

# 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](#)

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### 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](#)

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### 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](#)

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## 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](#)

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## 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](#)

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### 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](#)

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## Analyzing Influences — Understand the influences of culture, family, peers, media,

### Factors Influencing Health Across Topic Areas

1. Evaluate the interrelationship of internal and external factors that influence health behaviors [HE.9-12.4.1](#)

**technology, and other  
factors on health**

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**Interpersonal  
Communication — Use  
interpersonal  
communication skills to  
enhance health**

**Communication Skills 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](#)
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**Promoting Safety and Preventing Violence and Unintentional Injury**

2. Know how to use appropriate strategies to resolve disagreements [HE.9-12.5.2](#)
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**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](#)
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**Goal-Setting Across Topic Areas**

4. Create and implement a plan for enhancing life-long goals [HE.9-12.6.4](#)
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**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](#)