



Health
High School

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

1.1 Describe the interrelationships of mental, emotional, social, and physical health throughout adulthood.

1.2 Explain the impact of personal health behaviors on the functioning of body systems.

2.0 Students will demonstrate the ability to access valid health information and health-promoting products and services.

2.1 Demonstrate the ability to evaluate and access resources from personal, school, and community that provide valid health information.

2.2 Demonstrate the ability to access school and community health services for self and others.

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

3.1 Evaluate a personal health assessment to determine strategies for health enhancement and risk reduction.

3.2 Analyze the short-term and long-term consequences of safe, risky and harmful behaviors.

3.3 Develop strategies to improve or maintain personal, family and community health.

3.4 Evaluate strategies to manage stress.

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

4.1 Analyze how cultural diversity enriches and challenges health behaviors.

4.2 Evaluate the effect of media and other factors on personal, family, and community health.

5.0 Students will demonstrate the ability to use interpersonal communication skills to enhance student learning.

- 5.1 Demonstrates skills for communicating effectively with family, peers, and others.
- 5.2 Analyze how interpersonal communication affects relationships.
- 5.3 Demonstrate strategies for solving interpersonal conflicts without harming self or others.

6.0 Students will demonstrate the ability to use goal setting and decision making skills to enhance health.

- 6.1 Demonstrate the ability to utilize various strategies when making decisions related to health needs and risks of young adults.
- 6.2 Predict immediate and long-term impact of health decisions on the individual, family, and community.
- 6.3 Formulate an effective plan for lifelong health.

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

- 7.1 Evaluate the effectiveness of communication methods for accurately expressing health information and ideas.
- 7.2 Utilize strategies to overcome barriers when communicating information, ideas, and opinions about health issues.
- 7.3 Demonstrate the ability to influence and support others in making positive health choices.