Indiana Health & Wellness

Grades 9-12

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

1 Healthy Behaviors

1. Predict how behaviors can impact personal health. HS.1.1

2 Dimensions of Health

2. Cite evidence that demonstrates the interrelationships of emotional, intellectual, physical, and social health across the lifespan. HS.1.2

3 Personal Health

3. Analyze how the environment could impact overall health. HS.1.3

4 Preventing Injury

4. Propose ways to reduce or prevent injuries and health problems. HS.1.4

5 Accessing Health Care

5. Analyze the relationship between access to health care and personal health. HS.1.5

6 Family History & Personal Health

6. Analyze how genetics and family history can affect personal health. HS.1.6

7 Practicing Healthy Behaviors

7. Analyze the benefits of and barriers to practicing a variety of healthy behaviors. HS.1.7

8 Unhealthy Behavior Outcomes

8. Analyze personal susceptibility to injury, illness or death if engaging in unhealthy behaviors. HS.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. Analyze how the family influences the health or individuals across the lifespan. HS.2.1

2 School and Community Impact

2. Evaluate how the school and community can impact personal health practice and behaviors. HS.2.2

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3 Media Influence on Health Behaviors

3. Evaluate the effect of media and social media on health behaviors. HS.2.3

4 Peer Influence on Health Behaviors

4. Analyze how peers can influence healthy and unhealthy behaviors. HS.2.4

5 Cultural Influence on Health Behaviors

5. Analyze how culture influences health behaviors. HS.2.5

6 Technology Influence on Health Behaviors

6. Evaluate the impact of technology on personal, family, and community health. HS.2.6

7 Norms Perception Influence on Health Behaviors

7. Analyze how the perceptions of norms influence health behaviors. HS.2.7

8 Personal Values Influence on Health Behaviors

8. Analyze the influence of personal values and beliefs on individual health practices and behaviors. HS.2.8

9 Health Risk Behaviors

9. Analyze how some health risk behaviors can increase the likelihood of engaging in additional unhealthy behaviors. HS.2.9

10 School/Public Health Policy Influence on Health Behaviors

10. Analyze how public health policies and government regulations can influence health practices and behaviors. HS.2.10

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

1 Health Information and Services

1. Evaluate the validity of health information, products and services. HS.3.1

2 Accessing Health Information

2. Use resources from home, school, community, and reliable internet sources that provide valid health information for making personal health decisions. HS.3.2

3 Professional Health Services

3. Determine when professional health services may be required. HS.3.3

4 Locating Reliable Health Products/Services

4. Access valid and reliable health products and services that enhance health. HS.3.4

Students will demonstrate the ability to co enhance health and

1 Verbal/Nonverbal Communication Skills

1. Apply effective verbal (assertiveness) and nonverbal communication skills in real-life health situations. HS.4.1

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avoid or reduce health risk.

2 Listening Skills

2. Employ active listening and response skills to enhance health. HS.4.2

3 Expressing Needs, Wants, and Feelings

3. Identify and apply healthy strategies to manage personal wellbeing. HS.4.3

4 Communicating Care, Consideration, and Respect

4. Demonstrate ways to communicate care, consideration, and respect of self and others. HS.4.4

5 Health Risk Refusal Skills

5. Demonstrate effective refusal skills in real-life health-related situations. HS.4.5

6 Asking for Assistance

6. Demonstrate how to ask for and offer assistance to enhance the health of self and others. HS.4.6

7 Managing Conflict

7. Implement and evaluate strategies to prevent and manage conflict. HS.4.7

8 Overcoming Communication Barriers

8. Implement strategies for overcoming health-related communication barriers. HS.4.8

9 Overcoming Communication Barriers

9. Analyze how interpersonal communication impacts and is impacted by relationships. HS.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 analyze related internal and external influences. HS.5.1

2 Evaluating Health Information

2. Gather, synthesize, and evaluate available information to enhance health. HS.5.2

3 Making Health-Related Decisions

3. Analyze health risk of decisions to self and others. HS.5.3

4 Health Decision Connections

4. Apply a decision making process to real-life health related situations. HS.5.4

5 Personal Health Responsibility

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. Describe how personal health decisions may affect subsequent decisions. HS.5.5

	6 Personal Health Decisions 6. Assume responsibility for personal health decisions. HS.5.6
Students will demonstrate the ability to use goal-setting skills to enhance health.	**1 Setting Health Goals** 1. Critically analyze and articulate the benefits of planning and setting personal health goals. HS.6.1
	2 Achieving Health Goals 2. Develop a personal health goal and a plan to achieve it. HS.6.2
	3 Barriers to Health Goals 3. Analyze and develop strategies to overcome barriers to achieving the personal health goal. HS.6.3
	4 Health Goal Adaptability 4. Implement and analyze the plan and adjust it, as needed, to achieve the personal health goal. HS.6.4
	5 Personal Choices and Health Goals 5. Identify personal support systems and explain their importance in achieving the personal health goal. HS.6.5
	6 Health Goal Support Systems 6. Assess, reflect on, and adjust the plan to reach and maintain the personal health goal. HS.6.6
	7 Health Goal Progress No standards defined.
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. HS.7.1
	2 Health and Safety Strengths and Needs 2. Analyze the results of the personal assessment to identify personal health and safety strengths and needs. HS.7.2
	3 Health and Safety Strengths and Needs 3. Analyze the results of the personal assessment to identify personal health and safety strengths and needs. HS.7.3
Students will de to	**1 Safety Concerns and Assessments** . Conduct a personal, family, or community health or safety assessment and/or review data from current similar health assessments. HS.8.1

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personal, family and community health.

2 Standing for Health/Safety Issues

2. Analyze data to determine a priority health or safety issue to be able to use and understand. HS.8.2

3 Evidence for Health/Safety Issues

3. Identify and familiarize yourself with agencies, organizations, and others who advocate for and against the health issue. HS.8.3

4 Advocating for Health Issues

4. Take a clear stand or position on health-enhancing behaviors. HS.8.4

5 Personal Belief for Health/Safety Issues

5. Use communication techniques to educate the individual or group to support or act on the health safety issue. HS.8.5

6 Communicating Health/Safety Issues

6. Identify and create messaging and marketing to a priority audience concerning the health and safety message. HS.8.6

7 Communicating Health/Safety Issues

7. Work collaboratively with individuals, agencies, and organizations to advocate for the health of self, families, and communities. HS.8.7

8 Communicating Health/Safety Issues

8. Evaluate the effectiveness of the advocacy effort and revise and adjust, as needed. HS.8.8