**Delaware Health and Physical Education**

# Health: Grades 6, 7, 8

Adopted 2008

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| **Students will understand essential health concepts in order to transfer knowledge into healthy actions for life** | **Functional knowledge of health concepts impacts health behavior.**<br>1.1 Analyze the relationship between healthy behaviors and personal health.<br>1.2 Describe the interrelationship of intellectual, emotional, social, and physical health during adolescence.<br>1.3 Analyze how the environment impacts personal health.<br>1.4 Describe how family history can impact personal health.<br>1.5 Describe ways to reduce or prevent injuries and adolescent health problems.<br>1.6 Explain how appropriate health care can promote personal health.<br>1.7 Describe the benefits of and barriers to practicing a healthy behavior<br>1.8 Examine the likelihood of injury or illness if engaging in unhealthy practices.<br>1.9 Imagine how serious injury or illness could be if engaging in unhealthy practices. |
| **Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.** | **Health is influenced by multiple factors**<br>2.1 Examine how the family influences the health of adolescents.<br>2.2 Describe the influence of culture on health beliefs and practices.<br>2.3 Describe how peers influence healthy and unhealthy behaviors<br>2.4 Analyze how messages from media influence health behaviors.<br>2.5 Analyze the influence of technology on personal and family health.<br>2.6 Explain how the perceptions of norms influence healthy and unhealthy behaviors.<br>2.7 Relate how personal values and beliefs influence individual health practices.<br>2.8 Describe the influence of alcohol and other drug use on judgment and self control. |
| **Students will demonstrate the ability to access information, products and services to enhance health.** | **Utilizing valid resources facilitates health**<br>3.1 Analyze the validity of health information, products and services.<br>3.2 Access valid health information from home, school, and community.<br>3.3 Explore the accessibility of health services<br>3.4 Describe situations that may require professional health services.<br>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**<br>4.1 Apply effective verbal and nonverbal communication skills to enhance health<br>4.2 Demonstrate refusal and negotiation skills to avoid or reduce health risks.<br>4.3 Model effective conflict management or resolution strategies.<br>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**<br>5.1 Identify circumstances that can help or hinder healthy decision making.<br>5.2 Determine when health-related situations require the application of a decision-making process.<br>5.3 Distinguish when individual or collaborative decision making is appropriate.<br>5.4 Distinguish between healthy and unhealthy alternatives to health-related issues or problems.<br>5.5 Predict the short-term impact of each alternative on self and others.<br>5.6 Choose healthy alternatives over unhealthy alternatives when making a decision.<br>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**<br>6.1 Assess personal health practices.<br>6.2 Develop a goal to adopt, maintain, or improve a personal health practice.<br>6.3 Apply strategies and skills needed to attain the personal health goal.<br>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**<br>7.1 Describe the importance of being responsible for personal health behaviors.<br>7.2 Model healthy practices that will maintain or improve the health of self and others.<br>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**<br>8.1 State a health enhancing position on a topic and support it with accurate information.<br>8.2 Explain how to influence and support others in making positive health choices.<br>8.3 Work cooperatively when advocating for healthy individuals, families, and schools.<br>8.4 Adapt health messages and communication techniques for different audiences. |