

*Protecting You / Protecting Me:
An Alcohol Use Prevention Program*

State Graduation Standards

ALABAMA

These lessons in each grade level meet the following Alabama Educational Standards:

GRADE 1	GRADE 2	GRADE 3	GRADE 4	GRADE 5
Lesson 1 Theme: Our Brain				
Our Brain Is the Boss! Health: 2-17. Language Arts: 1-24. Science: 12, 15, 17-19. Art.	Our Brain and the Rest of Our Body: Working Together Health: 1-4, 6-16. Language Arts: 1-23. Science: 13, 19, 20, 22-24. Art.	Brain Talk Health: 1-3, 6-14. Language Arts: 1-35. Science: 29-31. Art.	Brain Talk Health: 1-16. Language Arts: 1-35. Science: 10, 17, 22, 23, 25-29.	Our Human Brain Health: 1-10, 12-14. Language Arts: 1-36. Science: 10, 13-15, 19-22.
Lesson 2 Theme: Growth and Development				
When Will I Be a Grown-Up? Health: 2-17. Language Arts: 1-24. Science: 12, 15, 17-19. Math.	Growing Up and Grown Up Health: 1-4, 6-16. Language Arts: 1-23. Science: 13, 19, 20, 22-24. Social Studies: 9-11. Art.	Growing and Changing! Health: 1-3, 6-14. Language Arts: 1-35. Science: 29-31. Social Studies: 6, 8.	Stages of Life Health: 1-16. Language Arts: 1-35. Science: 10, 17, 22, 23, 25-29. Social Studies: 16.	Don't Mess with My Mind Health: 1-10, 12-14. Language Arts: 1-36. Science: 10, 13-15, 19-22. Social Studies: 13.
Lesson 3 Theme: Health and Safety				
I Don't Trust My Life to Luck Health: 2-17. Language Arts: 1-24. Social Studies: 2, 7, 9-11.	Keeping My Brain Inside! Health: 1-4, 6-16. Language Arts: 1-23. Science: 13, 19, 20, 22-24. Social Studies: 9-11. Art.	Dealing with Feelings Health: 1-3, 6-14. Language Arts: 1-35. Science: 29-31. Social Studies: 6, 8.	Stress Management: Fearless Tests Health: 1-16. Language Arts: 1-35. Science: 10, 17, 22, 23, 25-29.	Stress Management Health: 1-10, 12-14. Language Arts: 1-36. Science: 10, 13-15, 19-22.
Lesson 4 Theme: Rules and Laws				
Reasons for Rules and Laws Health: 2-17. Language Arts: 1-24. Social Studies: 2, 7, 9-11.	Reasons for Rules and Laws Health: 1-4, 6-16. Language Arts: 1-23. Social Studies: 9-11. Art.	Five Rules for Taming Our Uncomfortable Emotions Health: 1-3, 6-14. Language Arts: 1-35. Social Studies: 6, 8.	Taking a Stand on Drunk Driving Health: 1-16. Language Arts: 1-35. Social Studies: 16.	Warning Labels for People Under 21 Health: 1-10, 12-14. Language Arts: 1-36. Social Studies: 13.

GRADE 1	GRADE 2	GRADE 3	GRADE 4	GRADE 5
Lesson 5 Theme: Friends				
Being Friendly Health: 2-17. Language Arts: 1-24. Social Studies: 2, 7, 9-11.	Ready to Be a Friend Health: 1-4, 6-16. Language Arts: 1-23. Social Studies: 9-11.	Showing Respect Health: 1-3, 6-14. Language Arts: 1-35. Social Studies: 6, 8.	Choosing Friends Health: 1-16. Language Arts: 1-35. Social Studies: 16.	Helping Friends Health: 1-10, 12-14. Language Arts: 1-36. Social Studies: 13.
Lesson 6 Theme: Choices and Decisions				
Stop and Think It Through Health: 2-17. Language Arts: 1-24. Social Studies: 2, 7, 9-11.	Stop and Think It Through Health: 1-4, 6-16. Language Arts: 1-23. Social Studies: 9-11.	Saying “No” Using the “Five Bs” Health: 1-3, 6-14. Language Arts: 1-35. Social Studies: 6, 8.	Decisions That Count: The Five Bs Health: 1-16. Language Arts: 1-35. Social Studies: 16.	The Power of Positive Decisions Health: 1-10, 12-14. Language Arts: 1-36. Social Studies: 13.
Lesson 7 Theme: Media Awareness				
Maggie and the Medicine Health: 2-17. Language Arts: 1-24. Science: 12, 15, 17-19. Social Studies: 2, 7, 9-11.	Warning Labels: What Commercials Don't Tell Us Health: 1-4, 6-16. Language Arts: 1-23. Science: 13, 19, 20, 22-24. Social Studies: 9-11. Art.	Getting the Word Out: What Commercials Don't Tell Us Health: 1-3, 6-14. Language Arts: 1-35. Science: 29-31. Social Studies: 6, 8.	Slogans Can Teach Health: 1-16. Language Arts: 1-35. Science: 10, 17, 22, 23, 25-29. Social Studies: 16.	The Rest of the Story! Health: 1-10, 12-14. Language Arts: 1-36. Science: 10, 13-15, 19-22. Social Studies: 13.
Lesson 8 Theme: Communication				
Only Safe Drivers Health: 2-17. Language Arts: 1-24. Social Studies: 2, 7, 9-11.	The Very Scary Ride Health: 1-4, 6-16. Language Arts: 1-23. Social Studies: 9-11. Art.	A Very Dangerous Ride Health: 1-3, 6-14. Language Arts: 1-35. Social Studies: 6, 8.	Only Safe Drivers Health: 1-16. Language Arts: 1-35. Social Studies: 16.	We've Got It! Health: 1-10, 12-14. Language Arts: 1-36. Science: 10, 13-15, 19-22. Social Studies: 13.