

Health Education TEKS Review Work Group C Recommendations

DRAFT Proposed Revisions

Texas Essential Knowledge and Skills (TEKS)

Health Education, Alcohol, Tobacco, and Other Drugs Strand

These recommendations reflect revisions to the health education Texas Essential Knowledge and Skills (TEKS) that have been recommended by State Board of Education’s TEKS work group for the alcohol, tobacco, and other drugs strand. This document reflects the recommendations for kindergarten–grade 5. Proposed deletions are shown in red font with strikethroughs (~~deletions~~). Text proposed to be moved from its current student expectation is shown in purple, italicized font with strikethrough (~~*moved text*~~) and is shown in the proposed new location in purple, italicized font with underlines (*new text location*). Additions are shown in green font with underlines (additions).

Comments in the right-hand column provide explanations for the proposed changes. The following notations were used as part of the explanations:

MV—multiple viewpoints from within the work group

VA—information added, changed, or deleted to increase vertical alignment

WGC—student expectation from the current TEKS that Work Group C has recommended to add to the strand

Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs								
Substrand: Use, misuse, and physiological effects								
Topics	KS/SE	K	1	2	3	4	5	Comments
	KS	The student understands the difference between use and misuse of different substances and their impact on health.						
classification of psychoactive drugs (stimulants, depressants, narcotics, and hallucinogens)	(A)						5.5(B) compare and contrast the effects of medications and street drugs 5.5(C) analyze the short-term and long-term harmful effects of alcohol, tobacco, and other substances on the functions of the body systems such as physical, mental, social, and legal consequences	All grade level topic and contents were combined due to repetition and the SE has been moved accordingly.
current trends (for example vaping)	(B)		1.2(E) identify safety rules that help to prevent poisoning;	2.2(D) explain the importance of avoiding dangerous substances	3.6 (B) identify common health problems that result from unhealthy environments such as skin cancer, poisoning, and respiratory illness;		5.5(C) analyze the short-term and long-term harmful effects of alcohol, tobacco, and other substances on the functions of the body systems such as physical, mental, social, and legal consequences	All grade level topic and contents were combined due to repetition and the SE has been moved accordingly.

Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs								
Substrand: Use, misuse, and physiological effects								
Topics	KS/SE	K	1	2	3	4	5	Comments
over the counter drugs and prescription drugs	(C)	<p><u>NEW SE: Define over-the-counter and prescription drugs, including proper usage of each</u></p>	<p><u>NEW SE: Identify the difference between over-the-counter and prescription drugs, including proper use and misuse</u></p> <p>1.2.C Explain the harmful effects of, and how to avoid alcohol, tobacco, other drugs</p> <p>1.2(E) identify safety rules that help to prevent poisoning</p>	<p><u>NEW SE: Differentiate between the benefits of use and the harmful effects of misuse of over the counter and prescription drugs</u></p> <p>2.2(D) explain the importance of avoiding dangerous substances</p>	<p><u>NEW: Identify the reasons to avoid the misuse of over the counter and prescription drugs.</u></p>	<p>4.4(A) identify the use and abuse of prescription and non-prescription medication such as over-the-counter <u>drugs</u></p> <p>4.4(B) explain the similarities of and the differences between medications and street drugs/substances;</p>	<p>5.5(A) describe the use and abuse of prescription and non-prescription medications such as over-the-counter <u>drugs</u></p> <p>5.5(C) analyze the short-term and long-term harmful effects of alcohol, tobacco, and other substances on the functions of the body systems such as physical, mental, social, and legal consequences;</p>	<p>Prescription drug topic has been merged with over the counter drugs.</p> <p>NEW: proposed added SE for K, 1, 2, 3</p> <p>Remove: 1.2.C, 1.2.E, 2.2.D, 4.4.B, 5.5.C</p> <p>Made ammenmendments to 4.4.A and 5.5.A</p> <p>5.5.C moved to short and long-term effects</p>
prescription drugs	(D)			<p>1.2(E) identify safety rules that help to prevent poisoning;</p>	<p>2.2(D) explain the importance of avoiding dangerous substances</p>		<p>4.4(A) identify the use and abuse of prescription and non-prescription medication such as over-the-counter;</p> <p>4.4(B) explain the similarities of and the differences between medications and street drugs/substances;</p>	<p>5.5(A) describe the use and abuse of prescription and non-prescription medications such as over the counter;</p> <p>5.5(C) analyze the short-term and long-term harmful effects of alcohol, tobacco, and other substances on the functions of the body systems such as physical, mental,</p>

Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs								
Substrand: Use, misuse, and physiological effects								
Topics	KS/SE	K	1	2	3	4	5	Comments
								social, and legal consequences;
<p><u>dangerous substances</u>, illegal drugs, alcohol (including alcohol poisoning) <u>and</u> tobacco, <u>related drugs</u> and current trends (for example vaping}</p>	(E)	<p>K.2(C) name <u>define</u> the harmful effects of tobacco, alcohol, and other drugs <u>and dangerous substances (such as inhalents and household products)</u></p>	<p>1.2.C Explain the harmful effects of, and how to avoid alcohol, tobacco, and other drugs <u>and dangerous substances (such as inhalents and household products)</u></p> <p>1.2.E Identify safety rules that help to prevent poisoning</p>	<p>2.2(A) identify and describe the harmful effects of alcohol, tobacco, and other drugs <u>and dangerous substances (such as inhalents and household products)</u></p> <p>2.2(D) explain the importance of avoiding dangerous substances</p>	<p><u>3.2(B) describe the harmful effects of alcohol, tobacco, and other drugs <u>and dangerous substances (such as inhalents and household products) on physical, mental, and social health and why people should not use them</u></u></p>	<p><u>NEW: Compare and contrast prescription drugs, over-the-counter drugs, alcohol, tobacco, other drugs and dangerous substances (such as inhalents and household products)</u></p> <p>4.4(B) explain the similarities of and the differences between medications and street drugs/substances</p>	<p><u>NEW: Describe the physiological effects of prescription drugs, over-the-counter drugs, alcohol, tobacco, other drugs and dangerous substances (such as inhalents and household products)</u></p> <p>5.5(B) compare and contrast the effects of medications and street drugs</p> <p>5.5(C) analyze the short-term and long-term harmful effects of alcohol, tobacco, and other substances on the functions of the body systems such as physical, mental, social, and legal consequences</p>	<p>Add "dangerous substances" to the sub-topic</p> <p>K.2.C: SE has been added and changed "name" to "define" and add "dangerous substances"</p> <p>1.2.C SE has been added and add "dangerous substances"</p> <p>1.2.E SE has been moved due to the merge of sub-topics, it goes to injury, prevention and safety</p> <p>2.2.A add "dangerous substances"</p> <p>2.2.D remove</p> <p>3.2.B was added for</p>

Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs								
Substrand: Use, misuse, and physiological effects								
Topics	KS/SE	K	1	2	3	4	5	Comments
								alignment...added "dangerous substances" 3.6.B has been moved accordingly 4.4.B, 5.5.B, 5.5.C reworded and moved to short and long-term effects
alcohol (including alcohol poisoning)	(F)			2.2(A) identify and describe the harmful effects of alcohol, tobacco, and other drugs on the body 2.2(D) explain the importance of avoiding dangerous substances	3.6 (B) identify common health problems that result from unhealthy environments such as skin cancer, poisoning, and respiratory illness;		5.5(C) analyze the short-term and long-term harmful effects of alcohol, tobacco, and other substances on the functions of the body systems such as physical, mental, social, and legal consequences	All grade level topic contents were combined due to repetition and the SE has been moved accordingly.
tobacco and related drugs	(G)			2.2(A) identify and describe the harmful effects of alcohol, tobacco, and other drugs on the body 2.2(D) explain the importance of avoiding dangerous substances			5.5(C) analyze the short-term and long-term harmful effects of alcohol, tobacco, and other substances on the functions of the body systems such as physical, mental, social, and legal consequences	All grade level topic and contents were combined due to repetition and the SE has been moved accordingly.

Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs								
Substrand: Short and Long-term Impacts								
Topics	KS/SE	K	1	2	3	4	5	Comments
	KS							
positive or negative impacts on health (including therapeutic, impairment, disability, addiction, or death)	(A)			2.2(A) identify and describe the harmful effects of alcohol, tobacco, and other drugs on the body	3.2(B) describe the harmful effects of alcohol, tobacco, and other drugs on physical, mental, and social health and why people should not use them 3.2 (C) identify reasons for avoiding violence, gangs, weapons and drugs	4.4(C) describe the short-term and long-term harmful effects of tobacco, alcohol, and other substances such as physical, mental, social, and legal consequences	5.5 (C) analyze the short-term and long-term harmful effects of alcohol, tobacco, and other substances on the functions of the body systems such as physical, mental, social, and legal consequences	All grade level topic and contents were combined due to repetition and the SE has been moved accordingly.
legal ramifications	(B)				3.2(B) describe the harmful effects of alcohol, tobacco, and other drugs on physical, mental, and social health and why people should not use them 3.2 (C) identify reasons for avoiding violence, gangs, weapons and drugs	4.4(C) describe the short-term and long-term harmful effects of tobacco, alcohol, and other substances such as physical, mental, social, and legal consequences	5.5 (C) analyze the short-term and long-term harmful effects of alcohol, tobacco, and other substances on the functions of the body systems such as physical, mental, social, and legal consequences	All grade level topic and contents were combined due to repetition and the SE has been moved accordingly.

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Strand: Alcohol, Tobacco, and Other Drugs								
Substrand: Short and Long-term Impacts								
Topics	KS/SE	K	1	2	3	4	5	Comments
<p><u>Positive or negative impacts and behavioral problems</u></p> <p>behavioral problems (including delinquency, aggressive behavior, lowering of inhibitions, and increased risk-taking)</p>	(C)			<p>2.2(A) identify and describe the harmful effects of alcohol, tobacco, and other drugs <u>and dangerous substances (such as inhalents and household products)</u> on the body</p>	<p>3.2(B) describe the harmful effects of alcohol, tobacco, and other drugs <u>and dangerous substances (such as inhalents and household products)</u> on physical, mental, and social health and why people should not use them</p> <p>3.2 (C) identify reasons for avoiding violence, gangs, weapons and drugs</p>	<p>4.4(C) describe the short-term and long-term harmful effects of tobacco, alcohol, and other substances <u>drugs and dangerous substances (such as inhalents and household products)</u> such as physical, mental, social, and legal consequences</p>	<p>5.5 (C) analyze the short-term and long-term harmful effects of alcohol, tobacco, and other substances <u>drugs and dangerous substances (such as inhalents and household products)</u> on the functions of the body systems such as physical, mental, social, and legal consequences</p>	<p>Grade level topics and contents were combined due to repetition and the SE has been moved accordingly.</p> <p>2.2.A, 3.2.B, 4.4.C, 5.5.C we added "dangerous substances"</p> <p>3.2.C goes with injury, violence prevention & safety</p>
<p>social and relational consequences and legal ramifications</p>	(D)			<p>2.2(A) identify and describe the harmful effects of alcohol, tobacco, and other drugs on the body</p>	<p>3.2(B) describe the harmful effects of alcohol, tobacco, and other drugs on physical, mental, and social health and why people should not use them;</p> <p><u>NEW: identify reasons for avoiding alcohol, tobacco, other drugs and dangerous substances (such as inhalents and household products)</u></p>	<p>4.4(C) describe the short-term and long-term harmful effects of tobacco, alcohol, and other drugs, <u>substances and dangerous substances (such as inhalents and household products)</u> such as physical, mental, social, and legal consequences;</p>	<p>5.5 (C) analyze the short-term and long-term harmful effects of alcohol, tobacco, and other drugs, <u>substances and dangerous substances (such as inhalents and household products)</u> on the functions of the body systems such as physical, mental, social, and legal consequences</p>	<p>Grade level topics and contents were combined due to repetition and the SE has been moved accordingly.</p> <p>2.2.A was moved to "dangerous substances..."</p> <p>4.4.C, 5.5.C added "dangerous substances"</p>

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Strand: Alcohol, Tobacco, and Other Drugs								
Substrand: Short and Long-term Impacts								
Topics	KS/SE	K	1	2	3	4	5	Comments
					3.2(C) identify reasons for avoiding violence, gangs, weapons and drugs;			

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Strand: Alcohol, Tobacco, and Other Drugs								
Substrand: Treatment								
Topics	KS/SE	K	1	2	3	4	5	Comments
	KS	<u>The student understands how to seek emergency help for self and others in poisoning and overdoses situations.</u>						
who, when, where, and how to get help (for self or others) and emergency responses to poisoning and overdoses	(A)		<p><u>NEW: describe what poisoning or overdose could look like and identify how to respond, including who to contact</u></p> <p>1.2.C Explain the harmful effects of, and how to avoid alcohol, tobacco, and other drugs and</p> <p>1.2.E Identify safety rules that help to prevent poisoning</p>	<p><u>NEW: describe what poisoning or overdose could look like and identify how to respond, including who to contact</u></p> <p>2.2(F) Identify a trusted adult such as a parent, teacher, or law enforcement officer and identify ways to react when approached and made feel uncomfortable or unsafe by another person/adult.</p>	<p><u>NEW: describe what poisoning or overdose could look like and identify how to respond, including who to contact</u></p>	<p><u>NEW: describe what poisoning or overdose could look like and identify how to respond, including who to contact</u></p>	<p><u>NEW: describe what poisoning or overdose could look like and identify how to respond, including who to contact</u></p>	<p>Grade level topics and contents were combined due to repetition and the SE has been moved accordingly.</p> <p>NEW SE added 1-5, we felt this was important and struggled with how to intensify the work</p>
types of treatments and recovery and rehabilitation	(B)							This topic isn't appropriate for these grade levels
recovery and rehabilitation	(C)							Grade level topics and contents were combined due to repetition and the SE has been moved accordingly.

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Strand: Alcohol, Tobacco, and Other Drugs								
Substrand: Treatment								
Topics	KS/SE	K	1	2	3	4	5	Comments
emergency responses to poisoning and overdoses	(D)		1.2.C Identify safety rules that help to prevent poisoning					Grade level topics and contents were combined due to repetition and the SE has been moved accordingly.

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Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs								
Substrand: Risk and Protective Factors								
Topics	KS/SE	K	1	2	3	4	5	Comments
	KS	<u>The student understands how various factors can influence decisions regarding substance use and the resources available for help.</u>						
peer influence (positive or negative), socio-cultural factors and heredity and genetics (family history)	(A)	K.9(A) identify and use refusal skills to avoid unsafe behavior situations such as saying no in unsafe situations and then telling an adult if he/she is threatened	1.10(B) practice refusal skills to avoid and resolve conflicts.	<u>2.8(A) describe how friends can influence a person's health</u> <u>2.8(B) recognize unsafe requests made by friends such as playing in the street.</u> 2.9(A) identify characteristics needed to be a responsible family member or friend;	<u>3.8(A) distinguish between positive and negative peer pressures and their effects on personal health behaviors</u>	<u>4.8(A) explain the influence of peer pressure on an individual's social and emotional health</u> <u>4.8(B) describe the importance of being a positive role model for health</u> 4.4(F) identify strategies for avoiding deliberate and accidental injuries such as gang violence and accidents at school and home	5.9(B) assess the role of assertiveness, refusal skills , <u>critical thinking</u> and peer pressure on decision making and problem solving	Grade level topics and contents were combined due to repetition and the SE has been moved accordingly. K.9.A, 1.10.B covered under refusal skills 3.8.A, 4.8.A, 4.8.B add 4.4.F should be under Injury and Violence Prevention and Safety
heredity and genetics (family history)	(B)							Grade level topics and contents were combined due to repetition and the SE has been moved accordingly.
environmental (safe havens and where to go for help,	(C)	<u>K.2(F) identify how to get help from a parent and/or trusted adult when</u>	1.2.C Explain the harmful effects of, and how to avoid alcohol, tobacco,	2.2(F) identify a trusted adult such as a parent, teacher, or law enforcement	<u>NEW: describe the importance of where to seek help</u>	<u>5.10.D identify methods available to report bullying unsafe situations</u>	<u>5.10.E describe the difference between reporting and tattling when</u>	K.2.F remove "by another person/adult" to allow for

Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs								
Substrand: Risk and Protective Factors								
Topics	KS/SE	K	1	2	3	4	5	Comments
accessibility) and reporting		made to feel uncomfortable or unsafe by another person/adult	and other drugs and 1.2(E) identify safety rules that help to prevent poisoning 1.2(H) identify how to get help from a parent and/or trusted adult when made to feel uncomfortable or unsafe by another person/adult	officer and identify ways to react when approached and made to feel uncomfortable or unsafe by another person/adult	and how to report unsafe situations	4.4(A) identify similarities in which healthy environments can be promoted in homes, schools, and communities; and 4.4(B) explain the importance of a community environmental health plan. 4.9(C) explain the importance of refusal skills and why the influence of negative peer pressure and the media should be resisted; 4.9(E) identify critical issues that should be discussed with parents/trusted adults such as puberty, harassment, and emotions; 4.11(C) describe the importance of	<u>reporting an unsafe situation</u> 5.9(B) assess the role of assertiveness, refusal skills, and peer pressure on decision making and problem solving	progression into 1st grade 1.2.C added to another section 1.2.E added to another section 1.2.H add SE 2 created new SE 5.10.D moved to 4th and modified to reflect unsafe situations 4.4.A, 4.4.B, 4.9.C, 4.9.E, 4.11.C were either addressed in another section or not relevant 5.10.E added (added "when reporting...") 5.9.B moved to another section

Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs								
Substrand: Risk and Protective Factors								
Topics	KS/SE	K	1	2	3	4	5	Comments
						parental guidance and other trusted adults in goal setting;		
socio-cultural factors	(D)						5.9(B) assess the role of assertiveness, refusal skills, and peer pressure on decision making and problem solving	

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Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs								
Substrand: Prevention								
Topics	KS/SE	K	1	2	3	4	5	Comments
	KS	<u>The student demonstrates refusal skills to avoid substance abuse and recognize the benefits of delayed use.</u>						
refusal skills, recognition and avoidance	(A)	<p><u>NEW: Define refusal skills for unsafe situations.</u></p>	<p>1.2 (C) explain the harmful effects of, and how to avoid, alcohol, tobacco, and other drugs</p> <p>1.2(D) identify ways to avoid weapons and drugs or harming oneself or another person by staying away from dangerous situations and reporting to an adult</p> <p><u>NEW: Recognize unsafe situations and practice strategies to avoid risky behaviors.</u></p> <p>1.9 (F) practice refusal skills and replacement behaviors to avoid and resolve conflicts.</p>	<p>2.2 (A) identify and describe the harmful effects of alcohol, tobacco, and other drugs on the body;</p> <p>2.2 (B) identify ways to avoid deliberate and accidental injuries;</p> <p><u>NEW: Identify ways to avoid unsafe situations and know how to respond using refusal skills.</u></p>	<p>3.2 (B) describe ways to improve personal fitness;</p> <p>3.2 (C) identify types of nutrients</p> <p>3.9 (F) demonstrate refusal skills; and</p> <p>3.11 (E) practice assertive communication and refusal skills;</p> <p><u>NEW: Demonstrate refusal skills using assertive communication.</u></p>	<p>4.4 (D) identify ways to avoid drugs and list alternatives for the use of drugs and other substances;</p> <p>4.4 (F) identify strategies for avoiding deliberate and accidental injuries such as gang violence and accidents at school and home; and</p> <p>4.9 (H) demonstrate refusal skills.</p> <p>4.12 (B) demonstrate appropriate ways to deal with disrespectful behavior;</p>	<p>5.5 (D) identify and describe alternatives to drug and substance use;</p> <p>5.9 (B) assess the role of assertiveness, refusal skills, and peer pressure on decision making and problem solving;</p>	<p><u>NEW Student Expectations were developed for consistency and progression.</u></p> <p><u>Strike throughs did not pertain to topics.</u></p>

Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs

Substrand: Prevention

Topics	KS/SE	K	1	2	3	4	5	Comments
reporting	(B)		1.2 (C) explain the harmful effects of, and how to avoid, alcohol, tobacco, and other drugs; 1.2(D) identify ways to avoid weapons and drugs or harming oneself or another person by staying away from dangerous situations and reporting to an adult				5.5 (D) identify and describe alternatives to drug and substance use; 5.9 (B) assess the role of assertiveness, refusal skills, and peer pressure on decision making and problem solving;	
recognition and avoidance	(C)	K.2(C) name the harmful effects of tobacco, alcohol, and other drugs	1.2(C) explain the harmful effects of, and how to avoid, alcohol, tobacco, and other drugs 1.2(D) identify ways to avoid weapons and drugs or harming oneself or another person by staying away from dangerous situations and reporting to an adult 1.2(E) identify	2.2(A) identify and describe the harmful effects of alcohol, tobacco, and other drugs on the body 2.2(B) identify ways to avoid deliberate and accidental injuries	3.2(B) describe the harmful effects of alcohol, tobacco, and other drugs on physical, mental, and social health and why people should not use them 3.2(C) identify reasons for avoiding violence, gangs, weapons and drugs	4.4(D) identify ways to avoid drugs and list alternatives for the use of drugs and other substances 4.12(B) demonstrate appropriate ways to deal with disrespectful behavior	5.5(D) identify and describe alternatives to drug and substance use 5.9(B) assess the role of assertiveness, refusal skills, and peer pressure on decision making and problem solving	

Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs

Substrand: Prevention

Topics	KS/SE	K	1	2	3	4	5	Comments
			<p>safety rules that help to prevent poisoning</p> <p>1.9(F) practice refusal skills and replacement behaviors to avoid and resolve conflicts.</p>					
short and long-term consequences of the use of drugs and other substances as well as the benefits of abstinence and delayed use (legal, social, financial, medical, emotional, and coping skills)	(D)		<p>1.2 (c) explain the harmful effects of, and how to avoid, alcohol, tobacco, and other drugs;</p>	<p>2.2 (A) identify and describe the harmful effects of alcohol, tobacco, and other drugs on the body;</p> <p>2.12 (A) identify negative consequences that result from bullying behaviors</p>	<p>3.2 (B) describe the harmful effects of alcohol, tobacco, and other drugs on physical, mental, and social health and why people should not use them;</p> <p>3.2 (C) identify reasons for avoiding violence, gangs, weapons and drugs;</p>	<p>4.4 (C) Describe the short-term and long-term harmful effects of tobacco, alcohol, and other substances such as physical, mental, social, and legal consequences.</p>	<p>5.5 (D) identify and describe alternatives to drug and substance use;</p> <p><u>5.5 (C) Analyze the short-term and long-term harmful effects of tobacco, alcohol, and other substances such as physical, mental, social, and legal consequences.</u></p>	Strike throughs did not pertain to the topic.
benefits of abstinence and delayed	(E)	-	<p>1.2.C Explain the harmful effects of, and how to avoid alcohol, tobacco, and other drugs and dangerous substances</p>	<p>2.2(B) identify ways to avoid deliberate and accidental injuries</p> <p>2.2(D) explain the importance of avoiding dangerous substances</p> <p>2.11(B) describe</p>	-	<p>4.4(D) identify ways to avoid drugs and list alternatives for the use of drugs and other substances</p>	<p>5.5(D) identify and describe alternatives to drug and substance use</p>	

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Strand: Alcohol, Tobacco, and Other Drugs								
Substrand: Prevention								
Topics	KS/SE	K	1	2	3	4	5	Comments
				how personal health decisions affect self and others				
emotional regulation and coping skills	(F)		1.2(C) explain the harmful effects of, and how to avoid, alcohol, tobacco, and other drugs	2.2(B) identify ways to avoid deliberate and accidental injuries 2.2(D) explain the importance of avoiding dangerous substances 2.11(B) describe how personal health decisions affect self and others		4.4(D) identify ways to avoid drugs and list alternatives for the use of drugs and other substances	5.5(D) identify and describe alternatives to drug and substance use	

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DRAFT Proposed Revisions

Texas Essential Knowledge and Skills (TEKS)

Health Education, Alcohol, Tobacco, and Other Drugs Strand

These recommendations reflect revisions to the health education Texas Essential Knowledge and Skills (TEKS) that have been recommended by State Board of Education’s TEKS work group for the alcohol, tobacco, and other drugs strand. This document reflects the recommendations for grade 6–high school. Proposed deletions are shown in red font with strikethroughs (~~deletions~~). Text proposed to be moved from its current student expectation is shown in purple, italicized font with strikethrough (~~*moved text*~~) and is shown in the proposed new location in purple, italicized font with underlines (*new text location*). Additions are shown in green font with underlines (additions).

Comments in the right-hand column provide explanations for the proposed changes. The following notations were used as part of the explanations:

MV—multiple viewpoints from within the work group

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Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs						
Substrand: Use, and Misuse, and physiological effects						
Topics	KS/SE	6	7-8	Health I	Advanced Health	Comments
	KS	<p>The student analyzes and applies health information strategies to reduce health dangers related to use and misuse of over the counter and prescription drugs, dangerous substances, illegal drugs, alcohol (including alcohol poisoning), tobacco, and current trends such as vaping.</p>				<p>WG C: added “(including opioids)” to multiple locations throughout Use & Misuse substrand to fulfill Board recommendation</p>
<p>classification of psychoactive drugs (stimulants, depressants, narcotics, and hallucinogen) and current trends (for example vaping)</p>	(A)	<p>6.6.B describe the misuse and abuse of prescription and over-the-counter drugs and the dangers associated with each</p> <p>6.7.B describe chemical dependency and addiction to tobacco, alcohol, drugs, including prescription drugs, and other substances;</p>	<p>7.1.E identify and describe the three categories of prescription drugs and types of illegal drugs; and</p> <p>7.1.F examine the relationship between prescription drugs and illegal drugs</p> <p>7.2.F identify the common side effects associated with each drug category on the body systems and brain.</p>	<p>1.1.J identify the categories of drugs and what they are used to treat</p> <p>1.2.E explain why some medications require a prescription</p> <p>1.2.F explain the connection between the proper and safe use of prescription drugs and overall health</p> <p>1.4.C examine social influences on drug-taking behaviors.</p> <p>1.7.A identify and describe forms of prescription drug misuse such as combining drugs for another effect and administering a drug improperly and substance use disorder</p> <p>1.7.B analyze the harmful effects such as the physical, mental, social, and legal consequences of alcohol, tobacco, drugs, including prescription drugs, and other substance.</p> <p>1.7.D develop strategies for preventing use of tobacco,</p>		<p>VA - Omitting the entire sub-strand</p> <p>Duplicate - SEs in same and different grades.</p>

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Strand: Alcohol, Tobacco, and Other Drugs

Substrand: Use, and Misuse, and physiological effects

Topics	KS/SE	6	7-8	Health I	Advanced Health	Comments
				<p>alcohol, and other addictive substance</p> <p>1.7.E develop strategies for preventing the misuse of prescription and over the counter drug.</p> <p>1.12.A describe ways to report the suspected abuse of drugs to a parent or school administrator, teacher, or other trusted adult.</p> <p>1.13.A identify support systems aimed at substance use disorders and substance misuse, including prescription drug misuse</p> <p>1.17.A identify individual and community protective factors and skills that prevent substance misuse and substance use disorders such as refusing invitations to misuse prescription drugs, knowing the risks associated with substance misuse, and reporting the use of drugs to a parent or school administrator, teacher, or other trusted adult.</p> <p>1.17.E associate risk-taking with consequences such as drinking and driving.</p>		

Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs						
Substrand: Use, and Misuse, and physiological effects						
Topics	KS/SE	6	7-8	Health I	Advanced Health	Comments
Over-the-counter drugs and prescription drugs	(B)	<p>6.5.A - define prescription and over-the-counter drugs;</p> <p>6.5.B - describe the purposes of prescription and over-the-counter drugs (including opioids), including and the intended benefits;</p> <p>6.5.C explain why some drugs require a prescription;</p> <p>6.5.D identify the components of prescription and over-the-counter drug labels;</p> <p>6.5.E compare and contrast examples of prescription and over-the-counter drug labels;</p> <p>6.5.F identify and describe practices used to safely store and properly dispose of prescription and over-the-counter drugs (including opioids); and</p> <p>6.5.G explain the dangers associated with taking expired prescription and over-the-</p>	<p>7.1.E - identify and describe the three categories of prescription drugs (including opioids) and types illegal drugs.</p> <p>7.1.F examine the relationship between prescription drugs (including opioids) and illegal drugs.</p> <p>7.2.F identify the common side effects associated with each drug category on the body systems and brain.</p> <p>7.4.E identify and explain the importance of each component of an over-the-counter drug warning label;</p> <p>7.4.F identify common uses of each prescription drug category.</p> <p>7.5.B describe how substance misuse-abuse, including prescription drug misuse, and substance use disorders affect the body systems and brain.</p>	<p>H1.1.J identify the categories of drugs and what they are used to treat. their intended usage.</p> <p>H1.1.K examine examples of drug labels to determine the drug category and intended use.</p> <p>H1.2.E explain why some medications require a prescription;</p> <p>H1.2.F explain why some medications require a prescription; and the connection between the proper, and safe, and overall use of prescription drugs. and overall health;</p> <p>H1.2.G investigate the potential negative effects of combining illegal drugs, including prescription and over the counter drugs</p> <p>H1.2.H analyze the consequences of substance misuse of prescription and over the counter drugs.</p>		<p>Combined the over-the-counter and prescription drugs topics because there was much duplication in the concepts and in the SEs.</p> <p>H 1.1.J – delete for Clarification and allow for MV</p> <p>6.5.B – changed including to and added (including opioids)</p> <p>Combine H1.2.E with H1.2.F to streamline the SE</p> <p>7.2.F moved to impact substrand</p>

Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs

Substrand: Use, and Misuse, and physiological effects

Topics	KS/SE	6	7-8	Health I	Advanced Health	Comments
		<p>counter drugs (including opioids).</p> <p>6.6.A explain the difference between the misuse and abuse of prescription drugs;</p> <p>6.6.B describe the misuse and abuse of prescription and over-the-counter drugs (including opioids) and the dangers associated with each.</p> <p>6.6.C describe how the abuse of drugs affects the body systems and brain.</p> <p>6.7.B describe chemical dependency and addiction to tobacco, alcohol, drugs, including prescription drugs (including opioids), and other substances. <u>over the counter drugs.</u></p>	<p>7.6.L differentiate between appropriate and inappropriate use of prescription and over-the-counter drugs (including opioids) and the resulting consequences of each.</p>	<p>H1.7.A identify and describe forms of prescription drug (including opioids) misuse such as combining drugs for another effect and administering a drug improperly and substance use disorder</p> <p>H 1.7.E develop strategies for preventing the misuse of prescription and over-the-counter drugs (including opioids).</p> <p>H1.12.C compare and analyze the cost, availability, and accessibility of health services for people of all ages.</p> <p>H1.13.A identify support systems aimed at substance use disorders and substance misuse, including prescription drug misuse.</p> <p>H1.17.A identify individual and community protective factors and skills that prevent substance misuse and substance use disorders such as refusing invitations to</p>		<p>Streamline and Duplicate H1.2.G; H1.2.H– move to sub-strand Short and Long term impacts and topic positive and negative impacts on health.</p> <p>H1.7.A - Streamlining the wording and clarification, also duplicate wording in another SE.</p> <p>6.6A delete-covered by 6.6.B</p> <p>6.6.C Not needed in this sub-strand or topic. Move to short and long term impacts</p>

Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs						
Substrand: Use, and Misuse, and physiological effects						
Topics	KS/SE	6	7-8	Health I	Advanced Health	Comments
				misuse prescription drugs, knowing the risks associated with substance misuse, and reporting the use of drugs to a parent or school administrator, teacher, or other trusted adult.		<p>H1.12.C; H1.13.A - Duplicate – move to treatment topic</p> <p>Duplicate move to sub-strand short and long term impacts and/or treatment.</p>
<p><u>Dangerous substances, illegal drugs, alcohol (including alcohol poisoning), tobacco, and current trends (for example such as vaping)</u></p>	(C)	<p>6.7.B describe chemical dependency and addiction to tobacco, alcohol, drugs, including prescription drugs, and other substances.</p>	<p>7.1.E identify and describe the three categories of prescription drugs and the types of illegal drugs.</p> <p>7.1.F examine the relationship between prescription drugs and illegal drugs.</p> <p>7.2.F identify the common side effects associated with each drug category on the body systems and brain.</p> <p>7.5.B describe how substance misuse, including prescription drug misuse abuse, and substance use disorders affect the body systems and brain.</p> <p>7.6.L differentiate between appropriate and inappropriate</p>	<p>H 1.1.J identify the categories of drugs and what they are used to treat. <u>their intended usage.</u></p> <p>H1.3.C analyze the harmful effects of certain substances such as alcohol, tobacco, and prescription drugs and environmental hazards such as lead on the fetus.</p> <p>H1.4.C examine social influences on drug-taking behaviors.</p> <p>H1.7.B analyze the harmful effects such as the physical, mental, social, and legal consequences of alcohol, tobacco, drugs, including prescription drugs, and other substance.</p>		<p>“Dangerous substances,” “illegal drugs,” “alcohol,” “tobacco and related drugs” were combined to streamline into the same topic.</p> <p>6.7.B phrase deleted for clarification</p> <p>H1.1.J “their intended usage” added to increase applicability to other substances</p> <p>H1.3.C Duplicate – short and long term impacts</p> <p>H1.4.C – Duplicate – risk and protective factors</p> <p>7.2.F Duplicate – move to short and long term impacts</p>

Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs

Substrand: Use, and Misuse, and physiological effects

Topics	KS/SE	6	7-8	Health I	Advanced Health	Comments
			use of prescription and over-the-counter drugs and the resulting consequences of each.	<p><u>H1.7.F analyze the importance of alternatives to drug and substance misuse and abuse</u></p> <p>H1.13.A identify support systems aimed at substance use disorders and substance misuse, including prescription drug misuse.</p> <p>H1.17.A identify individual and community protective factors and skills that prevent substance misuse and substance use disorders such as refusing invitations to misuse prescription drugs, knowing the risks associated with substance misuse, and reporting the use of drugs to a parent or school administrator, teacher, or other trusted adult.</p>		<p>H1.7.B – short and long term impacts</p> <p>H1.7.F. added mis to use and added abuse. Students need to understand both concepts.</p> <p>H1.13.A Duplicate - treatment</p> <p>7.6.L Not needed in the sub-strand</p> <p>H1.17.A Duplicate move to sub-strand short and long term impacts and or treatment</p>

Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs						
Substrand: Short- and Long-term Impacts						
Topics	KS/SE	6	7-8	Health I	Advanced Health	Comments
	KS	<u>The student recognizes and understands the short- and long-term impacts of use and misuse of alcohol, tobacco, drugs (including prescription drugs), and other substances.</u>				
Positive or negative impacts on health (including therapeutic, impairment, disability, addiction, or death), <u>and behavioral problems (including delinquency, aggressive behavior, lowering of inhibitions, and increased risk-taking)</u>		6.6.c Describe how the abuse <u>use and misuse</u> of drugs affects the body systems and brain	7.5.a Analyze <u>and explain</u> the short and long term health consequences of prescription and over the counter drug misuse and substance use disorders (<u>such as chemical dependency and addiction to tobacco, alcohol, drugs, including prescription drugs and other substances</u>) <u>7.5.c Relate medicine and other drugs to communicable and noncommunicable diseases, prenatal health, health problems in later life, and other adverse consequences</u> 7.6.h Explain the impact of chemical dependency and addiction to tobacco, alcohol, drugs, including prescription drugs and other substances 7.6.m Describe how substance misuse, including prescription drug misuse, can lead to addiction	H 1.2.f Explain the connection between the proper and safe use of prescription drugs and overall health H 1.2.g Investigate the potential negative effects of combining drugs including prescription and over the counter drugs H 1.3.c Analyze the harmful effects of certain substances such as alcohol, tobacco, and prescription drugs and environmental hazards such as lead <u>second-hand smoke</u> on the fetus H 1.7.c Explain the relationship between alcohol, tobacco, and other drugs and other substances used by adolescents and the role these substances play in unsafe situations such as Human Immunodeficiency Virus (HIV), Sexually Transmitted Diseases (STDs)	AH.7.g Describe the interrelatedness of alcohol and other drugs to health problems such as drugs and date rape, HIV, STI, and drinking and driving	Combined topics to remove redundancy of the SEs 6.6.c -altered language to clarify Removed 7.4.h – Duplicated in Legal section below Removed lead because it doesn't apply and added second hand smoke as a relevant example Removed “diseases” and used updated term “infections” Removed H 1.1.j – duplicated in Use, Misuse strand & Prevention strand Removed H 1.2.e – duplicated in Use strand Removed H 1.7.d, H 1.7.e, and H 1.18.c – duplicated under prevention Combined the basics of 7.6.h, 7.6.m into 7.5.a to create more inclusive and thorough SE

Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs						
Substrand: Short- and Long-term Impacts						
Topics	KS/SE	6	7-8	Health I	Advanced Health	Comments
			<p>7.4.h Discuss the legal consequences related to the use of drugs including the misuse of prescription drugs</p>	<p><u>Infections (STIs)</u>, unplanned pregnancies, and MVAs</p> <p>H 1.2.h Analyze the physical and mental consequences of <u>substance-use and</u> misuse of <u>prescription and over the counter drugs</u> alcohol, tobacco, drugs including prescription drugs, and other substances</p> <p>H 1.6.a Examine the effects of health behaviors on body systems</p> <p>H 1.1.j Identify the categories of drugs and what they are used to treat</p> <p>H 1.2.e Explain why some medications require a prescription</p> <p>H 1.7.b Analyze the harmful effects such as physical, social, and legal consequences of alcohol, tobacco, drugs including prescription drugs and other substances</p> <p>H 1.7.e Develop strategies for preventing the misuse of</p>		Removed H 1.7.b – duplicated in next topic

Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs						
Substrand: Short- and Long-term Impacts						
Topics	KS/SE	6	7-8	Health I	Advanced Health	Comments
				<p>prescription and over the counter drugs</p> <p>H 1.18.c Develop strategies to evaluate information relating to a variety of critical health issues</p> <p>H 1.7.d Develop strategies for preventing use of tobacco, alcohol, and other addictive substance</p>		
Legal Ramifications and social and relational consequences		<p>6.6.C describe how the abuse of drugs affects the body systems and brain</p> <p><u>WGC: 7.4.H discuss the legal consequences related to the use of drugs, including the misuse of prescription drugs</u></p> <p><u>WGC: 7.6.K explain the importance of complying with rules prohibiting possession of drugs and weapons</u></p>	<p>7.4.H discuss <u>examine</u> the legal consequences related to the use of drugs, including the misuse of prescription drugs</p> <p><u>7.5.A analyze the short- and long-term health consequences of prescription and over-the-counter drug misuse and substance use disorders</u></p> <p>7.6.H explain the impact of chemical dependency and addiction to tobacco, alcohol, drugs, including prescription drugs, and other substances</p> <p>7.6.K explain the importance of complying with rules</p>	<p>H 1.2.G investigate the potential negative effects of combining drugs, including prescription and over the counter drugs</p> <p>H 1.2.H analyze the consequences of substance misuse of prescription and over the counter drugs</p> <p>H 1.4.C examine social influences on drug taking behaviors</p> <p>H 1.7.A identify and describe forms of prescription drug misuse such as combining drugs for another effect and</p>	<p>Adv. H.4.C evaluate the impact of laws relating to <u>the use and misuse of</u> prescription and over-the-counter drugs, misuse and the use of alcohol, tobacco, and other substances</p> <p>Adv. H.7.E evaluate the impact of laws relating to tobacco, alcohol, drugs, including prescription drugs, and other substances</p>	<p>Combined legal ramifications and social and relational consequences topics</p> <p>6.6.C deleted because of duplication and does not apply to this topic</p> <p>Adv. H.7.E was deleted because it is repetitive compared to Adv. H.4.C</p> <p>WG C recommends moving 7.4.H and 7.6.K to grade 6 because the concept was not formally included in grade 6</p>

Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs						
Substrand: Short- and Long-term Impacts						
Topics	KS/SE	6	7-8	Health I	Advanced Health	Comments
			<p>prohibiting possession of drugs and weapons</p> <p><u>NEW: analyze the consequences of illegal possession of drugs and/or weapons</u></p> <p><u>7.12.G discuss how substance misuse, including prescription drug misuse, and substance use disorders impact families and communities</u></p> <p><u>7.13.E examine the effects of peer pressure on decision making</u></p>	<p>administering a drug improperly and substance use disorders</p> <p><u>H 1.7.B analyze the harmful effects such as the physical, mental, social, and legal consequences of alcohol, tobacco, drugs, including prescription drugs, and other substances</u></p> <p>H 1.7.C explain the relationship between alcohol, tobacco, and other drugs and other substances used by adolescents and the role these substances play in unsafe situations such as Human Immunodeficiency Virus (HIV)/sexually transmitted disease (STD), unplanned pregnancies, and motor vehicle accidents</p> <p><u>H 1.7.D develop strategies for preventing use of tobacco, alcohol, and other addictive substances</u></p> <p>H 1.12.A describe ways to report the suspected abuse of drugs to a parent or school</p>		<p>7.4.H in grade 7 changed verb to increase level of rigor</p> <p>Added new student expectation to 7–8 to expand students’ understanding of the concept</p> <p>H 1.2.G was deleted because the SE is addressed in the positive and negative impacts</p> <p>H 1.2.H was deleted because the SE is addressed in the positive and negative impacts.</p> <p>Moved H 1.4.C to Peer Influences</p> <p>H 1.7.A was deleted because its already in the use and misuse substrand</p> <p>Removed H 1.7.C because it is addressed in previous topic</p>

Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs						
Substrand: Short- and Long-term Impacts						
Topics	KS/SE	6	7-8	Health I	Advanced Health	Comments
				<p>administrator, teacher, or other trusted adult</p> <p>H 1.14.G evaluate the dynamics of social groups</p> <p>H 1.17.A identify individual and community protective factors and skills that prevent substance misuse and substance use disorders such as refusing invitations to misuse prescription drugs, knowing the risks associated with substance misuse, and reporting the use of drugs to a parent or school administrator, teacher, or other trusted adult</p> <p>H 1.18.C develop strategies to evaluate information relating to a variety of critical health issues</p>		<p>Removed H 1.7.d, and H 1.18.c – duplicated under prevention</p> <p>Removed H 1.12.A because it is addressed in risk and protective factors strand</p> <p>Removed H 1.14.G because the SE does not belong in this strand. WG recommends moving this SE to the mental health and wellness strand.</p> <p>Removed H.1.17.A because it is in risk and protective factors</p>

Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs

Substrand: Treatment

Topics	KS/SE	6	7-8	Health I	Advanced Health	Comments
	KS	<p><u>The student recognizes and understands the options for treatment and how to seek help related to the use and misuse of alcohol, tobacco, drugs (including prescription drugs), and other substances.</u></p>				
Treatment		<p>6.6.c Describe how the abuse of drugs affects the body systems and the brain</p> <p><u>7.6.k Explain the importance of complying with rules prohibiting possession of drugs and weapons</u></p>	<p>7.4.h Discuss the legal consequences related to the use of drugs, including the misuse of prescription drugs</p> <p>7.12.g Discuss how substance misuse including prescription drug misuse and substance use disorders impact families and communities</p> <p>7.6.h Explain the impact of chemical dependency and addiction to alcohol, drugs including prescription drugs, and other substances</p> <p>7.6.k Explain the importance of complying with rules prohibiting possession of drugs and weapons</p> <p>7.13.e Examine the effects of peer pressure on decision-making</p>	<p>H 1.7.b Analyze the harmful effects such as physical, mental, social and legal consequences of alcohol, tobacco, drugs including prescription drugs, and other substances <u>possession, use, and misuse.</u></p> <p>H 1.14.g Evaluate the dynamics of social groups</p> <p>H 1.2.g Investigate the potential negative effects of combining drugs including prescription and over the counter drugs</p> <p>H 1.2.h Analyze the consequences of substance misuse of prescription and over the counter drugs</p> <p>H 1.4.c Examine social influences on drug taking behaviors</p> <p>H 1.7.a Identify and describe forms of prescription drug misuse such as combining</p>	<p>AH.4.c Evaluate the impact of laws relating to prescription and over the counter drug misuse and the use of alcohol, tobacco and other substances</p> <p>AH.7.e Evaluate the impact of laws relating to prescription and over the counter drug misuse and the use of alcohol, tobacco and other substances</p>	<p>Removed 6.6.c – duplicated under positive & negative physical topic</p> <p>Removed AH.7.e duplicate of AH.4.c</p> <p>Removed H 1.2.g – duplicated under positive and negative physical topic</p> <p>Moved H 1.4.c to Peer Influences</p> <p>Removed H 1.7.a – duplicated in Use & Misuse section</p> <p>Moved 7.13.e to Peer Influences</p> <p>Removed H 1.7.d, H 1.12.a, H 1.17.a, H 1.18.c – Duplicative</p> <p>Removed 7.6.h – duplicated above in Positive/Negative impacts</p> <p>Moved 7.12.G to Legal Ramifications and social and relational consequences topic because the SE fits better in the consequences topic</p> <p>Removed H.1.2.h – redundant</p>

Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs

Substrand: Treatment

Topics	KS/SE	6	7-8	Health I	Advanced Health	Comments
				<p>drugs for another effect and administering a drug improperly and substance use disorders</p> <p>H 1.7.d Develop strategies for preventing use of tobacco alcohol and other addictive substances</p> <p>H 1.12.a Describe ways to report a suspected abuse of drugs to a parent or school administrator, teacher, or trusted adult</p> <p>H 1.17.a Identify individual and community protective factors and skills that prevent substance misuse and substance use disorders such as refusing invitations to misuse prescriptions drugs, knowing the risks associated with substance misuse, and reporting the use of drugs to a parent, school administrator, teacher, or trusted adult</p> <p>H 1.18.c Develop strategies to evaluate information relating to a variety of critical health issues</p>		<p>Altered H.1.7.b to clarify</p>

Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs

Substrand: Treatment

Topics	KS/SE	6	7-8	Health I	Advanced Health	Comments
Who, when, where, & how to get help for self or others and emergency responses to poisoning and overdoses		<p>6.7.i Identify signs and symptoms of <u>alcohol, tobacco, drugs including prescription drugs, and other substances</u> prescription drug use and misuse (such as using medicine prescribed for someone else or for reasons other than intended) <u>and at least one example of who, when, where & how to get help.</u></p> <p>H 1.12.a Describe Identify ways to report a suspected abuse of <u>drugs to a parent or school administrator, teacher, or trusted adult</u></p> <p>6.6.a Explain the difference between the misuse and abuse of prescription drugs</p> <p>6.6.b Describe the misuse and abuse of prescription and over the counter drugs and the dangers associated with each</p> <p>6.6.c Describe how the abuse of drugs affects the body systems and the brain</p>	<p><u>Identify signs and symptoms of alcohol, tobacco, drugs including prescription drugs, and other substances</u> prescription drug use and misuse (such as using medicine prescribed for someone else or for reasons other than intended) <u>and at least one example of who, when, where & how to get help.</u></p> <p><u>H 1.12.a Describe ways to report a suspected abuse of drugs to a parent or school administrator, teacher, or trusted adult</u></p>	<p>H 1.12.a Describe <u>Demonstrate</u> ways to report a suspected abuse of drugs to a parent or school administrator, teacher, or trusted adult</p> <p>H 1.13.a Identify support systems aimed at substance use disorders and substance misuse including prescription drug misuse</p> <p>H 1.1.j Identify the categories of drugs and what they are used to treat</p> <p>H 1.1.k Examine examples of drug labels to determine the drug category and intended use</p> <p>H 1.2.e Explain why some medications require a prescription</p> <p>H 1.2.f Explain the connection between the proper and safe use of prescription drugs and overall health</p> <p>H 1.8.a Research information about a personal health concern</p> <p>H 1.18.b Demonstrate knowledge about personal and family health concerns</p>	<p>AH.13.b Demonstrate leadership skills for advocating health <u>(such as promoting substance-free lifestyle and “see something/say something”)</u></p> <p>AH.16.b Design materials for health advocacy <u>(such as promoting substance-free lifestyle and “see something/say something”)</u></p> <p>AH.7.f Investigate treatment plans for drug addiction including prescription drugs</p>	<p>Removed 6.6.a, b, c – Duplicative</p> <p>H1.12.a – delete describe & add demonstrate to alter rigor</p> <p>Removed AH.7.f – fits better in treatment topic</p> <p>Removed H 1.1.j , H 1.1.k, 1.2.e, H 1.2.f- duplicative</p> <p>6.7.i added parentheses to clarify And added more clarifying language, as well as the expectation of trying to get help</p> <p>Added new H1.12.A SE to 7-8 band to reinforce , altered rigor for 6th grade by removing “describe” and replacing with “Identify”</p> <p>Copied H 1.12.a to 6th and 7-8 because it is appropriate and needed at those levels</p> <p>H 1.8.a duplicated in types of treatment topic</p> <p>H 1.18.b duplicated in types of treatment topic</p>

Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs

Substrand: Treatment

Topics	KS/SE	6	7-8	Health I	Advanced Health	Comments
Types of treatment and recovery and rehabilitation		6.6.b Describe the misuse and abuse of prescription and over the counter drugs and the dangers associated with each	7.5.c Relate medicine and other drugs to communicable and noncommunicable diseases, prenatal health, health problems in later life, and other adverse consequences	<p>H 1.1.j Identify the categories of drugs and what they are used to treat</p> <p><u>H 1.2.f Explain the connection between the proper and safe use of prescription drugs and overall health</u></p> <p>H 1.18.a Research information about a personal health concern</p> <p>H 1.18.b Demonstrate knowledge about personal and family health concerns</p>	<p>AH.7.f Investigate treatment plans <u>options</u> for drug <u>substance</u> addiction <u>and/or</u> <u>misuse</u> including prescription drugs</p>	<p>AH.7.f Deleted plans and substituted options as a more blanket term to include more possibilities; added expanding and clarifying language</p> <p>Added H 1.2.f because some drugs are used to treat addiction and need to be used appropriately</p> <p>Removed 6.6.b – duplicative</p> <p>Moved 7.5.c to Positive & Negative impacts on Health strand</p>

DRAFT

Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs

Substrand: Risk and Protective Factors

Topics	KS/SE	6	7-8	Health I	Advanced Health	Comments
	KS	<p><u>The student understands factors within the environment that influence positive and negative relationships as related to alcohol, tobacco, and other drugs.</u></p>				
peer influence (positive or negative), <u>socio-cultural factors and heredity and genetics (family history)</u>	(A)	<p>6.8.A identify how environmental influences may affect an individual's substance misuse and substance use disorder;</p> <p>6.9.A differentiate between positive and negative relationships that can affect <u>an individual's</u> health such as clubs, gangs, or families;</p> <p>6.6.B describe the misuse and abuse of prescription and over-the-counter drugs and the dangers associated with each;</p> <p>6.9.B examine social influences on drug-taking behaviors;</p> <p>6.13.B demonstrate the use of refusal skills in unsafe situations;</p> <p>6.7.C explain the relationship among tobacco, alcohol, drugs,</p>	<p>7.3.B <u>distinguish and</u> analyze risks factors associated with <u>for contracting communicable and non-communicable</u> specific diseases based on pathogenic, genetic, age, cultural, environmental, and behavioral factors <u>as it relates to medicines and other drugs;</u></p> <p>7.7.C discuss the influence of physical and social environmental factors on substance misuse <u>and abuse</u></p> <p><u>WG C:</u> 6.7.C <u>differentiate explain</u> the relationships among tobacco, alcohol, drugs, and other substances and the <u>roles</u> these items play in unsafe situations such as drinking and driving and Human Immunodeficiency Virus (HIV)/sexually transmitted disease (STD) transmission;</p>	<p>H1.8.A analyze the relationship between the use of refusal skills and the avoidance of unsafe situations such as sexual abstinence</p> <p>H1.17.A identify individual and community protective factors and skills that prevent substance misuse <u>such as consequences associated with drinking and driving</u> and substance use disorders such as refusing invitations to misuse prescription drugs, knowing the risks associated with substance misuse, and reporting the use of drugs to a parent or school administrator, teacher, or other trusted adult</p> <p>H1.17.B demonstrate knowledge about personal and family health concerns</p> <p>H1.18.B demonstrate knowledge about personal and family health concerns <u>while</u></p>	<p>Adv H.8.A examine the influence of culture and society on the misuse and abuse of prescription drugs in <u>places such as</u> school, sports, <u>and/or</u> entertainment</p> <p>Adv. H.1.B explain how technology can influence health <u>as it evolves</u></p>	<p>6.9.A Grammatical change to focus on individual's health</p> <p>H1.17.A added "such as" statement to provide an example of substance misuse. Samples came from H1.17.E</p> <p>H1.8.A Added in places such as, "and/or" to clarify that all need to be addressed</p> <p>Adv H.8.A Added language for clarity and to provide room for additional options</p> <p>6.6.B – delete – duplicated in Use & Misuse substrand</p> <p>7.3.B combined with 7.3.C and 7.5.C. Combined analyze and distinguish. All SE's were addressing the same concepts</p> <p>6.7.C was added to middle school because the concepts should be reiterated at a higher level of rigor</p>

Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs

Substrand: Risk and Protective Factors

Topics	KS/SE	6	7-8	Health I	Advanced Health	Comments
		<p>and other substances and the role these items play in unsafe situations such as drinking and driving and Human Immunodeficiency Virus (HIV)/sexually transmitted disease (STD) transmission;</p> <p><u>WG C:</u> 6.13.C explain the impact of peer pressure on decision making;</p>	<p><u>7.8.A analyze positive and negative relationships that influence individual and community health such as families, peers, and role models</u></p> <p><u>7.13.E examine the effects of peer pressure on decision making;</u></p>	<p>developing strategies to evaluate information related to a variety of critical health issues</p> <p>H1.18.C develop strategies to evaluate information relating to a variety of critical health issues</p> <p>H1.3.C analyze the harmful effects of certain substances such as alcohol, tobacco, and prescription drugs and environmental hazards such as lead <u>second-hand smoke</u> on the fetus;</p> <p>H1.4.C examine social influences on drug-taking behaviors.</p> <p><u>H1.7.F analyze the importance of alternatives to drug and substance use</u></p> <p>H1.17.E associate risk-taking with consequences such as drinking and driving</p> <p><u>H1.14.G evaluate the dynamics of social groups.</u></p>		<p>7.13.E Moved from Legal Ramifications to Peer Influences (positive or negative), socio-cultural factors and heredity and genetics (family history)</p> <p>H1.18.B Combined H1.18.B and H1.18 C. concepts should be addressed together</p> <p>Adv. 1.B. added as it evolves to clarify the evolution of technology</p> <p>H1.3.C. removed lead because it is irrelevant and added second-hand smoke as more relevant</p> <p>H1.4.C Duplicated added in from Legal Ramifications to Peer Influences (positive or negative), socio-cultural factors and heredity and genetics (family history) because the skill covers the social influences</p> <p>H1.7.F moved to use and misuse strand</p> <p>6.13.C Topic addresses peer relationships. Students should be</p>

Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs

Substrand: Risk and Protective Factors

Topics	KS/SE	6	7-8	Health I	Advanced Health	Comments
						<p>able to explain the impact of peer pressure.</p> <p>7.7.C Want students to clearly understand substance misuse and abuse are similar, but different H1.18C was combined with H1.18.B</p> <p>H1.14.G WG would recommend moving this SE to the Mental Health and Wellness Strand</p>
environmental (safe havens and where to go for help, accessibility) <u>and reporting</u>	(G)	<p>6.8.A identify how environmental influences may affect an individual's substance misuse and substance use disorder</p> <p>6.9.A differentiate <u>and describe methods for communicating</u> between positive and negative relationships that can affect individual health such as clubs, gangs, or <u>within</u> families</p>	<p><u>7.7.A relate physical and social environmental factors to individual and community health such as climate and gangs</u></p> <p><u>7.8.A analyze positive and negative relationships that influence individual and community health such as families, peers, and role models</u></p>	<p><u>H1.12.A identify support systems and describe ways to report the suspected abuse of drugs to a parent or school administrator, teacher, or other trusted adult</u></p> <p><u>H1.17.A identify individual and community protective factors and skills that prevent substance misuse and substance use disorders such as refusing invitations to misuse prescription drugs, knowing the risks associated with substance misuse, and reporting the use of drugs to a parent or school administrator, teacher, or other trusted adult</u></p>	<p><u>New SE: design a public health information campaign related to safe havens, where to go for help, or reporting drug-related behaviors</u></p>	<p>H1.8.A is being addressed through another topic</p> <p>6.9.A combined with 6.9.F. Family influences and peers can be taught together.</p> <p>7.8.A moved to peer influence topic because SE is more applicable to that topic</p> <p>H1.12.A combined with H1.13.A. Students need to identify support systems and describe how to report to those support systems. Additional Adv. Health SE: this work group would like to add an SE to support vertical alignment</p>

Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs

Substrand: Risk and Protective Factors

Topics	KS/SE	6	7-8	Health I	Advanced Health	Comments
						by increasing the rigor and applying the skill

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Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs

Substrand: Prevention

	KS/SE	6	7-8	Health I	Advanced Health	Comments	
	KS	<p><u>The student analyzes information and applies critical-thinking, decision-making, goal-setting, and problem-solving skills for making health-promoting decisions that prevent and reduce health risks throughout the life span.</u></p>					
Recognition, Avoidance, and Refusal Skills	(A)	<p>6.7.C. explain the relationship among tobacco, alcohol, drugs, and other substances and the role these items play in unsafe situations such as <u>parties</u>, drinking and driving and Human Immunodeficiency Virus (HIV)/sexually transmitted <u>infections (STI) disease (STD)</u> transmission</p> <p>6.7.D identify ways such as alternative activities <u>and refusal skills</u> to prevent <u>or avoid</u> the use of tobacco, alcohol, drugs, and other substances</p>	<p>7.6.J apply strategies for avoiding violence, gangs, weapons, and drugs</p> <p>7.13.D predict the <u>outcomes consequences</u> of refusal skills in various situations</p>	<p>H1.7.C explain <u>Analyze</u> the relationship between alcohol, tobacco, and other drugs and other substances used by adolescents and the role these substances play in unsafe situations such as <u>parties</u>, Human Immunodeficiency Virus (HIV)/sexually transmitted <u>infections (STI) disease (STD)</u> transmission, unplanned pregnancies, and motor vehicle accidents</p> <p>H1.7.D develop strategies for preventing use of tobacco, alcohol, and other addictive substances</p> <p>H1.8.A analyze the relationship between the use of refusal skills and the avoidance of unsafe situations such as sexual abstinence;</p>	<p>AH.7.A analyze strategies that minimize health-risk behaviors, including the misuse of prescription drugs such as alcohol and substance abuse and illegal activity</p> <p>AH.7.B participate in school-related efforts to address health-risk behaviors;</p> <p>AH.15.A identify effective skills to resist and refuse invitations to misuse substances, including prescription drugs <u>and other substances</u></p>	<p>6.7.C – added parties for example; updated verbiage for STI</p> <p>6.7.D – added verbiage to include refusal skills & avoidance</p> <p>7.13.D – changed consequences to outcomes to reduce stigma</p> <p>H1.7.C – added parties for example; updated verbiage for STI; changed verb to analyze to increase rigor</p> <p>AH.7.A – deleted word to streamline</p> <p>AH.15.A – added verbiage to be more inclusive</p>	
Benefits of abstinence and delayed use	(B)	<p>6.7.D identify the benefits of choosing ways such as alternative activities in order to prevent the use of tobacco, alcohol, drugs, and other substances</p>					

Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs

Substrand: Prevention

	KS/SE	6	7-8	Health I	Advanced Health	Comments
		<p>6.7.E. identify ways to prevent substance misuse, including the misuse of prescription and over-the-counter drugs, and substance use disorders</p> <p>6.7.G identify and describe strategies for avoiding drugs, violence, gangs, weapons, and other harmful situations</p>				
Emotional regulation and coping skills	(E)	6.1.H demonstrate strategies for managing stress		<p>H1.7.C explain the relationship between alcohol, tobacco, and other drugs and other substances used by adolescents and the effects <u>role</u> these substances play in unsafe situations <u>have on the individual, family, and community</u> such as Human Immunodeficiency Virus (HIV)/sexually transmitted disease (STD), unplanned pregnancies, and motor vehicle accidents</p>		
short and long-term consequences of the use of drugs and other substances as well as the benefits of abstinence and delayed use (legal,	(F)	<p><u>6.7.D identify the benefits of choosing ways such as alternative activities in order to prevent the use of tobacco, alcohol, drugs, and other substances</u></p>	<p><u>WG C: H1.7.D identify develop strategies for preventing use or misuse of prescription drugs, over-the counter drugs, tobacco, alcohol, and other addictive substances (including opioids)</u></p>	<p><u>H1.7.C explain the relationship between alcohol, tobacco, and other drugs and other substances used by adolescents and the effects role these substances play in unsafe situations have on the individual, family, and</u></p>	<p><u>WG C: AH.15.B apply decision-making skills to health-promoting decisions related to emotional regulation and coping strategies</u></p>	<p>WG C would like to keep this SE but it does not apply as well to the other topics, which is why the phrase at the end was added</p> <p>6.7.E and 6.7.G Included in previous topic.</p>

Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs

Substrand: Prevention

	KS/SE	6	7-8	Health I	Advanced Health	Comments
social, financial, medical, emotional, and coping skills)		<p><u>6.7.E. identify ways to prevent substance misuse, including the misuse of prescription and over-the-counter drugs, and substance use disorders</u></p> <p><u>6.7.G identify and describe strategies for avoiding drugs, violence, gangs, weapons, and other harmful situations</u></p> <p><u>6.1.H identify demonstrate strategies for managing stress</u></p> <p>6.7.E identify ways to prevent substance misuse, including the misuse of prescription and over the counter drugs, and substance use disorders</p> <p>6.7.G identify and describe strategies for avoiding drugs, violence, gangs, weapons, and other harmful situations</p> <p>6.13.D compare the risks and benefits of various health behaviors such as choosing not to smoke</p>	<p><u>WG C: 6.1.H demonstrate strategies for managing stress</u></p>	<p>community such as Human Immunodeficiency Virus (HIV)/sexually transmitted disease (STD), unplanned pregnancies, and motor vehicle accidents</p> <p>H1.7.D develop strategies for preventing use <u>or misuse</u> of <u>prescription drugs, over-the-counter drugs</u>, tobacco, alcohol, and other addictive substances (<u>including opioids</u>)</p> <p>H1.7.E develop strategies for preventing the misuse of prescription and over-the-counter drugs</p> <p>H1.8.A analyze the relationship between the use of refusal skills and the avoidance of unsafe situations such as sexual abstinence</p> <p>H1.12.A describe ways to report the suspected abuse of drugs to a parent or school administrator, teacher, or other another trusted adult</p>		<p>H1.8.A Addressed in previous topic.</p> <p>H1.7.D is combined with H1.7.E; added language for streamlining and to address statutory requirement</p> <p>Added the two new SEs for the 7-8 course to address a gap in vertical alignment.</p> <p>H1.12.A and H1.17A were deleted because they are already addressed in risk and protective factors</p>

Health Education TEKS Review Work Group C Recommendations

Strand: Alcohol, Tobacco, and Other Drugs

Substrand: Prevention

	KS/SE	6	7-8	Health I	Advanced Health	Comments
				<p>H1.16.A apply communication skills that demonstrate consideration and respect for self, family, and others</p> <p>H1.17.A identify individual and community protective factors and skills that prevent substance misuse and substance use disorders such as refusing invitations to misuse prescription drugs, knowing the risks associated with substance misuse, and reporting the use of drugs to a parent or school administrator, teacher, or other trusted adult</p> <p>H1.18.C develop strategies to evaluate information relating to a variety of critical health issues <u>used for prevention and risk-reduction.</u></p>		<p>We propose the addition of H1.18.C to the recommendations made by Group B to be included as positive preventative information.</p>

Proposed Combining Substrands and Topics

- Reorder Substrands to the following:
 1. Use, misuse, and physiological effects
 2. Short and Long-term Impacts
 3. Treatment
 4. Risk and protective factors
 5. Prevention

Rationale: The Substrands as listed above create a cognitively appropriate method of organization and instructional scope and sequence.

- Combining Topics:

Use, misuse, and physiological effects:

Combined over the counter and prescription drugs, all obtained legally and have similar SEs
Rearranged topics into 3 categories due to repetitive SEs and similar definitions.
Eliminating repetition.

Short and Long-term Impacts:

Combine topic 1 and 3, repetitive SEs
Combine 2 and 4, overlapping topics covered in the SEs

Treatment:

Combine 1 and 4, overlapping SEs
Combine 2 and 3, overlapping SEs

Risk & Protective Behaviors:

Eliminating repetitiveness
Socio-cultural factors have direct influence in and of themselves (combined with peer influence)
Added “reporting” from Substrand Prevention for better alignment

Prevention:

Combine 1, 2, and 3, overlapping SEs
Move topic “Short and Long-term Consequences” and “Benefits of abstinence and delayed use” to Substrand Short & Long-term Impacts