

# Grades 9-12

## Substance Use and Abuse

### Standards [HE.912.SUA](#)

#### **Standard 1 Health promotion and disease prevention concepts** [HE.912.SUA.1](#)

- 1 Differentiate between various levels of alcohol consumption and its effects on the body. [HE.912.SUA.1.1](#)
- 2 Analyze how moderate and excessive alcohol consumption can contribute to risky, unsafe behaviors and consequences. [HE.912.SUA.1.2](#)
- 3 Analyze the long-term health risks associated with alcohol misuse including physical and neurological damage. [HE.912.SUA.1.3](#)
- 4 Analyze how alcohol, marijuana/THC, tobacco, nicotine, and/or drug use can impede goals, activities, achievements, and college and career readiness. [HE.912.SUA.1.4](#)
- 5 Analyze the physical, mental, social and legal consequences of marijuana/THC use. [HE.912.SUA.1.5](#)
- 6 Examine the effects of marijuana/THC and vaping on brain function and development. [HE.912.SUA.1.6](#)
- 7 Differentiate between the three major categories of prescription drugs and describe the purposes and side effects. [HE.912.SUA.1.7](#)
- 8 Analyze signs and symptoms of prescription drug and/or illicit drug misuse and overdose. [HE.912.SUA.1.8](#)
- 9 Summarize the risks and consequences of misusing and sharing prescription drugs and/or illicit drugs. [HE.912.SUA.1.9](#)
- 10 Analyze the short- and long-term physical, psychological, financial, and social consequences of tobacco, nicotine use, and/or vaping. [HE.912.SUA.1.10](#)

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#### **Standard 2 Internal and external influences** [HE.912.SUA.2](#)

- 1 Analyze the legal, mental and social consequences of underage consumption of alcohol. [HE.912.SUA.2.1](#)
- 2 Distinguish how external factors, including industry practices, can influence behaviors related to tobacco, nicotine use, and/or vaping. [HE.912.SUA.2.2](#)

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**Standard 3 Access to valid information, products and services** HE.912.SUA.3

- 1 Discuss valid, reliable school and community resources where an individual can seek help for issues related to alcohol and/or other drug misuse and/or abuse. HE.912.SUA.3.1
- 2 Assess and examine the misconceptions and perceived norms that surround marijuana/THC and factors that contribute and influence decisions regarding usage. HE.912.SUA.3.2
- 3 Evaluate the accessibility of effective nicotine cessation products and services. HE.912.SUA.3.3

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**Standard 4 Communication skills and resilient behaviors to reduce health risks** HE.912.SUA.4

- 1 Propose strategies that can reduce health risks for self and others for potential pressures at the college or career level. HE.912.SUA.4.1

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**Standard 5 Advocacy for personal, family and community health** HE.912.SUA.5

- 1 Plan how to effectively ask for help if a person in your immediate environment experiences a problem with alcohol and/or other drugs. HE.912.SUA.5.1
- 2 Utilize current, accurate data/information to formulate a health-enhancing message to effectively persuade others to be drug and alcohol free. HE.912.SUA.5.2
- 3 Propose strategies for prevention, detection and treatment options for youth who misuse, are dependent on or are addicted to alcohol, marijuana/THC, nicotine, tobacco, vaping, and other drugs. HE.912.SUA.5.3

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**Resiliency (starting 2024-2025)** HE.912.R

**Standard 1 Character** HE.912.R.1

- 1 Demonstrate effective and respectful communication skills and strategies. HE.912.R.1.1
- 2 Demonstrate empathy in a variety of contexts and situations. HE.912.R.1.2
- 3 Adjust behavior to respect the needs of others. HE.912.R.1.3

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**Standard 2 Personal Responsibility** HE.912.R.2

- 1 Describe the importance of leadership skills in the school and the community. HE.912.R.2.1
- 2 Analyze different perspectives to inform responsible decision-making. HE.912.R.2.2
- 3 Formulate a plan to attain a personal goal that addresses strengths, needs, and risks. HE.912.R.2.3
- 4 Implement strategies and monitor progress in achieving a personal goal. HE.912.R.2.4
- 5 Formulate an effective long-term plan to include all dimensions of wellness. HE.912.R.2.5
- 6 Analyze how actions and reactions can influence one to respond in different situations. HE.912.R.2.6
- 7 Evaluate strategies that assist with managing challenges or setbacks. HE.912.R.2.7

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**Standard 3 Mentorship and Citizenship** HE.912.R.3

- 1 Identify benefits of voting, volunteering, mentoring, and seeking leadership positions. HE.912.R.3.1
- 2 Analyze ways a leader can inspire confidence and motivate others. HE.912.R.3.2
- 3 Analyze situations and demonstrate strategies to engage in respectful debate. HE.912.R.3.3

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**Standard 4 Critical Thinking and Problem Solving** HE.912.R.4

- 1 Analyze the importance of character and grit to achieve successful outcomes. HE.912.R.4.1
  - 2 Generate and apply alternative solutions when solving problems or resolving conflict. HE.912.R.4.2
  - 3 Describe ways to anticipate, avoid or de-escalate conflicts. HE.912.R.4.3
  - 4 Identify the importance of perseverance when facing difficulty solving a problem. HE.912.R.4.4
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**Personal Health  
Concepts** HE.912.PHC

**Standard 1 Core Concepts** HE.912.PHC.1

- 1 Evaluate personal health practices and overall health status to include all dimensions of health. HE.912.PHC.1.1
  - 2 Analyze personal strategies for prevention, detection, and treatment of communicable and chronic diseases HE.912.PHC.1.2
  - 3 Analyze the role of individual responsibility in enhancing health. HE.912.PHC.1.3
  - 4 Interpret the significance of interrelationships in mental and physical health. HE.912.PHC.1.4
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**Standard 2 Internal and External Influence** HE.912.PHC.2

- 1 Evaluate how the influences of social media affect physical and/or mental health, and the ability to make healthy choices. HE.912.PHC.2.1
- 2 Evaluate how environment and personal health are interrelated. HE.912.PHC.2.2
- 3 Analyze how friends and peers influence the health of individuals. HE.912.PHC.2.3
- 4 Analyze how family and culture influence the health of individuals. HE.912.PHC.2.4
- 5 Analyze how heredity and family history can impact personal health. HE.912.PHC.2.5
- 6 Predict how healthy behaviors can affect health status. HE.912.PHC.2.6
- 7 Evaluate the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.912.PHC.2.7
- 8 Design a social media campaign that positively influences physical and/or mental health. HE.912.PHC.2.8
- 9 Analyze the impacts of technology and social media on popular culture and personal life. HE.912.PHC.2.9
- 10 Demonstrate ethical and responsible use of technology. HE.912.PHC.2.10

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**Standard 3 Prevention and Decision Making** HE.912.PHC.3

- 1 Determine the value of applying a thoughtful decision making process in health-related situations. HE.912.PHC.3.1
- 2 Assess whether individual or collaborative decision making is needed to make a healthy decision. HE.912.PHC.3.2
- 3 Identify protective factors that help to mitigate the risks of suicide and mental health disorders. HE.912.PHC.3.3
- 4 Recognize the signs, symptoms and how to seek treatment or support for mental health disorders. HE.912.PHC.3.4
- 5 Recognize the signs and symptoms of suicidal ideations. HE.912.PHC.3.5
- 6 Identify when and who can provide assistance with suicidal ideations. HE.912.PHC.3.6
- 7 Assess the degree of susceptibility to injury, illness, or death if engaging in unhealthy/risky behaviors. HE.912.PHC.3.7
- 8 Formulate a plan to attain a personal health goal that addresses strengths, needs, barriers, and risks. HE.912.PHC.3.8
- 9 Implement strategies and monitor progress in achieving a personal health goal. HE.912.PHC.3.9
- 10 Evaluate healthy practices and behaviors that will maintain or improve health and reduce health risks, including reproductive health. HE.912.PHC.3.10

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**Standard 4 Advocacy** HE.912.PHC.4

- 1 Justify when professional health services or providers may be required. HE.912.PHC.4.1
- 2 Propose strategies to reduce or prevent injuries and health problems. HE.912.PHC.4.2
- 3 Develop strategies to combat cyberbullying and online harassment. HE.912.PHC.4.3

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**Community and Environmental Health** HE.912.CEH**Standard 1 Core Concepts** HE.912.CEH.1

- 1 Interpret the significance of interrelationships in community health. HE.912.CEH.1.1
- 2 Utilize current, accurate data/information to formulate a health-enhancing message. HE.912.CEH.1.2
- 3 Investigate the social determinants of health in a community. HE.912.CEH.1.3

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**Standard 2 Internal and External Influence** HE.912.CEH.2

- 1 Assess how the school and community can affect personal health practices and behaviors. HE.912.CEH.2.1
- 2 Evaluate how public health policies and government regulations can influence health promotion and disease prevention. HE.912.CEH.2.2
- 3 Propose strategies to avoid risks on social media and the internet. HE.912.CEH.2.3
- 4 Evaluate how environment and community health are interrelated. HE.912.CEH.2.4
- 5 Predict how healthy behaviors can affect community health status. HE.912.CEH.2.5
- 6 Analyze how culture supports and challenges health beliefs, practices, and behaviors. HE.912.CEH.2.6
- 7 Analyze how the perceptions of norms influence healthy and unhealthy behaviors. HE.912.CEH.2.7
- 8 Evaluate how the social determinants of health impact a community's health, wellbeing, and quality of life. HE.912.CEH.2.8
- 9 Identify computer related laws and analyze their impact on internet safety. HE.912.CEH.2.9

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**Standard 3 Prevention and Decision Making** HE.912.CEH.3

- 1 Analyze community strategies for prevention, detection, and treatment of communicable and chronic diseases. HE.912.CEH.3.1
- 2 Propose community strategies to reduce or prevent injuries and health problems. HE.912.CEH.3.2
- 3 Formulate alternatives to community health-related issues or problems. HE.912.CEH.3.3
- 4 Appraise the potential short-term and long-term outcomes of alternative solutions to community health-related issues or problems. HE.912.CEH.3.4
- 5 Examine barriers that can hinder healthy decision making. HE.912.CEH.3.5
- 6 Design a campaign promoting health literacy that would result in a variety of positive health and quality of life outcomes. HE.912.CEH.3.6

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**Standard 4 Advocacy** HE.912.CEH.4

- 1 Develop a resource that influences and supports others in making positive health choices. HE.912.CEH.4.1
  - 2 Demonstrate leadership skills by advocating for personal, family, and community health. HE.912.CEH.4.2
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**Consumer  
Health** HE.912.CH

**Standard 1 Core Concepts** HE.912.CH.1

- 1 Evaluate the relationship between access to health care and health status. HE.912.CH.1.1
  - 2 Describe resources or services that facilitate achieving personal health goals. HE.912.CH.1.2
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**Standard 2 Internal and External Influence** HE.912.CH.2

- 1 Adapt health messages and communication techniques to a specific target audience using various media. HE.912.CH.2.1
  - 2 Evaluate the effect of media/social media on personal and family health. HE.912.CH.2.2
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**Standard 3 Prevention and Decision Making** HE.912.CH.3

- 1 Authenticate the validity of health information and resources. HE.912.CH.3.1
  - 2 Verify the validity of health information, products, and services. HE.912.CH.3.2
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**Standard 4 Advocacy** HE.912.CH.4

- 1 Justify the use of valid technologies to gather health information. HE.912.CH.4.1