Hawaii Health

Grades 6, 7, 8

Adopted 2005

Core Concepts — Understand concepts related to health promotion and disease prevention

Mental and Emotional Health

1. Explain the relationship between mental, emotional, social, and physical health HE.6-8.1.1

Healthy Eating and Physical Activity

2. Describe short- and long-term effects and consequences of poor nutrition and lack of physical activity HE.6-8.1.2

Promoting Safety and Preventing Violence and Unintentional Injury

3. Describe short- and long-term effects and consequences of violent or aggressive behaviors HE.6-8.1.3
4. Describe types and degrees of risk encountered in daily living and formulate strategies to avoid or reduce threatening situations HE.6-8.1.4

Personal Health and Wellness

8. Describe the body system functions, how they interact with each other, and how they are impacted by health behaviors HE.6-8.1.8
9. Identify choices individuals can make to promote or harm their health HE.6-8.1.9
10. Identify proper health care and describe how it can prevent premature death and disability HE.6-8.1.10

Tobacco-Free Lifestyle

5. Describe short- and long-term effects and consequences of tobacco product use HE.6-8.1.5

Alcohol and Other Drugfree Lifestyle

6. Describe short- and long-term effects and consequences of drinking alcohol and using drugs HE.6-8.1.6

Sexual Health and Responsibility

7. Describe short- and long-term effects and consequences of sexual activity HE.6-8.1.7

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ealth Information, Products, and Services Across Topic Areas

1. Identify when it is necessary to access health services for self and others HE.6-8.2.1

information and health-promoting products and services		2. Use appropriate sources to access valid health information, products, and services HE.6-8.2.2
Self-Management — Practice health-enhancing behaviors and reduce health risks	**Mental and Emotional Health**	1. Explain personal preferences for coping and stress management strategies HE.6-8.3.1
	Personal Health and Wellness	2. Explain the importance of assuming responsibility for personal health behaviors HE.6-8.3.2
Analyzing Influences — Understand the influences of culture, family, peers, media, technology, and other factors on health	**Factors Influencing Health Across Topic Areas**	1. Explain the influence of internal and external factors on health outcomes HE.6-8.4.1
Interpersonal Communication — Use interpersonal communication skills to enhance health	**Communication Skils Across Topic Areas**	1. Use effective verbal and non-verbal communication skills HE.6-8.5.1 2. Use effective behaviors that communicate care, consideration, and respect of self and others HE.6-8.5.2
	Promoting Safety and Preventing Violence and Unintentional Injury	3. Identify possible causes of disputes connected to personal, family, and community matters HE.6-8.5.3 4. Apply appropriate conflict resolution strategies to deal with potentially harmful situations HE.6-8.5.4
Decision-Making and Goal-Setting — Use decision-making and goal-setting skills to enhance health	**Decision-Making Across Topic Areas**	1. Describe decision-making processes related to healthrelated decisions HE.6-8.6.1 2. Assess health-related decisions for consequences that affect oneself and others HE.6-8.6.2
	Goal-Setting Across Topic Areas	3. Evaluate personal health strengths and risks to set personal goals HE.6-8.6.3
Advocacy — Advocate for personal, family, and community health	**Advocacy Across Topic Areas**	1. Use effective strategies to influence and support others in making healthful choices HE.6-8.7.1

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Use appropriate methods to communicate accurate health information and ideas HE.6-8.7.2

3. Describe how barriers can affect the communication of information, ideas, feelings, and opinions HE.6-8.7.3