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| Lesson 4 <i>First Aid for Emergencies</i> | 1.1 | Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death. |
| | 2.2 | Demonstrate the ability to utilize resources from home, school, and community that provide valid health information. |
| | 3.4 | Demonstrate strategies to improve or maintain personal and family health. |
| | 3.5 | Develop injury prevention and management strategies for personal and family health. |
| Lesson 5 <i>Protecting Your Environment</i> | 1.1 | Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death. |
| | 1.5 | Analyze how environment and personal health are interrelated. |
| | 2.6 | Describe situations requiring professional health services. |
| | 3.1 | Explain the importance of assuming responsibility for personal health behaviors. |
| | 3.4 | Demonstrate strategies to improve or maintain personal and family health. |
| | 3.5 | Develop injury prevention and management strategies for personal and family health. |
| | 4.3 | Analyze the influence of technology on personal and family health. |