

Grades 6, 7, 8

Adopted 2016

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1. Analyze the relationship between healthy behaviors and personal health. 1.8.1
2. Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence. 1.8.2
3. Analyze how the environment affects personal health. 1.8.3
4. Describe how family history can affect personal health (e.g., genetics and/or family behavior patterns). 1.8.4
5. Describe ways to reduce or prevent injuries and other adolescent health problems. 1.8.5
6. Explain how appropriate health care can promote personal health. 1.8.6
7. Describe the benefits of and barriers to practicing healthy behaviors. 1.8.7
8. Examine the likelihood of injury or illness if engaging in unhealthy behaviors. 1.8.8
9. Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors. 1.8.9

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

1. Examine how the family influences the health of adolescents. 2.8.1
2. Describe the influence of culture on health beliefs, practices and behaviors. 2.8.2
3. Describe how peers influence healthy and unhealthy behaviors. 2.8.3
4. Analyze how the school and community can affect personal health practices and behaviors (e.g., tobacco free, healthy food access, safe bike routes, walking, school buses, etc.). 2.8.4
5. Analyze how messages from media influence health behaviors. 2.8.5
6. Analyze the influence of technology on personal and family health. 2.8.6
7. Explain how the perceptions of norms influence healthy and unhealthy behaviors. 2.8.7

8. Explain the influence of personal values and beliefs on individual health practices and behaviors. 2.8.8

9. Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors. 2.8.9

10. Explain how school and public health policies can influence health promotion and disease prevention. 2.8.10

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

1. Analyze the validity of health information, products and services. 3.8.1

2. Access valid health information from home, school, and community. 3.8.2

3. Determine the accessibility of products that enhance health. 3.8.3

4. Describe situations that may require professional health services. 3.8.4

5. Locate valid and reliable health products and services. 3.8.5

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

1. Apply effective verbal and non-verbal communication skills to enhance health. 4.8.1

2. Demonstrate refusal and negotiation skills to avoid or reduce health risks. 4.8.2

3. Demonstrate effective conflict management or resolution strategies. 4.8.3

4. Demonstrate how to ask for assistance to enhance the health of self and others. 4.8.4

Students will demonstrate the ability to use decision-making skills to enhance health.

1. Identify circumstances that can help or hinder healthy decision-making. 5.8.1

2. Determine when health-related situations require the application of decision-making skills. 5.8.2

3. Distinguish when individual or collaborative decision-making is appropriate. 5.8.3

4. Distinguish between healthy and unhealthy alternatives of health-related decisions. 5.8.4

5. Predict the potential short-term impact of healthy and unhealthy alternatives to a health-related decision. 5.8.5

6. Choose healthy alternatives over unhealthy alternatives when making a decision. 5.8.6

7. Analyze the outcomes of a health-related decision. 5.8.7

Students will demonstrate the ability to use goal-setting skills to enhance health.

- 1. Assess personal health practices. 6.8.1**

- 2. Develop a goal to adopt, maintain, or improve a personal health practice. 6.8.2**

- 3. Apply strategies and skills needed to attain a personal health goal. 6.8.3**

- 4. Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. 6.8.4**

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- 1. Explain the importance of assuming responsibility for personal health behaviors. 7.8.1**

- 2. Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others. 7.8.2**

- 3. Demonstrate behaviors that avoid or reduce health risks to self and others. 7.8.3**

Students will demonstrate the ability to advocate for personal, family and community health.

- 1. State a health enhancing position on a topic and support it with accurate information. 8.8.1**

- 2. Demonstrate how to influence and support others to make positive health choices. 8.8.2**

- 3. Work cooperatively to advocate for healthy individuals, families, and schools. 8.8.3**

- 4. Identify ways that health messages and communication techniques can be altered for different audiences. 8.8.4**