

Health: Grades 6, 7, 8

Adopted 2008

Students will understand essential health concepts in order to transfer knowledge into healthy actions for life

Functional knowledge of health concepts impacts health behavior.

- 1.1 Analyze the relationship between healthy behaviors and personal health.
 - 1.2 Describe the interrelationship of intellectual, emotional, social, and physical health during adolescence.
 - 1.3 Analyze how the environment impacts personal health.
 - 1.4 Describe how family history can impact personal health.
 - 1.5 Describe ways to reduce or prevent injuries and adolescent health problems.
 - 1.6 Explain how appropriate health care can promote personal health.
 - 1.7 Describe the benefits of and barriers to practicing a healthy behavior
 - 1.8 Examine the likelihood of injury or illness if engaging in unhealthy practices.
 - 1.9 Imagine how serious injury or illness could be if engaging in unhealthy practices.
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Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

Health is influenced by multiple factors

- 2.1 Examine how the family influences the health of adolescents.
 - 2.2 Describe the influence of culture on health beliefs and practices.
 - 2.3 Describe how peers influence healthy and unhealthy behaviors
 - 2.4 Analyze how messages from media influence health behaviors.
 - 2.5 Analyze the influence of technology on personal and family health.
 - 2.6 Explain how the perceptions of norms influence healthy and unhealthy behaviors.
 - 2.7 Relate how personal values and beliefs influence individual health practices.
 - 2.8 Describe the influence of alcohol and other drug use on judgment and self control.
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Students will demonstrate the ability to access information, products and services to enhance health.

Utilizing valid resources facilitates health

- 3.1 Analyze the validity of health information, products and services.
 - 3.2 Access valid health information from home, school, and community.
 - 3.3 Explore the accessibility of health services
 - 3.4 Describe situations that may require professional health services.
 - 3.5 Locate valid and reliable health products and services.
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Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Effective communication protects and enhances health

- 4.1 Apply effective verbal and nonverbal communication skills to enhance health
- 4.2 Demonstrate refusal and negotiation skills to avoid or reduce health risks.
- 4.3 Model effective conflict management or resolution strategies.
- 4.4 Decide how to ask for assistance to enhance the health of self and others.

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

Decision making is a process that impacts health

- 5.1 Identify circumstances that can help or hinder healthy decision making.
- 5.2 Determine when health-related situations require the application of a decision-making process.
- 5.3 Distinguish when individual or collaborative decision making is appropriate.
- 5.4 Distinguish between healthy and unhealthy alternatives to health-related issues or problems.
- 5.5 Predict the short-term impact of each alternative on self and others.
- 5.6 Choose healthy alternatives over unhealthy alternatives when making a decision.
- 5.7 Analyze the outcome(s) of a health-related decision.

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

Goal setting enhances health outcomes

- 6.1 Assess personal health practices.
- 6.2 Develop a goal to adopt, maintain, or improve a personal health practice.
- 6.3 Apply strategies and skills needed to attain the personal health goal.
- 6.4 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.

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

Practicing and adopting healthy behaviors leads to a healthy lifestyle

- 7.1 Describe the importance of being responsible for personal health behaviors.
- 7.2 Model healthy practices that will maintain or improve the health of self and others.
- 7.3 Evaluate practices to avoid or reduce health risks to self and others.

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

Advocacy is critical to personal, family and community health

- 8.1 State a health enhancing position on a topic and support it with accurate information.
- 8.2 Explain how to influence and support others in making positive health choices.
- 8.3 Work cooperatively when advocating for healthy individuals, families, and schools.
- 8.4 Adapt health messages and communication techniques for different audiences.