Idaho Health

Grades 9, 10, 11, 12

Adopted 2010

Comprehend Core Concepts

1.1: Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development and Family Life; and Environmental Health.

1. Predict how behaviors can affect health status. 9-12.H.1.1.1
2. Describe the interrelationships of emotional, intellectual, physical, and social health. 9-12.H.1.1.2
3. Analyze how environment and personal health are interrelated. 9-12.H.1.1.3
4. Analyze how genetics and family history can affect personal health. 9-12.H.1.1.4
5. Propose ways to reduce health problems. 9-12.H.1.1.5
6. Analyze the relationship between access to health care and health status. 9-12.H.1.1.6
7. Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors. 9-12.H.1.1.7
8. Analyze the potential severity of health problems that result from engaging in unhealthy behaviors. 9-12.H.1.1.8

Analyzing Influences

1.1: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.

1. Analyze how the family and culture influence health beliefs and behaviors. 9-12.H.2.1.1
2. Analyze how peers influence health beliefs and behaviors. 9-12.H.2.1.2
3. Evaluate how the school and community can affect personal health practice and behaviors. 9-12.H.2.1.3
4. Analyze how the media and technology influence health beliefs and behaviors. 9-12.H.2.1.4
5. Analyze how the perception of norms influences healthy and unhealthy behaviors. 9-12.H.2.1.5
6. Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors. 9-12.H.2.1.6

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7. Analyze how public health policies and government regulations can influence health promotion and disease prevention. 9-12.H.2.1.7

Accessing Information

1.1: Students will demonstrate the ability to access valid information and products and services to enhance health.

1. Evaluate the validity of health information, products, and services. 9-12.H.3.1.1
2. Determine the accessibility of health information, products, and services. 9-12.H.3.1.2
3. Access valid and reliable health information, products, and services. 9-12.H.3.1.3
4. Use resources from home, school, and community that provide valid health information. 9-12.H.3.1.4
5. Determine when professional health services may be required. 9-12.H.3.1.5

Interpersonal Communication

1.1: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

1. Use skills for communicating effectively with family, peers, and others to enhance health. 9-12.H.4.1.1
2. Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks. 9-12.H.4.1.2
3. Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others. 9-12.H.4.1.3
4. Demonstrate how to ask for and offer assist to enhance the health of self and others. 9-12.H.4.1.4

Decision Making

1.1: Students will demonstrate the ability to use decision-making skills to enhance health.

1. Examine barriers that can hinder healthy decision-making. 9-12.H.5.1.1
2. Determine the value of applying a thoughtful decision-making process in health-related situations. 9-12.H.5.1.2
3. Justify when individual or collaborative decision-making is appropriate. 9-12.H.5.1.3
4. Generate alternatives to health-related issues or problems. 9-12.H.5.1.4
5. Predict the potential short-term and long-term impact of each alternative on self and others. 9-12.H.5.1.5
6. Defend the healthy choice when making decisions. 9-12.H.5.1.6
7. Evaluate the effectiveness of health-related decisions. 9-12.H.5.1.7

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Students will demonstrate the ability to use goal-setting skills to enhance health.

1. Assess personal health practices and overall health status. 9-12.H.6.1.1
2. Develop a plan to attain a personal health goal that addresses strengths, needs, and risks. 9-12.H.6.1.2
3. Implement strategies and monitor progress in achieving a personal health goal. 9-12.H.6.1.3
4. Formulate an effective long-term personal health plan. 9-12.H.6.1.4

Practice Healthy Behavior

1.1: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

1. Analyze the role of individual responsibility in enhancing health. 9-12.H.7.1.1
2. Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others. 9-12.H.7.1.2
3. Demonstrate a variety of healthy practices and behaviors that avoid or reduce health risks to self and others. 9-12.H.7.1.3

Advocacy

1.1: Students will demonstrate the ability to advocate for personal, family, and community health.

1. Use accurate peer and societal norms to formulate a health-enhancing message. 9-12.H.8.1.1
2. Demonstrate how to influence and support others to make positive health choices. 9-12.H.8.1.2
3. Work cooperatively as an advocate for improving personal, family, and community health. 9-12.H.8.1.3
4. Adapt health messages and communication techniques to target a specific audience. 9-12.H.8.1.4