

Appendix A



Educational Content Standards Linked to Lesson Activities

The standards cited are drawn from *Content Knowledge*, a compilation of standards and benchmarks for K–12 education, and have been reviewed by the Mid-continent Research for Education and Learning (McREL).^{*} McREL’s database includes 256 standards, grouped into 14 categories and developed from 4,100 benchmarks. The following table identifies key learning areas supported by Media-Smart Youth. The numbers along the top row correspond to the lessons in the curriculum. The specific content standards these lessons support are noted in the left column.

^{*} Used with permission of Mid-continent Research for Education and Learning (McREL), 5th Edition, Denver, Colorado. McREL 2010.

CONTENT STANDARDS	LESSONS									
	1	2	3	4	5	6	7	8	9	10
Behavioral Studies										
Understands that group and cultural influences contribute to human development, identity, and behavior		✓	✓				✓			
Health										
Knows the availability and effective use of health services, products, and information		✓	✓			✓		✓	✓	
Knows environmental and external factors that affect individual and community health	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Understands the relationship of family health to individual health									✓	
Understands essential concepts about nutrition and diet	✓	✓		✓		✓		✓	✓	
Knows how to maintain and promote personal health				✓	✓				✓	
Knows essential concepts about the prevention and control of disease								✓		
Understands the fundamental concepts of growth and development								✓		
Language Arts										
Uses the general skills and strategies of the writing process		✓								✓
Uses reading skills and strategies to understand and interpret a variety of informational texts		✓	✓			✓	✓	✓		
Uses listening and speaking strategies for different purposes	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Uses viewing skills and strategies to understand and interpret visual media			✓				✓	✓		✓
Understands the characteristics and components of the media		✓	✓				✓			✓
Life Skills										
Contributes to the overall effort of a group	✓									
Uses conflict resolution techniques	✓									
Physical Education										
Understands the benefits and costs associated with participation in physical activity					✓			✓	✓	
Understands how to monitor and maintain a health-enhancing level of physical fitness					✓			✓		
Understands the social and personal responsibility associated with participation in physical activity					✓					