Maine Health and Physical Education

Health Education: Grade 6-8

Health Concepts: Health literate students comprehend concepts related to health promotion and disease prevention to enhance health. HE.1

Health Concepts, Behaviors and Personal Health

1 Students explain the importance of assuming responsibility for behaviors and the impact it has on personal health related to healthy sexuality; nutrition; safety and injury prevention; and substance abuse prevention. 1.1

Dimensions of Health

1 Students explain the interrelationship of the dimensions of health including physical, mental, social and emotional. 1.2

Health Conditions

1 Students investigate causes of health conditions and ways to reduce, prevent, treat, and/or manage them. 1.3

Environment and Personal Health

1 Students determine how the environment and other factors impact personal health. 1.4

Health Information, Products, and Services: Health literate students can demonstrate the ability to access valid health information, services, and products to enhance health. HE.2

Reliability of Resources

1 Students analyze the reliability of health information, products, and services. 2.1

Accessing Health Resources

1 Students locate reliable health information, products, and services. 2.2

Health Promotion and Risk Reduction: Health literate students demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks for self and others. HE.3

Health-Enhancing Behaviors and Self-Management

1 Students explain the importance of assuming responsibility for personal health behaviors. 3.1.6-8A

2 Students apply health-enhancing behaviors to improve or maintain the health of self and others, including self-management skills. 3.1.6-8B

Avoiding/Reducing Health Risks

1 Students demonstrate health-enhancing behaviors to avoid or reduce health risks to self and others. 3.2

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Influences on Health: Health literate students analyze the influences of family, peers, culture, media, technology and other factors on health practices and behaviors. HE.4

Influences on Health Behaviors

1 Students analyze positive and negative influences on adolescent health practices and behaviors including peers, family, media, culture, community, technology, and social platforms. 4.1

Compound Effects of Health Behaviors

1 Students examine how health-enhancing and risky behaviors can influence the likelihood of engaging in more of the same behaviors. 4.2

Communication and Advocacy Skills: Health literate students demonstrate the ability to use interpersonal communication and advocacy skills to enhance personal, family, and community health. HE.5

Interpersonal Communication Skills

1 Students apply effective interpersonal communication skills including affirmative consent, refusal and negotiation skills to enhance health and build relationships including written, face-to-face, and safe use of technology. 5.1

Advocacy Skills

1 Students utilize advocacy skills for self and others to make positive health choices. 5.2

Decision-Making and Goal-Setting Skills: Health literate students demonstrate the ability to make decisions and set goals to enhance health. HE.6

Decision-Making Skills

1 Students apply decision-making skills to enhance health as an individual and through collaboration. 6.1

Goal-Setting Skills

1 Students apply goal-setting skills to achieve a personal short-term health goal. 6.2