Hawaii Health

Grades 9, 10, 11, 12

Adopted 2005

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

Mental and Emotional Health

1. Compare the relationships among mental, emotional, social, and physical health in adulthood HE.9-12.1.1

Promoting Safety and Preventing Violence and Unintentional Injury

2. Know how to use appropriate strategies to avoid, reduce, and report threatening situations HE.9-12.1.2

Personal Health and Wellness

3. Identify personal health behaviors and other factors that impact body system functions HE.9-12.1.3
4. Explain the purpose of public health policies and government regulations in health HE.9-12.1.4

Accessing Information — Access valid health information and health-promoting products and services

Health Information, Products, and Services Across Topic Areas

1. Compare health information provided from home, school, and community resources HE.9-12.2.1
2. Evaluate the validity of different sources of health information HE.9-12.2.2
3. Describe when and how to access health services for self and others HE.9-12.2.3

Self-Management — Practice health-enhancing behaviors and reduce health risks

Mental and Emotional Health

1. Compare a variety of personal coping and stress management strategies HE.9-12.3.1

Personal Health and Wellness

2. Compare the importance of enhancing health and safety in the community, workplace, and/or at home HE.9-12.3.2
3. Evaluate personal behaviors within the risk areas (e.g., tobacco use, alcohol and drug use, nutrition, fitness, personal safety, sexual activity) HE.9-12.3.3

Analyzing Influences — Un... inf... far...

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Factors Influencing Health Across Topic Areas

Evaluate the interrelationship of internal and external factors that influence health behaviors HE.9-12.4.1

technology, and other factors on health	
Interpersonal Communication — Use interpersonal communication skills to enhance health	**Communication Skils Across Topic Areas** 1. Know how to use appropriate verbal and non-verbal communication skills that are necessary to avoid potentially harmful situations HE.9-12.5.1 **Promoting Safety and Preventing Violence and Unintentional Injury** 2. Know how to use appropriate strategies to resolve disagreements HE.9-12.5.2
Decision-Making and Goal-Setting — Use decision-making and goal-setting skills to enhance health	**Decision-Making Across Topic Areas** 1. Explain decision-making strategies used to make health-related decisions HE.9-12.6.1 2. Evaluate health decisions that have immediate and long-term consequences on the individual, family, and community HE.9-12.6.2 3. Know how to apply appropriate responses to risky situations HE.9-12.6.3 **Goal-Setting Across Topic Areas** 4. Create and implement a plan for enhancing life-long goals HE.9-12.6.4
Advocacy — Advocate for personal, family, and community health	**Advocacy Across Topic Areas** 1. Use effective strategies to help others promote and protect their health HE.9-12.7.1 2. Design a school-wide health advocacy campaign that advocates for a healthy lifestyle HE.9-12.7.2 3. Evaluate the effectiveness of strategies in communicating health information HE.9-12.7.3 4. Explain how health messages can be translated to particular audiences HE.9-12.7.4