

Health: Grades 9, 10, 11, 12

Adopted 2008

Students will understand essential health concepts in order to transfer knowledge into healthy actions for life

Functional knowledge of health concepts impacts health behavior.

- 1.1 Predict how healthy behaviors impact health status
- 1.2 Analyze the interrelationship of intellectual, emotional, social, and physical health.
- 1.3 Analyze how environment and personal health are interrelated.
- 1.4 Analyze how genetics and family history can impact personal health.
- 1.5 Propose ways to reduce or prevent injuries and health problems.
- 1.6 Analyze the relationship between access to health care and health status.
- 1.7 Explain the benefits of and barriers to practicing a variety of healthy behaviors.
- 1.8 Analyze personal susceptibility to injury, illness or death if engaging in unhealthy practices.
- 1.9 Analyze the potential severity of injury or illness if engaging in unhealthy practices.

Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

Health is influenced by multiple factors

- 2.1 Analyze how the family influences the health of individuals.
- 2.2 Analyze how culture supports and challenges health beliefs and practices.
- 2.3 Consider how peers influence healthy and unhealthy behaviors.
- 2.4 Evaluate the effect of media on personal and family health.
- 2.5 Evaluate the impact of technology on personal, family and community health.
- 2.6 Analyze how the perceptions of norms influence healthy and unhealthy behaviors.
- 2.7 Self assess personal values and beliefs on individual health practices
- 2.8 Explain the influence of alcohol and other drug use on individual and group behavior.
- 2.9 Analyze how public health policies and government regulations influence health promotion and disease prevention.

Students will demonstrate the ability to access information, products and services to enhance health.

Utilizing valid resources facilitates health

- 3.1 Evaluate the validity of health information, products and services
 - 3.2 Utilize resources from home, school and community that provide valid health information.
 - 3.3 Compare the accessibility of health products and services.
 - 3.4 Determine when professional health services may be required.
 - 3.5 Access valid and reliable school and community health services.
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Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Effective communication protects and enhances health

- 4.1 Utilize skills for communicating effectively with family, peers, and others to enhance health.
 - 4.2 Differentiate between refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.
 - 4.3 Create strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others
 - 4.4 Demonstrate how to ask for and offer assistance to enhance the health of self and others.
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Students will demonstrate the ability to use decision-making skills to enhance health.

Decision making is a process that impacts health

- 5.1 Examine barriers that can hinder healthy decision making.
 - 5.2 Justify when individual or collaborative decision making is appropriate.
 - 5.3 Generate alternatives to health-related issues or problems
 - 5.4 Predict short and long-term impact of each alternative on self and others.
 - 5.5 Defend the healthy choice when making decisions.
 - 5.6 Evaluate the effectiveness of health-related decisions.
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Students will demonstrate the ability to use goal-setting skills to enhance health.

Goal setting enhances health outcomes

- 6.1 Assess personal health practices and overall health status.
 - 6.2 Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.
 - 6.3 Implement strategies and monitor progress in achieving the personal health goal.
 - 6.4 Formulate an effective long-term personal health plan.
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Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Practicing and adopting healthy behaviors leads to a healthy lifestyle

- 7.1 Exhibit individual responsibility for enhancing personal health.
 - 7.2 Compare and contrast a variety of health practices that will maintain or improve the health of self and others.
 - 7.3 Advocate for practices to avoid or reduce health risks to self and others.
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Students will demonstrate the ability to advocate for personal, family and community health.

Advocacy is critical to personal, family and community health

- 8.1 Design accurate peer and societal norms to formulate a health-enhancing message.
- 8.2 Invent ways to influence and support others in making positive health choices
- 8.3 Assume the role of an advocate for improving personal, family and community health.
- 8.4 Present health messages and communication techniques to a specific target audience.