

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

**State Graduation Standards
MASSACHUSETTS**

These lessons in each grade level meet the following Massachusetts 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: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8, 10-13, 15-20, 26, 27. Science: Life Science; Tech/Engineering. Art.</p>	<p style="text-align: center;">Our Brain and the Rest of Our Body: Working Together</p> <p>Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8, 10-13, 15-20, 26, 27. Science: Life Science; Tech/Engineering. Art.</p>	<p style="text-align: center;">Brain Talk</p> <p>Health: Standards 1-3, 5-14. LanguageArts: Standards 1-4, 8-13, 15-27. Science: Life Science; Tech/Engineering. Art.</p>	<p style="text-align: center;">Brain Talk</p> <p>Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8-13, 15-27. Science: Life Science; Tech/Engineering.</p>	<p style="text-align: center;">Our Human Brain</p> <p>Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8-13, 15-27. Science: Life Science; Tech/Engineering.</p>
Lesson 2 Theme: Growth and Development				
<p style="text-align: center;">When Will I Be a Grown-Up?</p> <p>Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8, 10-13, 15-20, 26, 27. Science: Life Science; Tech/Engineering. Math.</p>	<p style="text-align: center;">Growing Up and Grown Up</p> <p>Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8, 10-13, 15-20, 26, 27. Social Studies: Civics & Govt.: 6, 7. Art.</p>	<p style="text-align: center;">Growing and Changing!</p> <p>Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8-13, 15-27. Science: Life Science; Tech/Engineering. Social Studies: Civics & Govt.: 6, 7.</p>	<p style="text-align: center;">Stages of Life</p> <p>Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8-13, 15-27. Science: Life Science; Tech/Engineering. Social Studies: Civics & Govt.: 4, 5.</p>	<p style="text-align: center;">Don't Mess with My Mind</p> <p>Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8-13, 15-27. Science: Life Science; Tech/Engineering. Social Studies: Civics & Govt.: 8-10.</p>
Lesson 3 Theme: Health and Safety				
<p style="text-align: center;">I Don't Trust My Life to Luck</p> <p>Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8, 10-13, 15-20, 26, 27. Social Studies: Civics: 8.</p>	<p style="text-align: center;">Keeping My Brain Inside</p> <p>Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8, 10-13, 15-20, 26, 27. Science: Life Science; Tech/Engineering. Social Studies: Civics & Govt.: 6, 7. Art.</p>	<p style="text-align: center;">Dealing with Feelings</p> <p>Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8-13, 15-27. Science: Life Science; Tech/Engineering. Social Studies: Civics & Govt.: 6, 7.</p>	<p style="text-align: center;">Stress Management: Fearless Tests</p> <p>Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8-13, 15-27. Science: Life Science; Tech/Engineering.</p>	<p style="text-align: center;">Stress Management</p> <p>Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8-13, 15-27. Science: Life Science; Tech/Engineering.</p>

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Lesson 4 Theme: Rules and Laws				
Reasons for Rules and Laws Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8, 10-13, 15-20, 26, 27. Social Studies: Civics: 8.	Reasons for Rules and Laws Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8, 10-13, 15-20, 26, 27. Social Studies: Civics: 6, 7. Art.	Five Rules for Taming Our Uncomfortable Emotions Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8-13, 15-27. Social Studies: Civics: 6, 7.	Taking a Stand on Drunk Driving Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8-13, 15-27. Social Studies: Civics: 4, 5.	Warning Labels for People Under 21 Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8-13, 15-27. Social Studies: Civics: 8-10.
Lesson 5 Theme: Friends				
Being Friendly Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8, 10-13, 15-20, 26, 27. Social Studies: Civics 8.	Ready to Be a Friend Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8, 10-13, 15-20, 26, 27. Social Studies: Civics: 6, 7.	Showing Respect Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8-13, 15-27. Social Studies: Civics: 6, 7.	Choosing Friends Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8-13, 15-27. Social Studies: Civics: 4, 5.	Helping Friends Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8-13, 15-27. Social Studies: Civics: 8-10.
Lesson 6 Theme: Choices and Decisions				
Stop and Think It Through Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8, 10-13, 15-20, 26, 27. Social Studies: Civics: 8.	Stop and Think It Through Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8, 10-13, 15-20, 26, 27. Social Studies: Civics: 6, 7	Saying No Using the Five-Bs Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8-13, 15-27. Social Studies: Civics: 6, 7.	Decisions That Count: The Five Bs Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8-13, 15-27. Social Studies: Civics: 4, 5.	The Power of Positive Decisions Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8-13, 15-27. Social Studies: Civics: 8-10.

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Lesson 7 Theme: Media Awareness				
Maggie and the Medicine Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8, 10-13, 15-20, 26, 27. Science: Life Science; Tech/Engineering. Social Studies: Civics: 8.	Warning Labels: What Commercials Don't Tell Us Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8, 10-13, 15-20, 26, 27. Science: Life Science; Tech/Engineering. Social Studies: Civics: 6, 7. Art.	Getting the Word Out: What Commercials Don't Tell Us Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8-13, 15-27. Science: Life Science; Tech/Engineering. Social Studies: Civics: 6, 7.	Slogans Can Teach Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8-13, 15-27. Science: Life Science; Tech/Engineering. Social Studies: Civics: 4, 5.	The Rest of the Story Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8-13, 15-27. Science: Life Science; Tech/Engineering. Social Studies: Civics: 8-10.
Lesson 8 Theme: Communication				
Only Safe Drivers Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8, 10-13, 15-20, 26, 27. Social Studies: Civics: 8.	The Very Scary Ride Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8, 10-13, 15-20, 26, 27. Social Studies: Civics: 6, 7. Art.	A Very Dangerous Ride Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8-13, 15-27. Social Studies: Civics: 6, 7.	Only Safe Drivers Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8-13, 15-27. Social Studies: Civics: 4, 5.	We've Got It! Health: Standards 1-3, 5-14. Language Arts: Standards 1-4, 8-13, 15-27. Science: Life Science; Tech/Engineering. Social Studies: Civics: 8-10.