

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

**State Graduation Standards
CALIFORNIA**

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

GRADE 1	GRADE 2	GRADE 3	GRADE 4	GRADE 5
Lesson 1 Theme: Our Brain				
<p style="text-align: center;">Our Brain is the Boss</p> <p>Health: Expectations 1-8. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 1.0, 2.0. Science: Life Science (2); Invest./Experim. (4). Art.</p>	<p style="text-align: center;">Our Brain and the Rest of Our Body: Working Together</p> <p>Health: Expectations 1-8. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 2.0. Science: Life Science (2); Invest./Experim. (4). Art.</p>	<p style="text-align: center;">Brain Talk</p> <p>Health: Expectations 1-8. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 1.0, 2.0. Science: Life Science (3); Invest./Experim. (5). Art.</p>	<p style="text-align: center;">Brain Talk</p> <p>Health: Expectations 1-7. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 1.0, 2.0. Science: Life Science (2, 3); Invest./Experim. (6).</p>	<p style="text-align: center;">Our Human Brain</p> <p>Health: Expectations 1-7. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 1.0, 2.0. Science: Life Science (2); Invest./Experim. (6).</p>
Lesson 2 Theme: Growth and Development				
<p style="text-align: center;">When Will I Be a Grown-Up?</p> <p>Health: Expectations 1-8. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 1.0, 2.0. Science: Life Science (2); Invest./Experim. (4). Math.</p>	<p style="text-align: center;">Growing Up and Grown Up</p> <p>Health: Expectations 1-8. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 2.0. Social Studies: People/Diff.: 2.1, 2.3. Art.</p>	<p style="text-align: center;">Growing and Changing!</p> <p>Health: Expectations 1-8. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 1.0, 2.0. Science: Life Science (3); Invest./Experim. (5). Social Studies: Cont./Change: 3.4.</p>	<p style="text-align: center;">Stages of Life</p> <p>Health: Expectations 1-7. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 1.0, 2.0. Science: Life Science (2, 3); Invest./Experim. (6). Social Studies: Changing State: 4.5.</p>	<p style="text-align: center;">Don't Mess with My Mind</p> <p>Health: Expectations 1-7. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 1.0, 2.0. Science: Life Science (2); Invest./Experim. (6). Social Studies: New Nation: 5.5.</p>
Lesson 3 Theme: Health and Safety				
<p style="text-align: center;">I Don't Trust My Life to Luck</p> <p>Health: Expectations 1-8. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 1.0, 2.0. Social Studies: Child's Place: 1.1, 1.4, 1.5.</p>	<p style="text-align: center;">Keeping My Brain Inside!</p> <p>Health: Expectations 1-8. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 2.0. Science: Life Science (2); Invest./Exper. (4). Social Studies: People/Diff.: 2.1, 2.3. Art.</p>	<p style="text-align: center;">Dealing with Feelings</p> <p>Health: Expectations 1-8. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 1.0, 2.0. Science: Life Science (3); Invest./Exper. (5). Social Studies: Cont./Change: 3.4.</p>	<p style="text-align: center;">Stress Management: Fearless Tests</p> <p>Health: Expectations 1-7. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 1.0, 2.0. Science: Life Science (2, 3); Invest./Exper. (6).</p>	<p style="text-align: center;">Stress Management</p> <p>Health: Expectations 1-7. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 1.0, 2.0. Science: Life Science (2); Invest./Exper. (6).</p>

GRADE 1	GRADE 2	GRADE 3	GRADE 4	GRADE 5
Lesson 4 Theme: Rules and Laws				
Reasons for Rules and Laws Health: Expectations 1-8. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 1.0, 2.0. Social Studies: Child's Place: 1.1, 1.4, 1.5.	Reasons for Rules and Laws Health: Expectations 1-8. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 2.0. Social Studies: People/Diff.: 2.1, 2.3. Art.	Five Rules for Taming Our Uncomfortable Emotions Health: Expectations 1-8. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 1.0, 2.0. Social Studies: Cont./Change: 3.4.	Taking a Stand on Drunk Driving Health: Expectations 1-7. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 1.0, 2.0. Social Studies: Changing State: 4.5	Warning Labels for People Under 21 Health: Expectations 1-7. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 1.0, 2.0. Social Studies: New Nation: 5.5.
Lesson 5 Theme: Friends				
Being Friendly Health: Expectations 1-8. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 1.0, 2.0. Social Studies: Child's Place: 1.1, 1.4, 1.5.	Ready to Be a Friend Health: Expectations 1-8. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 2.0. Social Studies: People/Diff.: 2.1, 2.3.	Showing Respect Health: Expectations 1-8. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 1.0, 2.0. Social Studies: Cont./Change: 3.4.	Choosing Friends Health: Expectations 1-7. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 1.0, 2.0. Social Studies: Changing State: 4.5.	Helping Friends Health: Expectations 1-7. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 1.0, 2.0. Social Studies: New Nation: 5.5.
Lesson 6 Theme: Choices and Decisions				
Stop and Think It Through Health: Expectations 1-8. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 1.0, 2.0. Social Studies: Child's Place: 1.1, 1.4, 1.5.	Stop and Think It Through Health: Expectations 1-8. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 2.0. Social Studies: People/Diff.: 2.1, 2.3.	Saying No Using the Five Bs Health: Expectations 1-8. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 1.0, 2.0. Social Studies: Cont./Change: 3.4.	Decisions That Count: The Five Bs Health: Expectations 1-7. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 1.0, 2.0. Social Studies: Changing State: 4.5.	The Power of Positive Decisions Health: Expectations 1-7. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 1.0, 2.0. Social Studies: New Nation: 5.5.

GRADE 1	GRADE 2	GRADE 3	GRADE 4	GRADE 5
Lesson 7 Theme: Media Awareness				
Maggie and the Medicine Health: Expectations 1-8. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 1.0, 2.0. Science: Life Science (2); Invest./Experim. (4). Social Studies: Child's Place: 1.1, 1.4, 1.5.	Warning Labels: What Commercials Don't Tell Us Health: Expectations 1-8. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 2.0. Science: Life Science (2); Invest./Exper. (4). Social Studies: People/Diff.: 2.1, 2.3. Art.	Getting the Word Out: What Commercials Don't Tell Us Health: Expectations 1-8. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 1.0, 2.0. Science: Life Science (3); Invest./Exper. (5) Social Studies: Cont./Change: 3.4.	Slogans Can Teach Health: Expectations 1-7. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 1.0, 2.0. Science: Life Science (2, 3); Invest./Exper. (6). Social Studies: Changing State: 4.5	The Rest of the Story Health: Expectations 1-7. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 1.0, 2.0. Science: Life Science (2); Invest./Experim. (6). Social Studies: New Nation: 5.5.
Lesson 8 Theme: Communication				
Only Safe Drivers Health: Expectations 1-8. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 1.0, 2.0. Social Studies: Child's Place: 1.1, 1.4, 1.5.	The Very Scary Ride Health: Expectations 1-8. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 2.0. Social Studies: People/Diff.: 2.1, 2.3. Art.	A Very Dangerous Ride Health: Expectations 1-8. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 1.0, 2.0. Social Studies: Cont./Change: 3.4.	Only Safe Drivers Health: Expectations 1-7. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 1.0, 2.0. Social Studies: Changing State: 4.5.	We've Got It! Health: Expectations 1-7. Language Arts: Reading: 1.0, 2.0, 3.0; Writing: 1.0, 2.0; Listening/Speaking: 1.0, 2.0. Science: Life Science (2); Invest./Experim. (6). Social Studies: New Nation: 5.5.