Arizona Health

Grades 6, 7, 8

Adopted 2009

Comprehension of Health Promotion and Disease Prevention Concepts

1: Understand Relationship Between Health Behaviors and Health

PO 1. Analyze the relationship between healthy behaviors and personal health

2: Understanding Multiple Dimensions of Health

PO 1. Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence

3: Understanding Personal Health

PO 1. Analyze how the environment affects personal health

PO 2. Analyze how food provides energy and nutrients for growth and development, that nutrition requirements vary from person to person, and how food intake affects health

PO 3. Analyze how physical activity contributes to disease prevention

PO 4. Describe how family history can affect personal health

4: Understanding Prevention of Injuries and Health Problems

PO 1. Describe ways to reduce or prevent injuries and other adolescent health problems

5: Understanding Use of Health Care

PO 1. Explain how appropriate health care can promote personal health

6: Understanding Healthy vs. Unhealthy Behaviors

PO 1. Describe the benefits of and barriers to practicing healthy behaviors

PO 2. Examine the likelihood of injury or illness if engaging in unhealthy behaviors

PO 3. Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors

Analysis of Factors Affecting Health Behaviors

1: External Influences on Personal Health

PO 1. Examine how the family influences the health of adolescents

PO 2. Describe the influence of culture on health beliefs, practices, and behaviors

PO 3. Analyze how peers influence healthy and unhealthy behaviors

Skip to main content

PO 4. Analyze how the school and community can affect personal health practices and behaviors

PO 5. Analyze how messages from media influence health behaviors

PO 6. Analyze the influence of technology on personal and family health

2: Internal Influences on Personal Health

PO 1. Explain how the perceptions of norms influence healthy and unhealthy behaviors

PO 2. Explain the influence of personal values and beliefs on individual health practices and behaviors

PO 3. Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors

3: Influence of Public Policy on Health

PO 1. Examine and explain how school and public health policies can influence health promotion and disease prevention

Access to Health Information, Products, and Services to Enhance Health

1: Knowledge of Sources of Help

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

2: Accessing Help

PO 1. Access valid health information from home, school, and community

PO 2. Determine the accessibility of products that enhance health

PO 3. Describe situations that may require professional health services

PO 4. Locate valid and reliable health products and services

Use of Interpersonal Communication Skills to Enhance Health

1: Communication to Enhance Help

PO 1. Apply effective verbal and nonverbal communication skills to enhance health

PO 2. Demonstrate refusal and negotiation skills that avoid or reduce health risks

2: Self Protection and Dealing with Conflict

PO 1. Identify effective conflict management or resolution strategies

3: Asking for Help

PO 1. Identify ways to ask for assistance to enhance the health of self and others

Use of Decision-Making Skills to Enhance Health

1: Influences on Health Decision Making

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

Application of Decision-Making Skills to Health

Skip to main content

PO 1. Determine when health-related situations require the application of a thoughtful decision-making process

PO 2. Distinguish when individual or collaborative decision making is appropriate

PO 3. Distinguish between healthy and unhealthy alternatives to health-related issues or problems

PO 4. Predict the potential short-term impact of each alternative on self and others

PO 5. Choose healthy alternatives over unhealthy alternatives when making a decision

PO 6. Analyze the outcomes of a health-related decision

Use of Goal-Setting Skills to Enhance Health

1: Assessment of Health

PO 1. Assess personal health practices

2: Health-Related Goal Setting

PO 1. Develop a goal to adopt, maintain, or improve a personal health practice

PO 2. Apply strategies and skills needed to attain a personal health goal

PO 3. Describe how personal health goals can vary with changing abilities, priorities, and responsibilities

Ability to Practice Health-Enhancing Behaviors

1: Personal Responsibility for Health

PO 1. Explain the importance of assuming responsibility for personal health behaviors

2: Healthy Practices and Behaviors

PO 1. Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others

PO 2. Demonstrate behaviors that avoid or reduce health risks to self and others

Ability to Advocate for Health

1: Personal Advocacy

PO 1. State a health enhancing position on a topic and support it with accurate information

PO 2. Demonstrate how to influence and support others to make positive health choices

2: Collective Advocacy

PO 1. Demonstrate how to work cooperatively to advocate for healthy individuals, families, and schools

3: Tailoring Advocacy Message to Audience

PO 1. Identify ways in which health messages and communication techniques can be altered for different audiences