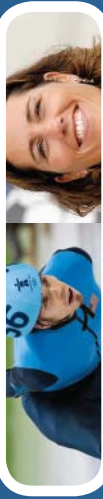


Ask, Listen, Learn Online Resources

The *Ask, Listen, Learn* website (asklistenlearn.com) is packed with fantastic resources for you and your students. Here's an overview of what you'll find at asklistenlearn.com:



Superstars: Meet athletic superstars like Apolo Ohno and Julie Foudy. You can even read about kids like your students—our *Ask, Listen, Learn* Team Captain Jessica and our young Girl Talk Chapter superstars!



Games: Play fun online games.



Resources: Visit our parent and teacher section for resources and great ways to start the conversation.



The Pledge: Commit to saying “YES” to a healthy lifestyle and “NO” to underage drinking by taking the *Ask, Listen, Learn* Team Pledge.

National Health Education Standards

This program meets the following national health education standards.

Standard	Grades	Benchmark	Lesson 1	Lesson 2	Lesson 3	Family Worksheets
Knows environmental and external factors that affect individual and community health	Grades 3–5	Knows how personal health can be influenced by society (e.g., culture) and science (e.g., technology)		•		
	Grades 6–8	Understands how peer relationships affect health (e.g., name-calling, prejudice, exclusiveness, discrimination, risk-taking behaviors)		•		
Understands the relationship of family health to individual health	Grades 3–5	Knows how the family influences personal health (e.g., physical, psychological, social)	•	•		•
	Grades 6–8	Knows strategies that improve or maintain family health (e.g., how one's personal behavior can affect the behavior and feelings of other family members)		•		•
Knows how to maintain mental and emotional health	Grades 3–5	Knows the relationships between physical health and mental health	•	•	•	•
	Grades 6–8	Knows strategies to manage stress and feelings caused by disappointment, separation, or loss (e.g., talking over problems with others, understanding that feelings of isolation and depression will pass, examining the situation leading to the feelings)	•	•		
Knows how to maintain and promote personal health	Grades 3–5	Knows characteristics and conditions associated with positive self-esteem		•		
		Understands the influence of rest, food choices, exercise, sleep, and recreation on a person's well-being	•		•	•
	Grades 3–5	Knows behaviors that are safe, risky, or harmful to self and others	•		•	
		Sets a personal health goal and makes progress toward its achievement			•	
	Grades 6–8	Knows personal health strengths and risks (e.g., results of a personal health assessment)		•		
		Knows strategies and skills that are used to attain personal health goals (e.g., maintaining an exercise program, making healthy food choices)	•		•	•
Understands aspects of substance use and abuse	Grades 3–5	Knows influences that promote alcohol, tobacco, and other drug use (e.g., peer pressure, peer and adult modeling, advertising, overall availability, cost)		•		
		Knows ways to recognize, avoid, and respond to negative social influences and pressure to use alcohol, tobacco, or other drugs (e.g., refusal skills, self-control)		•		•
	Grades 6–8	Knows the short- and long-term consequences of the use of alcohol, tobacco, and other drugs (e.g., physical consequences such as shortness of breath, cirrhosis, lung cancer, emphysema; psychological consequences such as low self-esteem, paranoia, depression, apathy; social consequences such as crime, domestic violence, loss of friends)	•			

Source: McREL (Mid-continent Research for Education and Learning). www.mcrel.org

Photos, left to right: © Clayton Addison/NewSport/Corbis; courtesy of The Century Council.