonstrate refusal skills (saying 'no'), negotiation skills and peer resistance skills related to sexual health.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap 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 12: Analyzing Well-Being</p>
CONTENT STANDARD / COURSE	OK.3.	Physical Education: Health-Enhancing Activity Development: The student exhibits a physically active lifestyle.
STRAND / STANDARD	3.2.	Participate regularly in and out of the school setting in health-enhancing physical activity to accomplish personal goals.

		<p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND / STANDARD	3.3.	<p>Demonstrate knowledge of long-term physiological and psychological benefits that may result from regular participation in physical activity.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT STANDARD / COURSE	OK.4.	Physical Education: Health-Enhancing Activity Development: The student achieves and maintains a health-enhancing level of physical fitness.
STRAND / STANDARD	4.1.	<p>Analyze and categorize activities and exercises according to potential fitness benefits.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STRAND / STANDARD	4.5.	<p>Design and implement a personal fitness profile that relates to total wellness.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT STANDARD / COURSE	OK.5.	Physical Education: Personal and Social Skill Development: The student demonstrates responsible personal and social behavior in physical activity settings.
STRAND / STANDARD	5.1.	<p>Demonstrate appropriate conduct as an individual and as part of a group.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD	5.3.	<p>Recognize the influence of peer pressure.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>

		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / STANDARD	5.4.	Solve problems by analyzing causes and potential solutions. My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT STANDARD / COURSE	OK.6.	Physical Education: Personal and Social Skill Development: The student demonstrates understanding and respect for differences among people in physical activity settings.
STRAND / STANDARD	6.1.	Show respect for persons of like and different skill levels. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

Oklahoma Priority Academic Student Skills

Health and PE

Grade 10 - Adopted 2002

CONTENT STANDARD / COURSE	OK.1.	Health Education: Health and Safety Literacy: The student will comprehend concepts related to health promotion, safety, and disease prevention.
STRAND / STANDARD	1.5.	Describe the impact of personal health behaviors and their influence on the health of individuals. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD / COURSE	OK.2.	Health Education: Health and Safety Literacy: The student knows how to access valid health information, health products and services.
STRAND / STANDARD	2.2.	Examine and evaluate media messages. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND /	2.3.	Demonstrate the ability to access school and community health services for self and others.

STANDARD		<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 Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
STRAND / STANDARD	2.4.	<p>Evaluate factors that influence personal choices of health products and services.</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
STRAND / STANDARD	2.5.	<p>Examine how 'media' influences the use of tobacco products.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STRAND / STANDARD	2.6.	<p>Describe how our culture, media, videogames, and Internet usage influences perceptions of violence.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future 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 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
CONTENT STANDARD / COURSE	OK.3.	<p>Health Education: Health and Safety Literacy: The student will analyze the influence of culture, media, technology, and other factors on health.</p>
STRAND / STANDARD	3.1.	<p>Examine and evaluate how culture influences health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future 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 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>

<p>STRAND / STANDARD</p>	<p>3.2. Analyze how information from media, technology, and the community effects health and safety behavior.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
<p>STRAND / STANDARD</p>	<p>3.3. Interpret and evaluate media messages and other factors on personal, family, and community health and safety.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<p>CONTENT STANDARD / COURSE</p>	<p>OK.4. Health Education: Health and Safety Literacy: The student will demonstrate the ability to use interpersonal communication skills to enhance health and safety.</p>
<p>STRAND / STANDARD</p>	<p>4.1. Demonstrate ability to communicate effectively with family, peers, and others.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support 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>STRAND / STANDARD</p>	<p>4.2. Practice skills and techniques for decision making and problem solving.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

<p>STRAND / STANDARD</p>	<p>4.3. Demonstrate ways to communicate care, consideration, and respect of 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 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 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</p>
<p>STRAND / STANDARD</p>	<p>4.4. Demonstrate refusal, negotiation, and collaboration skills to avoid harmful situations.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>STRAND /</p>	<p>4.6. Examine how interpersonal communication affects relationships.</p>

STANDARD		<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>
STRAND / STANDARD	4.7.	<p>Demonstrate anger management and conflict resolution skills through assertive communication skills.</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>
CONTENT STANDARD / COURSE	OK.5.	<p>Health Education: Health and Safety Literacy: The student will develop plans for a healthy future through individual goal setting and decision making.</p>
STRAND / STANDARD	5.1.	<p>Analyze and predict immediate and long-term impact of health and safety decisions on individual, family, school, and community.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / STANDARD	5.2.	<p>Establish personal health goals and evaluate progress toward achieving those goals.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND / STANDARD	5.3.	<p>Demonstrate the ability to utilize various strategies when making decisions related to health needs and risks of young adults.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD / COURSE	OK.6.	Health Education: Health and Safety Advocacy: The student becomes an advocate for health and safety for self, family, and community.
STRAND / STANDARD	6.1.	<p>Investigate and present information about health and safety issues utilizing technology.</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	6.2.	<p>Demonstrate the ability to influence and support others in positive health and safety choices.</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	6.4.	<p>Utilize strategies to overcome barriers in communicating information, ideas, feelings, and opinions concerning health and safety issues.</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> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD	6.5.	<p>Examine bullying prevention strategies and the effect of bystander influence on violent behavior situations.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap</p>

		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 12: Analyzing Well-Being
CONTENT STANDARD / COURSE	OK.3.	Health Education: HIV/Aids Prevention Education: Demonstrate refusal skills (saying 'no'), negotiation skills and peer resistance skills related to sexual health. My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap 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 12: Analyzing Well-Being
CONTENT STANDARD / COURSE	OK.4.	Physical Education: Health-Enhancing Activity Development: The student achieves and maintains a health-enhancing level of physical fitness.
STRAND / STANDARD	4.3.	Use results of fitness assessments to guide changes in his/her personal program. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND / STANDARD	4.4.	Utilize technology to critically evaluate claims and advertisements made about commercial products, programs, and services in the fitness and health fields. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND / STANDARD	4.5.	Categorize activities that can be pursued in the local community according to benefits and participation requirements. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT STANDARD / COURSE	OK.5.	Physical Education: Personal and Social Skill Development: The student demonstrates responsible personal and social behavior in physical activity settings.
STRAND / STANDARD	5.1.	Accept responsibility in a leadership role and willingly follow to accomplish group goals.

		<p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD	5.2.	<p>Avoid potential conflicts by communicating with other participants.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD	5.3.	<p>Encourage others to apply appropriate etiquette in all physical activity settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD	5.4.	<p>Demonstrate appropriate conduct and etiquette as an individual and as a part of a group.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD	5.5.	<p>Accept and respect the decisions made by game officials, whether fellow students, teachers, or volunteers.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
CONTENT STANDARD / COURSE	OK.6.	<p>Physical Education: Personal and Social Skill Development: The student demonstrates understanding and respect for differences among people in physical activity settings.</p>
STRAND / STANDARD	6.1.	<p>Participate with and show respect for persons of like and different skill levels.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD	6.2.	<p>Respect physical and mental limitations of self and others.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD	6.4.	<p>Identify the effects (e.g., physical fitness level, climatic conditions) of age, gender, race, ethnicity, socioeconomic standing, and culture upon physical activity preferences and participation.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>

Health and PE

Grade 11 - Adopted 2002

CONTENT STANDARD / COURSE	OK.1.	Health Education: Health and Safety Literacy: The student will comprehend concepts related to health promotion, safety, and disease prevention.
STRAND / STANDARD	1.5.	<p>Describe the impact of personal health behaviors and their influence on the health of individuals.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD / COURSE	OK.2.	Health Education: Health and Safety Literacy: The student knows how to access valid health information, health products and services.
STRAND / STANDARD	2.2.	<p>Examine and evaluate media messages.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STRAND / STANDARD	2.3.	<p>Demonstrate the ability to access school and community health services for self and others.</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 Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
STRAND / STANDARD	2.4.	<p>Evaluate factors that influence personal choices of health products and services.</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
STRAND / STANDARD	2.5.	<p>Examine how 'media' influences the use of tobacco products.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>

		Multimedia Extensions: Motivation
STRAND / STANDARD	2.6.	Describe how our culture, media, videogames, and Internet usage influences perceptions of violence. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
CONTENT STANDARD / COURSE	OK.3.	Health Education: Health and Safety Literacy: The student will analyze the influence of culture, media, technology, and other factors on health.
STRAND / STANDARD	3.1.	Examine and evaluate how culture influences health behaviors. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
STRAND / STANDARD	3.2.	Analyze how information from media, technology, and the community effects health and safety behavior. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
STRAND / STANDARD	3.3.	Interpret and evaluate media messages and other factors on personal, family, and community health and safety. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Motivation My Roadmap to the Future

		<p>Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
CONTENT STANDARD / COURSE	OK.4.	Health Education: Health and Safety Literacy: The student will demonstrate the ability to use interpersonal communication skills to enhance health and safety.
STRAND / STANDARD	4.1.	<p>Demonstrate ability to communicate effectively with family, peers, and others.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support 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>
STRAND / STANDARD	4.2.	<p>Practice skills and techniques for decision making and problem solving.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / STANDARD	4.3.	<p>Demonstrate ways to communicate care, consideration, and respect of 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 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 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</p>

<p>STRAND / STANDARD</p>	<p>4.4. Demonstrate refusal, negotiation, and collaboration skills to avoid harmful situations.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>STRAND / STANDARD</p>	<p>4.6. Examine how interpersonal communication affects relationships.</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>
<p>STRAND / STANDARD</p>	<p>4.7. Demonstrate anger management and conflict resolution skills through assertive communication skills.</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>
<p>CONTENT STANDARD / COURSE</p>	<p>OK.5. Health Education: Health and Safety Literacy: The student will develop plans for a healthy future through individual goal setting and decision making.</p>

<p>STRAND / STANDARD</p>	<p>5.1. Analyze and predict immediate and long-term impact of health and safety decisions on individual, family, school, and community.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing the School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>STRAND / STANDARD</p>	<p>5.2. Establish personal health goals and evaluate progress toward achieving those goals.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>STRAND / STANDARD</p>	<p>5.3. Demonstrate the ability to utilize various strategies when making decisions related to health needs and risks of young adults.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>CONTENT STANDARD / COURSE</p>	<p>OK.6. Health Education: Health and Safety Advocacy: The student becomes an advocate for health and safety for self, family, and community.</p>

STRAND / STANDARD	6.1.	<p>Investigate and present information about health and safety issues utilizing technology.</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	6.2.	<p>Demonstrate the ability to influence and support others in positive health and safety choices.</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	6.4.	<p>Utilize strategies to overcome barriers in communicating information, ideas, feelings, and opinions concerning health and safety issues.</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> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD	6.5.	<p>Examine bullying prevention strategies and the effect of bystander influence on violent behavior situations.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap 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 12: Analyzing Well-Being</p>
CONTENT STANDARD / COURSE	OK.3.	<p>Health Education: HIV/Aids Prevention Education: Demonstrate refusal skills (saying 'no'), negotiation skills and peer resistance skills related to sexual health.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap 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 12: Analyzing Well-Being</p>
CONTENT STANDARD /	OK.4.	<p>Physical Education: Health-Enhancing Activity Development: The student achieves and maintains a health-enhancing level of physical fitness.</p>

COURSE		
STRAND / STANDARD	4.3.	<p>Use results of fitness assessments to guide changes in his/her personal program.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND / STANDARD	4.4.	<p>Utilize technology to critically evaluate claims and advertisements made about commercial products, programs, and services in the fitness and health fields.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STRAND / STANDARD	4.5.	<p>Categorize activities that can be pursued in the local community according to benefits and participation requirements.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT STANDARD / COURSE	OK.5.	<p>Physical Education: Personal and Social Skill Development: The student demonstrates responsible personal and social behavior in physical activity settings.</p>
STRAND / STANDARD	5.1.	<p>Accept responsibility in a leadership role and willingly follow to accomplish group goals.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD	5.2.	<p>Avoid potential conflicts by communicating with other participants.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD	5.3.	<p>Encourage others to apply appropriate etiquette in all physical activity settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD	5.4.	<p>Demonstrate appropriate conduct and etiquette as an individual and as a part of a group.</p>

		<p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD	5.5.	<p>Accept and respect the decisions made by game officials, whether fellow students, teachers, or volunteers.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
CONTENT STANDARD / COURSE	OK.6.	<p>Physical Education: Personal and Social Skill Development: The student demonstrates understanding and respect for differences among people in physical activity settings.</p>
STRAND / STANDARD	6.1.	<p>Participate with and show respect for persons of like and different skill levels.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD	6.2.	<p>Respect physical and mental limitations of self and others.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD	6.4.	<p>Identify the effects (e.g., physical fitness level, climatic conditions) of age, gender, race, ethnicity, socioeconomic standing, and culture upon physical activity preferences and participation.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>

Oklahoma Priority Academic Student Skills

Health and PE

Grade 12 - Adopted 2002

CONTENT STANDARD / COURSE	OK.1.	<p>Health Education: Health and Safety Literacy: The student will comprehend concepts related to health promotion, safety, and disease prevention.</p>
STRAND / STANDARD	1.5.	<p>Describe the impact of personal health behaviors and their influence on the health of individuals.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD / COURSE	OK.2.	Health Education: Health and Safety Literacy: The student knows how to access valid health information, health products and services.
STRAND / STANDARD	2.2.	Examine and evaluate media messages. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND / STANDARD	2.3.	Demonstrate the ability to access school and community health services for self and others. 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 Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STRAND / STANDARD	2.4.	Evaluate factors that influence personal choices of health products and services. My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
STRAND / STANDARD	2.5.	Examine how 'media' influences the use of tobacco products. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND / STANDARD	2.6.	Describe how our culture, media, videogames, and Internet usage influences perceptions of violence. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
CONTENT STANDARD /	OK.3.	Health Education: Health and Safety Literacy: The student will analyze the

COURSE	influence of culture, media, technology, and other factors on health.
STRAND / STANDARD	<p>3.1. Examine and evaluate how culture influences health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future 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 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
STRAND / STANDARD	<p>3.2. Analyze how information from media, technology, and the community effects health and safety behavior.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
STRAND / STANDARD	<p>3.3. Interpret and evaluate media messages and other factors on personal, family, and community health and safety.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
CONTENT STANDARD / COURSE	<p>OK.4. Health Education: Health and Safety Literacy: The student will demonstrate the ability to use interpersonal communication skills to enhance health and safety.</p>
STRAND / STANDARD	<p>4.1. Demonstrate ability to communicate effectively with family, peers, and others.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support 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
STRAND / STANDARD	4.2.	Practice skills and techniques for decision making and problem solving. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND / STANDARD	4.3.	Demonstrate ways to communicate care, consideration, and respect of 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 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation 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
STRAND / STANDARD	4.4.	Demonstrate refusal, negotiation, and collaboration skills to avoid harmful situations. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future

		<p>Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / STANDARD	4.6.	<p>Examine how interpersonal communication affects relationships.</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>
STRAND / STANDARD	4.7.	<p>Demonstrate anger management and conflict resolution skills through assertive communication skills.</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>
CONTENT STANDARD / COURSE	OK.5.	<p>Health Education: Health and Safety Literacy: The student will develop plans for a healthy future through individual goal setting and decision making.</p>
STRAND / STANDARD	5.1.	<p>Analyze and predict immediate and long-term impact of health and safety decisions on individual, family, school, and community.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / STANDARD	5.2.	<p>Establish personal health goals and evaluate progress toward achieving those goals.</p> <p>Multimedia Extensions</p>

		<p>Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / STANDARD	5.3.	<p>Demonstrate the ability to utilize various strategies when making decisions related to health needs and risks of young adults.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD / COURSE	OK.6.	<p>Health Education: Health and Safety Advocacy: The student becomes an advocate for health and safety for self, family, and community.</p>
STRAND / STANDARD	6.1.	<p>Investigate and present information about health and safety issues utilizing technology.</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	6.2.	<p>Demonstrate the ability to influence and support others in positive health and safety choices.</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	6.4.	<p>Utilize strategies to overcome barriers in communicating information, ideas, feelings, and opinions concerning health and safety issues.</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> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD	6.5.	<p>Examine bullying prevention strategies and the effect of bystander influence on violent behavior situations.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap 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 12: Analyzing Well-Being</p>
CONTENT STANDARD / COURSE	OK.3.	<p>Health Education: HIV/Aids Prevention Education: Demonstrate refusal skills (saying 'no'), negotiation skills and peer resistance skills related to sexual health.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap 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 12: Analyzing Well-Being</p>
CONTENT STANDARD / COURSE	OK.4.	<p>Physical Education: Health-Enhancing Activity Development: The student achieves and maintains a health-enhancing level of physical fitness.</p>
STRAND / STANDARD	4.3.	<p>Use results of fitness assessments to guide changes in his/her personal program.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND / STANDARD	4.4.	<p>Utilize technology to critically evaluate claims and advertisements made about commercial products, programs, and services in the fitness and health fields.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>

STRAND / STANDARD	4.5.	<p>Categorize activities that can be pursued in the local community according to benefits and participation requirements.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT STANDARD / COURSE	OK.5.	<p>Physical Education: Personal and Social Skill Development: The student demonstrates responsible personal and social behavior in physical activity settings.</p>
STRAND / STANDARD	5.1.	<p>Accept responsibility in a leadership role and willingly follow to accomplish group goals.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD	5.2.	<p>Avoid potential conflicts by communicating with other participants.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD	5.3.	<p>Encourage others to apply appropriate etiquette in all physical activity settings.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD	5.4.	<p>Demonstrate appropriate conduct and etiquette as an individual and as a part of a group.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / STANDARD	5.5.	<p>Accept and respect the decisions made by game officials, whether fellow students, teachers, or volunteers.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
CONTENT STANDARD / COURSE	OK.6.	<p>Physical Education: Personal and Social Skill Development: The student demonstrates understanding and respect for differences among people in physical activity settings.</p>
STRAND / STANDARD	6.1.	<p>Participate with and show respect for persons of like and different skill levels.</p> <p>My Success Roadmap</p>

		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD	6.2.	Respect physical and mental limitations of self and others. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / STANDARD	6.4.	Identify the effects (e.g., physical fitness level, climatic conditions) of age, gender, race, ethnicity, socioeconomic standing, and culture upon physical activity preferences and participation. Multimedia Extensions Multimedia Extensions: Stress