

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).^{*} 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. McREL’s database includes 256 standards, grouped into 14 categories and developed from 4,100 benchmarks.

^{*}Used with permission of Mid-continent Research for Education and Learning (McREL), 3rd Edition, Aurora, Colorado. McREL 2000.

EDUCATIONAL CONTENT STANDARDS

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					✓					