Indiana Health & Wellness

Grades 6-8

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1 Healthy Behaviors

1. Analyze the relationship between healthy behaviors and personal health. 6-8.1.1

2 Dimensions of Health

2. Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence. 6-8.1.2

3 Personal Health

3. Analyze how the environment impacts personal health. 6-8.1.3

4 Preventing Injury

4. Describe ways to reduce or prevent adolescent health problems and injuries. 6-8.1.4

5 Accessing Health Care

5. Explain how appropriate health care can promote personal health. 6-8.1.5

6 Family History & Personal Health

6. Describe how family history can impact personal health. 6-8.1.6

7 Practicing Healthy Behaviors

7. Describe the benefits of and barriers to practicing a variety of healthy behaviors. 6-8.1.7

8 Unhealthy Behavior Outcomes

8. Examine the severity of injury and/or illness if engaging in unhealthy behaviors. 6-8.1.8

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

1 Family Influence on Health

1. Examine how the family influences the health of adolescents. 6-8.2.1

2 School and Community Impact

2. Analyze how the school and community can affect personal health practices and behaviors. 6-8.2.2

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1edia Influence on Health Behaviors

3. Analyze how messages from the media and social media influence health behaviors. 6-8.2.3

4 Peer Influence on Health Behaviors

4. Describe how peers can influence healthy and unhealthy behaviors. 6-8.2.4

5 Cultural Influence on Health Behaviors

5. Describe the influence of culture on health beliefs, practices, and behaviors. 6-8.2.5

6 Technology Influence on Health Behaviors

6. Analyze the influence of technology on personal and family health. 6-8.2.6

7 Norms Perception Influence on Health Behaviors

7. Explain how the perceptions of norms influence healthy and unhealthy behaviors. 6-8.2.7

8 Personal Values Influence on Health Behaviors

8. Explain the influence of personal values and beliefs on individual health practices and behaviors. 6-8.2.8

9 Health Risk Behaviors

9. Describe how some health risk behaviors can increase the likelihood of engaging in additional unhealthy behaviors. 6-8.2.9

10 School/Public Health Policy Influence on Health Behaviors

10. Explain how school and public health policies can influence health practices and behaviors. 6-8.2.10

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

1 Health Information and Services

1. Investigate the validity of health information, products, and services. 6-8.3.1

2 Accessing Health Information

2. Access valid health information from home, school, and community. 6-8.3.2

3 Professional Health Services

3. Describe situations that may require professional health services. 6-8.3.3

4 Locating Reliable Health Products/Services

4. Locate valid and reliable health products and services that enhance health. 6-8.3.4

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'erbal/Nonverbal Communication Skills

communication skills to enhance health and avoid or reduce health risk.	1	**Apply effective verbal and nonverbal communication skills to enhance health.** 6-8.4.1
	2	**Listening Skills** 2. Demonstrate active listening and response skills to enhance health. 6-8.4.2
	3	**Expressing Needs, Wants, and Feelings** 3. Demonstrate healthy ways to express needs, wants, and feelings. 6-8.4.3
	4	**Communicating Care, Consideration, and Respect** 4. Practice ways to communicate care, consideration, and respect for self and others. 6-8.4.4
	5	**Health Risk Refusal Skills** 5. Demonstrate the ability to refuse or negotiate health risks in healthy ways. 6-8.4.5
	6	**Asking for Assistance** 6. Demonstrate how to ask for assistance to enhance the health of self and others. 6-8.4.6
	7	**Managing Conflict** 7. Implement healthy strategies to prevent and manage conflict. 6-8.4.7
	8	**Overcoming Communication Barriers** 8. Formulate strategies for overcoming health-related communication barriers. 6-8.4.8
	9	**Overcoming Communication Barriers** 9. Examine the impact of communication on relationships. 6-8.4.9
Students will demonstrate the ability to use decision-making skills to enhance health.	1	**Personal Health Decisions and Influences** 1. Identify personal health decisions and differentiate between related internal and external influences. 6-8.5.1
	2	**Evaluating Health Information** 2. Compile and assess available information to enhance health. 6-8.5.2
	3	**Making Health-Related Decisions** 3. Personalize health risk of decisions to self and others. 6-8.5.3
	4	**Health Decision Connections** 4. Apply a decision making process to real-life health related situations. 6-8.5.4

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5 Personal Health Responsibility

5. Describe how personal health decisions may affect subsequent decisions. 6-8.5.5

6 Personal Health Decisions

6. Assume responsibility for personal health decisions. 6-8.5.6

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

1 Setting Health Goals

1. Assess the benefits of planning and setting health goals. 6-8.6.1

2 Achieving Health Goals

2. Develop a personal health goal and a plan to achieve it. 6-8.6.2

3 Barriers to Health Goals

3. Examine possible barriers to achieving the personal health goal. 6-8.6.3

4 Health Goal Adaptability

4. Implement the plan to achieve the personal health goal and overcome possible barriers. 6-8.6.4

5 Personal Choices and Health Goals

5. Consider the impact of decisions on the personal health goal. 6-8.6.5

6 Health Goal Support Systems

6. Identify personal support systems and explain their importance in achieving the personal health goal. 6-8.6.6

7 Health Goal Progress

7. Assess, reflect on, and adjust the plan to reach and maintain the personal health goal. 6-8.6.7

Students demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.

1 Safety Knowledge Skills

1. Conduct a personal assessment of health and safety knowledge and skills. 6-8.7.1

2 Health and Safety Strengths and Needs

2. Describe the results of the personal assessment to identify personal health and safety strengths and needs. 6-8.7.2

3 Health and Safety Strengths and Needs

3. Describe the results of the personal assessment to identify personal health and safety strengths and needs. 6-8.7.3

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afety Concerns and Assessments

to advocate for personal, family and community health.

1. Conduct a personal, family, or community health or safety assessment and/or review data from an existing health assessment. 6-8.8.1

2 Standing for Health/Safety Issues

2. Analyze data to determine a priority health or safety issue on which to take a stand. 6-8.8.2

3 Evidence for Health/Safety Issues

3. Research the health or safety issue 6-8.8.3

4 Advocating for Health Issues

4. Identify agencies, organizations, or others who advocate for the health issue. 6-8.8.4

5 Personal Belief for Health/Safety Issues

5. Demonstrate personal beliefs regarding the health or safety issue. 6-8.8.5

6 Communicating Health/Safety Issues

6. Use communication techniques to persuade the individual or group to support or act on the health or safety issue. 6-8.8.6

7 Communicating Health/Safety Issues

7. Identify an audience and adapt the health or safety message and communication technique to the characteristics of the individual or group. 6-8.8.7

8 Communicating Health/Safety Issues

No standards defined.