Skills for a Healthy Life (2006): Grades K-12

Adopted 2006

A student should be able to acquire a core knowledge related to well-being.	**A student who meets the content standard should:** 1) understand that a person's well-being is the integration of health knowledge, attitudes, and behaviors; 2) understand how the human body is affected by behaviors related to eating habits, physical fitness, personal hygiene, harmful substances, safety, and environmental conditions; 3) understand and identify the causes, preventions, and treatments for diseases, disorders, injuries, and addictions; 4) recognize patterns of abuse directed at self or others and understand how to break these patterns; 5) use knowledge and skills to promote the well-being of the family; 6) use knowledge and skills related to physical fitness, consumer health, independent living, and career choices to contribute to well-being; 7) understand the physical and behavioral characteristics of human sexual development and maturity; and 8) understand the ongoing life changes throughout the life span and healthful responses to these changes.
A student should be able to demonstrate responsibility for the student's well-being.	**A student who meets the content standard should:** 1) demonstrate an ability to make responsible decisions by discriminating among risks and by identifying consequences; 2) demonstrate a variety of communication skills that contribute to well-being; 3) assess the effects of culture, heritage, and traditions on personal well-being; 4) develop an awareness of how personal life roles are affected by and contribute to the well-being of families, communities, and cultures; 5) evaluate what is viewed, read, and heard for its effect on personal well-being; and 6) understand how personal relationships, including those with family, friends, and co-workers, impact personal well-being.

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A student should understand how well-being is affected by relationships with others.	**A student who meets the content standard should:** 1) resolve conflicts responsibly; 2) communicate effectively within relationships; 3) evaluate how similarities and differences among individuals contribute to relationships; 4) understand how respect for the rights of self and others contributes to relationships; 5) understand how attitude and behavior affect the well-being of self and others; and 6) assess the effects of culture, heritage, and traditions on well-being.
A student should be able to contribute to the well-being of families and communities.	**A student who meets the content standard should:** 1) make responsible decisions as a member of a family or community; 2) take responsible actions to create safe and healthy environments; 3) describe how public policy affects the well-being of families and communities; 4) identify and evaluate the roles and influences of public and private organizations that contribute to the well-being of communities; 5) describe how volunteer service at all ages can enhance community well-being; and 6) use various methods of communication to promote community well-being.