Grades 9-12: Health Education

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

Health Promotion

1 Predict how health literacy and behaviors can affect health status. HE.1.1

2 Describe the interrelationships of emotional, mental, physical, social, spiritual, and environmental health. HE.1.2

- a Identify symptoms and methods of treatment of mental health disorders, including depression, and stress. HE.1.2.A
- b Identify warning signs and prevention strategies for suicide. HE.1.2.B

3 Analyze how genetics and family history can impact personal health. Examples: family history of heart disease, diabetes, cancer, or addictions HE.1.3

4 Propose ways to prevent, reduce, and treat injuries and other health problems. HE.1.4

- a Determine when professional health services may be required for injury or disease. HE.1.4.A
- b Perform CPR, AED techniques, and First Aid procedures, including the principles of RICE (Rest, Ice, Compression, Elevation). HE.1.4.B

5 Analyze the relationship between access to health care and health status. Examples: relationship between health insurance coverage and life expectancy; access to medical care including primary care physician, hospital, vaccine HE.1.5

6 Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors. HE.1.6

- a Identify factors that impact nutritional choices. Examples: planning healthy meals, accessibility of healthy and unhealthy foods HE.1.6.A

7 Analyze the potential susceptibility to and severity of injury or illness if engaging in unhealthy behaviors. Examples: possible consequences of driving under the influence, distracted driving, not taking required medications HE.1.7

- a Explain the progression of HIV and AIDS. HE.1.7.A
- b Explain the progression of Type II diabetes. HE.1.7.B

Students will analyze the influence of family, peers, culture, media, technology, and other fac be

Analyzing Influences

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1. Analyze the influence of external factors on health beliefs and behaviors. HE.2.1
    a. Analyze how family, culture, school, and community influence the health practice and behaviors of individuals. Examples: explaining how holiday celebrations and traditions such as over indulgence in eating and consuming alcohol affect health behaviors; explaining how extra-curricular activities and schedules result in over-consumption of fast food HE.2.1.A
    b. Examine how peers influence healthy and unhealthy behaviors. HE.2.1.B
    c. Critique the effect of media on personal and family health. Example: influence of media on teen body image, sexual activity, drugs, alcohol, violence, cyber-bullying HE.2.1.C
    d. Cite evidence of how public health policies and government regulations can influence health promotion and disease preve HE.2.1.D
2. Describe the pros and cons of the use of technology as it affects personal, family, and community health. Examples: positive and negative influences on self-esteem, addiction to technology, personal interactions and relationships HE.2.2
3. Analyze how the perceptions of norms influence healthy and unhealthy behaviors. Examples: addressing topics such as wearing safety equipment, teen pregnancy, drug abuse, suicide, cyber-bullying, weight management, potentially dangerous social media trend HE.2.3
4. Critique the influence of personal values and beliefs on individual health practices and behaviors. HE.2.4
5. Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors. Examples: assessing the effects of driving under the influence, drinking alcohol which can lead to poor choices such as sexual behavior, poor nutrition, sedentary lif HE.2.5

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

Access to Information/Products/ Services

1. Evaluate the accessibility and validity of health information, products, and services. Example: determining the credibility of resources both online and offline HE.3.1
2. Analyze valid resources from home, school, and community that provide health information. Examples: websites, phone apps, media ads; rape, crisis, and suicide centers HE.3.2
3. Explain laws relating to child pornography, age of consent, and sexual exploitation. Examples: information concerning the laws prohibiting sexual abuse; the need to report sexual abuse and legal options available to victims; laws relating to sexting and child pornography HE.3.3
4. Explain current laws related to underage drinking, distracted driving, and driving under the influence. HE.3.4
5. Identify the necessity to seek help for mental and emotional health problems Examples: mood disorders, depression, anxiety and suicidal ideation; HE.3.5
    a. Locate information on how to cope with and rebuff unwanted physical and verbal exploitation by other persons. HE.3.5.A

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

Interpersonal Communication

1. Describe skills for communicating effectively with family, peers, and others to enhance health. Examples: active listening, friendliness, confidence, positive feedback, empathy, respect, understanding nonverbal cues, responsivenes HE.4.1
2. Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks. HE.4.2
3. Develop strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others. HE.4.3
   a. Identify warning signs of unhealthy relationships. HE.4.3.A
   b. Differentiate between negative and positive behaviors used in conflict situations. HE.4.3.B
4. Demonstrate how to ask for and offer assistance to enhance the health of self and others. Examples: accessing crisis hotlines for suicide, sexual and physical abuse, and human trafficking; community resource materials HE.4.4

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

Decision -Making

1. Examine barriers that can hinder healthy decision-making. Examples: peer pressure, cultural pressures, socio-economic status HE.5.1
2. Develop a thoughtful decision-making process in health-related situations. HE.5.2
   a. Predict the potential short-term and long-term impact of various alternatives on self and others. HE.5.2.A
   b. Identify warning signs of suicide in self and others and discuss effective coping skills. HE.5.2.B
   c. Demonstrate refusal skills and explain when to use them in high risk situations. Examples: Saying no to sex HE.5.2.C
3. Justify the appropriateness of individual vs. collaborative decision-making in various situations. Example: explaining when input from a health professional, counselor, or trusted adult would be helpful HE.5.3
4. Analyze the benefits of practicing sexual abstinence. HE.5.4
   a. Identify the types, symptoms, and risks of sexually transmitted diseases (STDs). HE.5.4.A
   b. Assess the consequences of teen pregnancy. HE.5.4.B
5. Recommend personal strategies to avoid violence or criminal activities. HE.5.5

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

Goal -Setting

1. Assess personal health status and health practices to establish a baseline for setting health and fitness goals. Examples: blood pressure, resting heart rate, BMI, vaccination status HE.6.1

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2 Set long-term goals for achieving optimal health and implement short-term steps to reach the goals. Examples: assess current health and fitness status, develop plans based on assessment results, implement and monitor p HE.6.2

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

Self-Management

1 Analyze the role of individual responsibility for enhancing health. HE.7.1

- a Describe healthy practices and behaviors that will maintain or improve the health of self and others. Examples: effective communication skills and safety techniques, reading and understanding medicine labels, immunizations, wellness checkups and compliance HE.7.1.A
- b Identify negative behaviors that increase health risks to self and others. Examples: distracted driving, drinking and driving, illegal drug use, vaping, smoking, unprotected sex, behaviors resulting in intentional or unintentional injuries, poor eati HE.7.1.B
- c Compare and contrast the responsibilities of both parents in teen parenting. Examples: shared responsibilities; social, financial and educational challenges HE.7.1.C

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

Advocacy

1 Utilize accurate peer and societal norms to formulate a health enhancing message. Example: using data on local health issues to develop a positive message concerning a topic HE.8.1

2 Formulate and implement a list of innovative ways to influence and support others in making positive health choices. Examples: wearing colors for awareness, speaking to a group or individuals, making good nutritional choices HE.8.2

3 Work cooperatively as an advocate for improving personal and community health. Examples: student-led events, community fundraisers, national events, signing a pledge to abstain from alcohol HE.8.3

4 Adapt health messages and communication techniques to a specific target audience. Example: producing a social media post to encourage a positive health behavior HE.8.4