Maine Health and Physical Education

Health Education: Grade 9-Diploma

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 analyze the impact of complex health issues on personal health related to healthy sexuality; nutrition; safety and injury prevention; and substance abuse prevention. 1.1

Dimensions of Health

1 Students analyze the impact of current health issues on the dimensions of health including physical, mental, social and emotional. 1.2

Health Conditions

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

Environment and Personal Health

1 Students analyze how one's 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 evaluate the reliability and accessibility of health information, products, and services. 2.1

2 Students label trusted adults and professionals who can help promote health. 2.1

Accessing Health Resources

1 Students access 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 he
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Health-Enhancing Behaviors and Self-Management

1 Students analyze the role of individual responsibility for enhancing health. 3.1.9-DA

2 Students evaluate health-enhancing behaviors to improve or maintain the health of self and others, including self-management skills. 3.1.9-DB

Avoiding/Reducing Health Risks

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

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 evaluate positive and negative influences on health practices and behaviors including peers, family, media, culture, community, perception of norms, government, technology, and social platforms. 4.1

Compound Effects of Health Behaviors

1 Students analyze 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 analyze effective communication skills for self and others to enhance health and build relationships including affirmative consent, refusal and negotiation skills. 5.1

Advocacy Skills

1 Students analyze 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 analyze decision making skills to enhance health outcomes. 6.1

Goal-Setting Skills

1 Students analyze goal-setting skills to achieve short and/or long-term personal health goals. 6.2