

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

**State Graduation Standards  
ALASKA**

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

<b>GRADE 1</b>	<b>GRADE 2</b>	<b>GRADE 3</b>	<b>GRADE 4</b>	<b>GRADE 5</b>
<b>Lesson 1 Theme: Our Brain</b>				
<p style="text-align: center;"><b>Our Brain Is the Boss</b></p> <p>Health: Standards A-D. Language Arts: Standards A-E. Science: A: 10-12, 15; B: 1-6; C: 1, 4, 8; D: 1, 3, 6. Art.</p>	<p style="text-align: center;"><b>Our Brain and the Rest of Our Body: Working Together</b></p> <p>Health: Standards A-D. Language Arts: Standards A-E. Science: A: 10-12, 15; B: 1-6; C: 1, 4, 8; D: 1, 3, 6. Art.</p>	<p style="text-align: center;"><b>Brain Talk</b></p> <p>Health: Standards A-D. Language Arts: Standards A-E. Science: A: 10-12, 15; B: 1-6; C: 1, 4, 8; D: 1, 3, 6. Art.</p>	<p style="text-align: center;"><b>Brain Talk</b></p> <p>Health: Standards A-D. Language Arts: Standards A-E. Science: A: 10-12, 15; B: 1-6; C: 1, 4, 8; D: 1, 3, 6.</p>	<p style="text-align: center;"><b>Our Human Brain</b></p> <p>Health: Standards A-D. Language Arts: Standards A-E. Science: A: 10-12, 15; B: 1-6; C: 1, 4, 8; D: 1, 3, 6.</p>
<b>Lesson 2 Theme: Growth and Development</b>				
<p style="text-align: center;"><b>When Will I Be a Grown-Up?</b></p> <p>Health: Standards A-D. Language Arts: Standards A-E. Science: A: 10-12, 15; B: 1-6; C: 1, 4, 8; D: 1, 3, 6. Math.</p>	<p style="text-align: center;"><b>Growing Up and Grown Up</b></p> <p>Health: Standards A-D. Language Arts: Standards A-E. Science: A: 10-12, 15; B: 1-6; C: 1, 4, 8; D: 1, 3, 6. Social Studies: A: 1, 2; C: 1, 2, 8; E: 1, 2, 4, 6, 7. Art.</p>	<p style="text-align: center;"><b>Growing and Changing!</b></p> <p>Health: Standards A-D. Language Arts: Standards A-E. Science: A: 10-12, 15; B: 1-6; C: 1, 4, 8; D: 1, 3, 6. Social Studies: A: 1, 2; C: 1, 2, 8; E: 1, 2, 4, 6, 7.</p>	<p style="text-align: center;"><b>Stages of Life</b></p> <p>Health: Standards A-D. Language Arts: Standards A-E. Science: A: 10-12, 15; B: 1-6; C: 1, 4, 8; D: 1, 3, 6. Social Studies: A: 1, 2; C: 1, 2, 8; E: 1, 2, 4, 6, 7.</p>	<p style="text-align: center;"><b>Don't Mess with My Mind</b></p> <p>Health: Standards A-D. Language Arts: Standards A-E. Science: A: 10-12, 15; B: 1-6; C: 1, 4, 8; D: 1, 3, 6. Social Studies: A: 1, 2; C: 1, 2, 8; E: 1, 2, 4, 6, 7.</p>
<b>Lesson 3 Theme: Health and Safety</b>				
<p style="text-align: center;"><b>I Don't Trust My Life to Luck</b></p> <p>Health: Standards A-D. Language Arts: Standards A-E. Social Studies: A: 1, 2; C: 1, 2, 8; E: 1, 2, 4, 6, 7.</p>	<p style="text-align: center;"><b>Keeping My Brain Inside!</b></p> <p>Health: Standards A-D. Language Arts: Standards A-E. Science: A: 10-12, 15; B: 1-6; C: 1, 4, 8; D: 1, 3, 6. Social Studies: A: 1, 2; C: 1, 2, 8; E: 1, 2, 4, 6, 7. Art.</p>	<p style="text-align: center;"><b>Dealing with Feelings</b></p> <p>Health: Standards A-D. Language Arts: Standards A-E. Science: A: 10-12, 15; B: 1-6; C: 1, 4, 8; D: 1, 3, 6. Social Studies: A: 1, 2; C: 1, 2, 8; E: 1, 2, 4, 6, 7.</p>	<p style="text-align: center;"><b>Stress Management: Fearless Tests</b></p> <p>Health: Standards A-D. Language Arts: Standards A-E. Science: A: 10-12, 15; B: 1-6; C: 1, 4, 8; D: 1, 3, 6.</p>	<p style="text-align: center;"><b>Stress Management</b></p> <p>Health: Standards A-D. Language Arts: Standards A-E. Science: A: 10-12, 15; B: 1-6; C: 1, 4, 8; D: 1, 3, 6.</p>
<b>Lesson 4 Theme: Rules and Laws</b>				
<p style="text-align: center;"><b>Reasons for Rules and Laws</b></p> <p>Health: Standards A-D. Language Arts: Standards A-E. Social Studies: A: 1, 2; C: 1, 2, 8; E: 1, 2, 4, 6, 7.</p>	<p style="text-align: center;"><b>Reasons for Rules and Laws</b></p> <p>Health: Standards A-D. Language Arts: Standards A-E. Social Studies: A: 1, 2; C: 1, 2, 8; E: 1, 2, 4, 6, 7. Art.</p>	<p style="text-align: center;"><b>Five Rules for Taming Our Uncomfortable Emotions</b></p> <p>Health: Standards A-D. Language Arts: Standards A-E. Social Studies: A: 1, 2; C: 1, 2, 8; E: 1, 2, 4, 6, 7.</p>	<p style="text-align: center;"><b>Taking a Stand on Drunk Driving</b></p> <p>Health: Standards A-D. Language Arts: Standards A-E. Social Studies: A: 1, 2; C: 1, 2, 8; E: 1, 2, 4, 6, 7.</p>	<p style="text-align: center;"><b>Warning Labels for People Under 21</b></p> <p>Health: Standards A-D. Language Arts: Standards A-E. Social Studies: A: 1, 2; C: 1, 2, 8; E: 1, 2, 4, 6, 7.</p>

<b>GRADE 1</b>	<b>GRADE 2</b>	<b>GRADE 3</b>	<b>GRADE 4</b>	<b>GRADE 5</b>
<b>Lesson 5 Theme: Friends</b>				
<b>Being Friendly</b> Health: Standards A-D. Language Arts: Standards A-E. Social Studies: A: 1, 2; C: 1, 2, 8; E: 1, 2, 4, 6, 7.	<b>Ready to Be a Friend</b> Health: Standards A-D. Language Arts: Standards A-E. Social Studies: A: 1, 2; C: 1, 2, 8; E: 1, 2, 4, 6, 7.	<b>Showing Respect</b> Health: Standards A-D. Language Arts: Standards A-E. Social Studies: A: 1, 2; C: 1, 2, 8; E: 1, 2, 4, 6, 7.	<b>Choosing Friends</b> Health: Standards A-D. Language Arts: Standards A-E. Social Studies: A: 1, 2; C: 1, 2, 8; E: 1, 2, 4, 6, 7.	<b>Helping Friends</b> Health: Standards A-D. Language Arts: Standards A-E. Social Studies: A: 1, 2; C: 1, 2, 8; E: 1, 2, 4, 6, 7.
<b>Lesson 6 Theme: Choices and Decisions</b>				
<b>Stop and Think It Through</b> Health: Standards A-D. Language Arts: Standards A-E. Social Studies: A: 1, 2; C: 1, 2, 8; E: 1, 2, 4, 6, 7	<b>Stop and Think It Through</b> Health: Standards A-D. Language Arts: Standards A-E. Social Studies: A: 1, 2; C: 1, 2, 8; E: 1, 2, 4, 6, 7.	<b>Saying No Using the Five Bs</b> Health: Standards A-D. Language Arts: Standards A-E. Social Studies: A: 1, 2; C: 1, 2, 8; E: 1, 2, 4, 6, 7.	<b>Decisions That Count: The Five-Bs</b> Health: Standards A-D. Language Arts: Standards A-E. Social Studies: A: 1, 2; C: 1, 2, 8; E: 1, 2, 4, 6, 7.	<b>The Power of Positive Decisions</b> Health: Standards A-D. Language Arts: Standards A-E. Social Studies: A: 1, 2; C: 1, 2, 8; E: 1, 2, 4, 6, 7.
<b>Lesson 7 Theme: Media Awareness</b>				
<b>Maggie and the Medicine</b> Health: Standards A-D. Language Arts: Standards A-E. Science: A: 10-12, 15; B: 1-6; C: 1, 4, 8; D: 1, 3, 6. Social Studies: A: 1, 2; C: 1, 2, 8; E: 1, 2, 4, 6, 7.	<b>Warning Labels: What Commercials Don't Tell Us</b> Health: Standards A-D. Language Arts: Standards A-E. Science: A: 10-12, 15; B: 1-6; C: 1, 4, 8; D: 1, 3, 6. Social Studies: A: 1, 2; C: 1, 2, 8; E: 1, 2, 4, 6, 7. Art.	<b>Getting the Word Out: What Commercials Don't Tell Us</b> Health: Standards A-D. Language Arts: Standards A-E. Science: A: 10-12, 15; B: 1-6; C: 1, 4, 8; D: 1, 3, 6. Social Studies: A: 1, 2; C: 1, 2, 8; E: 1, 2, 4, 6, 7.	<b>Slogans Can Teach</b> Health: Standards A-D. Language Arts: Standards A-E. Science: A: 10-12, 15; B: 1-6; C: 1, 4, 8; D: 1, 3, 6. Social Studies: A: 1, 2; C: 1, 2, 8; E: 1, 2, 4, 6, 7.	<b>The Rest of the Story</b> Health: Standards A-D. Language Arts: Standards A-E. Science: A: 10-12, 15; B: 1-6; C: 1, 4, 8; D: 1, 3, 6. Social Studies: A: 1, 2; C: 1, 2, 8; E: 1, 2, 4, 6, 7.
<b>Lesson 8 Theme: Communication</b>				
<b>Only Safe Drivers</b> Health: Standards A-D. Language Arts: Standards A-E. Social Studies: A: 1, 2; C: 1, 2, 8; E: 1, 2, 4, 6, 7.	<b>The Very Scary Ride</b> Health: Standards A-D. Language Arts: Standards A-E. Social Studies: A: 1, 2; C: 1, 2, 8; E: 1, 2, 4, 6, 7. Art.	<b>A Very Dangerous Ride</b> Health: Standards A-D. Language Arts: Standards A-E. Social Studies: A: 1, 2; C: 1, 2, 8; E: 1, 2, 4, 6, 7.	<b>Only Safe Drivers</b> Health: Standards A-D. Language Arts: Standards A-E. Social Studies: A: 1, 2; C: 1, 2, 8; E: 1, 2, 4, 6, 7.	<b>We've Got It!</b> Health: Standards A-D. Language Arts: Standards A-E. Science: A: 10-12, 15; B: 1-6; C: 1, 4, 8; D: 1, 3, 6. Social Studies: A: 1, 2; C: 1, 2, 8; E: 1, 2, 4, 6, 7.