

# Trauma & Sleep Disorders

## Standards Alignment



In this course, students follow Carter and Linda Ortega as they learn about trauma, sleep disorders, self compassion, gaslighting, and personality disorders. Both are suffering from PTSD after they witness a disturbing scene and are experiencing paranoia related to their father's behavior. While taking this course, students will learn to define and explain causes of trauma and PTSD, identify coping methods for trauma based stress, and more.

### National Health Education Standards (HECAT alignment) 6-8

- MEH 1.8.25, MEH 1.8.27, MEH 1.8.29
- MEH 2.8.1, MEH 2.8.5
- MEH 3.8.4, MEH 3.8.6
- MEH 4.8.6, MEH 4.8.7
- MEH 5.8.1, MEH 5.8.2, MEH5.8.3
- MEH 6.8.1, MEH 6.8.2
- MEH 7.8.1, MEH 7.8.3
- MEH 8.8.2, MEH 8.8.3

### Texas (TEKS) Grade 6

- 5B
- 6A. 6D. 6G

### Health Education Content Standards for California Public Schools Grade 6

- 1.1.M
- 1.2.M
- 1.6.M
- 5.2.M
- 7.2.M

### Health Education Content Standards for California Public Schools Grades 7 - 8

- 4.1.M
- 5.4.M

### Texas (TEKS) Grades 7-8

- 3B, 3E
- 4D
- 5A, 5B, 5C
- 6C

### DC Office of the State Superintendent of Education 2016 Health Standards Grades 6 - 8

- 1.4.12
- 1.8.20
- 1.7.17
- 1.3.11
- 1.1.4

### Massachusetts Comprehensive Health Curriculum Framework Grades 9 - 12

- 5.12
- 5.19
- 6.10
- 6.11

### New York Standards (NYSED) 6-8

- SM.I.6
- ST.I.4