

# Grades 6-8

## Substance Use and Abuse Standards [HE.68.SUA](#)

### Standard 1 Health promotion and disease prevention concepts [HE.68.SUA.1](#)

- 1 Demonstrate responsible decision-making about the use of substances. [HE.68.SUA.1.1](#)
- 2 Define terminology specific to alcohol misuse/abuse and discuss the short- and long-term effects of consuming alcohol. [HE.68.SUA.1.2](#)
- 3 Discuss the health risks associated with alcohol [HE.68.SUA.1.3](#)
- 4 Describe the types, delivery devices and accessibility of marijuana/THC products and their impacts on prevalence of use. [HE.68.SUA.1.4](#)
- 5 Examine the effects of marijuana/THC and opioids on body systems and behavior. [HE.68.SUA.1.5](#)
- 6 State the risks of misusing and sharing prescription and/or illicit drugs, including fentanyl and other opioids. [HE.68.SUA.1.6](#)
- 7 Identify signs and symptoms of prescription and/or illicit drug misuse and overdose, including fentanyl and other opioids. [HE.68.SUA.1.7](#)
- 8 Describe the short- and long-term physical and social consequences of tobacco, nicotine use and/or vaping. [HE.68.SUA.1.8](#)

---

### Standard 2 Internal and external influences [HE.68.SUA.2](#)

- 1 Discuss family rules, school rules and state laws about the use of alcohol and other drugs. [HE.68.SUA.2.1](#)
- 2 Discuss the dangers of underage consumption of alcohol and the benefits of abstaining from drinking alcohol. [HE.68.SUA.2.2](#)
- 3 Describe how external factors can influence behaviors related to tobacco, nicotine use, and/or vaping. [HE.68.SUA.2.3](#)
- 4 Explain school-based policies and legal consequences [HE.68.SUA.2.4](#)

---

**Standard 3 Access to valid information, products and services** HE.68.SUA.3

- 1 Discuss ways to identify valid and reliable multi-media information as it pertains to alcohol and other drugs. HE.68.SUA.3.1
- 2 Identify how to find and access school and community resources related to alcohol misuse and/or abuse. HE.68.SUA.3.2
- 3 Differentiate between marijuana/THC myths and facts. HE.68.SUA.3.3
- 4 Explain how family, peers and multi-media messages over time can influence the use of marijuana/THC. HE.68.SUA.3.4
- 5 Describe the three major categories, purposes and side effects of prescription drugs. HE.68.SUA.3.5
- 6 Distinguish valid and reliable resources for cessation. HE.68.SUA.3.6

---

**Standard 4 Communication skills and resilient behaviors to reduce health risks** HE.68.SUA.4

- 1 Demonstrate refusal and communication skills in specific scenarios related to underage drinking and illicit drug use. HE.68.SUA.4.1
- 2 Predict the potential short- and long-term impacts on self HE.68.SUA.4.2

---

**Standard 5 Advocacy for personal, family and community health** HE.68.SUA.5

- 1 Work cooperatively with peers to advocate for others to remain alcohol and drug free. HE.68.SUA.5.1
- 2 Demonstrate ways to seek help and support from trusted HE.68.SUA.5.2
- 3 Identify the consequences of marijuana/THC use and work cooperatively to advocate for healthy behaviors. HE.68.SUA.5.3
- 4 Model ways that encourage others to avoid situations where alcohol and other drugs are present or may be used. HE.68.SUA.5.4
- 5 Encourage peers to model healthy choices related to goals, communication, friendship and peer pressure. HE.68.SUA.5.5
- 6 Describe how to support family and friends who are trying to stop using tobacco, nicotine, and/or vaping. HE.68.SUA.5.6

---

**Resiliency (starting 2024-2025)** HE.68.R

**Standard 1 Character** HE.68.R.1

- 1 Demonstrate the ability to respond with empathy in a variety of contexts and situations. HE.68.R.1.1
- 2 Describe the importance of empathy, kindness, honesty and trust in building and sustaining relationships. HE.68.R.1.2
- 3 Identify sources of relational conflicts and healthy approaches to conflict resolutions. HE.68.R.1.3

---

**Standard 2 Personal Responsibility** HE.68.R.2

- 1 Discuss how character is shaped by attitudes, decisions and actions. HE.68.R.2.1
- 2 Demonstrate responsible decision-making that considers multiple perspectives. HE.68.R.2.2
- 3 Describe the importance of following school and community laws and rules. HE.68.R.2.3
- 4 Monitor progress toward attaining a personal goal. HE.68.R.2.4
- 5 Explain strategies and skills needed to assess progress and maintenance of a challenging personal goal. HE.68.R.2.5
- 6 Describe how personal goals can vary with changing abilities, priorities, and responsibilities. HE.68.R.2.6
- 7 Identify how continuous learning leads to personal growth. HE.68.R.2.7
- 8 Identify strategies to manage challenges and setbacks. HE.68.R.2.8
- 9 Identify healthy responses to negative peer pressure. HE.68.R.2.9

---

**Standard 3 Mentorship and Citizenship** HE.68.R.3

- 1 Discuss ways a leader can build the trust of individuals and groups. HE.68.R.3.1
- 2 Explain and develop ways to apply leadership skills in the school and the community. HE.68.R.3.2
- 3 Identify the importance of volunteerism in positively affecting the community and nation. HE.68.R.3.3
- 4 Identify ways to participate in our constitutional republic through public policy, voting, and leadership positions. HE.68.R.3.4

---

**Standard 4 Critical Thinking and Problem Solving** HE.68.R.4

- 1 Analyze possible solutions to a problem to determine the best outcome for oneself and others. HE.68.R.4.1
- 2 Develop and apply conflict resolution skills in a variety of situations. HE.68.R.4.2
- 3 Analyze ways to pursue common goals as a part of a team or group. HE.68.R.4.3
- 4 Identify the importance of perseverance when facing difficulty solving a problem. HE.68.R.4.4