

Health Literacy: Grades 6, 7, 8

Adopted 2010

Demonstrate functional health literacy skills to obtain, interpret, understand and use basic health concepts to enhance personal, family and community health.

Know and use concepts related to health promotion and disease prevention.

- Anticipate the influence of risk and protective factors.
- Describe the interrelationships of the wellness dimensions: physical, emotional, intellectual, environmental, social, sexual and spiritual wellness during adolescence.
- Evaluate the impact of genetics/family history with personal health decisions.
- Demonstrate skills necessary for proper prevention/management of health crises. i.e. injury, depression, chronic illness.
- Explain how appropriate health care can promote personal health.
- Recognize prevention and control of health problems are influenced by research and medical advances.
- Recognize the historical impact of disease and other health problems.
- Evaluate the impact of personal health behaviors on the functioning of body systems.
- Develop healthy personal choices to promote health maintenance and disease prevention.
- Develop preventive physical and mental health measures, including proper diet, nutrition, exercise, risk avoidance and stress reduction.

Analyze influencing factors on health enhancing behaviors.

- Describe how diverse families, peers, cultural practices and attitudes influence health.
 - Articulate how media, technology, research and medical advances impact health.
 - Articulate how national and international public health and safety issues affect personal and family health status.
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Utilize interactive literacy and social skills to establish personal, family, and community health goals.

Demonstrate social and communication skills to enhance health and increase safety.

- Apply appropriate communication skills to enhance health of self and others.
- Utilize effective conflict management strategies.
- Demonstrate proper methods of obtaining help for self and others.
- Generate ways to communicate care, consideration, empathy and respect for self and others.

Advocate for personal, family and community health.

- Develop a health message to meet the health needs of a target audience.
- Model how to influence and support others to make positive health choices.
- Collaborate to improve family and community health.
- Articulate effective communication methods to accurately express health information and ideas.
- Recognize media and legislative advocacy efforts to promote positive health for self and others.
- Identify power structures that support advocacy of a healthy, violence-free environment.

Apply critical literacy/thinking skills related to personal, family and community wellness.

Demonstrate decision making skills.

- Apply skills needed to make healthy decisions.
- Analyze the effectiveness of health-related decisions.
- Describe the ethical factors that influence health related decisions.
- Integrate the roles of individual, family, community and cultures when making health related decisions.
- Demonstrate how health related decisions impact individual, family, community and environment.

Demonstrate goal setting skills.

- Implement goals to enhance personal health and track its achievement.

Integrate media literacy skills to analyze media and other influences to effectively manage personal, family and community health situations.

Analyze the influence of family, peers, health professionals, culture, media, technology, and other health factors.

- Demonstrate appropriate responses to negative and positive health influences.
- Discuss the role of public health policies in prevention and maintenance of school and community health.
- Determine how cultural diversities enrich and challenge health behaviors.
- Analyze how information influences health.
- Determine reliability, accuracy, dependability of health information sources.

- Describe the techniques used by print and non-print media sources.
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Access valid information, products and services.

- Differentiate factors that influence the selection of health products and services.
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Demonstrate behaviors that foster healthy, active lifestyles for individuals and the benefit of society.

Achieve and maintain health enhancing level of physical activity.

- Develop, implement and evaluate goals for physical health.
 - Engage in activities to improve cardio-vascular and muscular strength and endurance, flexibility, and body composition.
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Practice preventive health behaviors.

- Practice appropriate and effective stress management.
- Analyze risk factors and make healthy choices.
- Implement a plan reflecting healthy food choices.
- Implement behaviors that contribute to holistic wellness for individuals, families and communities.