Montana Health Enhancement

Grades 9, 10, 11, 12

Adopted 2016

Comprehend concepts related to health promotion and disease prevention to enhance personal health.

1. **Predicting how health behaviors can affect health status;** A.9-12.1
2. **Comparing and contrasting the benefits of and barriers to practicing a variety of healthy behaviors;** A.9-12.2
3. **Developing personal health enhancing strategies for issues such as substance abuse prevention, nutrition, exercise, sexual activity, injury and disease prevention, and stress management, including traditional and contemporary strategies from American Indian cultures;** A.9-12.3
4. **Comparing and contrasting the potential consequences of engaging in risky behavior;** A.9-12.4
5. **Analyzing the interrelationships of physical, mental, emotional, family and social health or personal health, including those of American Indian cultures and practices;** A.9-12.5
6. **Comparing and contrasting various ways to prevent communicable diseases;** A.9-12.6
7. **Analyzing how environmental factors and personal health are interrelated;** A.9-12.7
8. **Analyzing how genetics and family history can impact personal health;** A.9-12.8
9. **Comparing and contrasting ways to advocate for safe and healthy school and community environments to promote personal health;** A.9-12.9
10. **Proposing ways to reduce or prevent injuries and health problems;** A.9-12.10
11. **Analyzing the relationship between access to health care and health status, including the unique issues regarding American Indians and health care benefits resulting from treaty obligations;** A.9-12.11
12. **Analyzing human body systems, their function and their interrelationship with one another;** A.9-12.12
13. **Explaining the natural body changes of reproductive health;** A.9-12.13

Skip to main content

	14. Explaining fertilization, conception, and how the baby's sex and inherited traits are determined; and A.9-12.14
	15. Comparing and contrasting how physical, mental, social, spiritual, and cultural factors influence attitudes about sexuality. A.9-12.15
Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	1. Comparing and contrasting how the family and culture influence the health of individuals; B.9-12.1
	2. Explaining how the perception of societal norms influence healthy and unhealthy behaviors, including those of traditional and contemporary American Indian cultures and practices; B.9-12.2
	3. Explaining the influence of personal values and beliefs on individual health practices and behaviors; B.9-12.3
	4. Explaining how peers influence healthy and unhealthy behaviors; B.9-12.4
	5. Evaluating how the school, tribe, and community can affect personal health practices and behaviors; B.9-12.5
	6. Evaluating the effect of media on personal and family health; B.9-12.6
	7. Evaluating the impact of technology on personal, family, and community health; and B.9-12.7
	8. Explaining how public health policies and governmental regulations, including tribal, can influence health promotion and disease prevention. B.9-12.8
Demonstrate the ability to access valid information, products, and services to enhance health.	1. Evaluating the validity of health information, products, and services; C.9-12.1
	2. Using resources from home, school, tribe, and community that provide valid health information; C.9-12.2
	3. Determining the accessibility of products and services that enhance health; and C.9-12.3
	4. Determining when professional health services may be required. C.9-12.4
Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	1. Using skills for communicating effectively with family, peers, and others to enhance health, including those of traditional and contemporary American Indian cultures and practices; D.9-12.1
	2. Using refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks; D.9-12.2
	Using strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others; and D.9-12.3

Skip to main content

	4. Discussing how to ask for and offer assistance to enhance the health and safety of self and others. D.9-12.4
Demonstrate the ability to use decision-making skills to enhance health and safety.	1. Examining barriers that can hinder safe and healthy decision making; E.9-12.1 2. Determining the value of applying a thoughtful decision-making process in safety and health-related situations; E.9-12.2 3. Justifying when individual or collaborative decision making is appropriate; E.9-12.3 4. Generating alternatives to safety and health-related issues or problems; E.9-12.4 5. Analyzing the potential short-term and long term impact of health and safety alternatives on self and others; and E.9-12.5 6. Evaluating the effectiveness of safety and health-related decisions. E.9-12.6
Demonstrate the ability to use goal-setting skills to enhance health.	1. Developing a plan to attain a personal health goal that addresses strengths, needs, and risks; F.9-12.1 2. Assessing personal health practices and overall health status; F.9-12.2 3. Implementing strategies and monitoring progress in achieving a personal health goal; and F.9-12.3 4. Formulating an effective long-term personal health plan. F.9-12.4
Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	1. Discussing ways to advocate for a variety of healthy practices and behaviors that will maintain or improve the health of self and others; G.9-12.1 2. Analyzing the role of individual responsibility for enhancing health; and G.9-12.2 3. Discussing ways to advocate for a variety of behaviors to avoid or reduce health risks to self and others. G.9-12.3
Demonstrate the ability to advocate for personal, family, and community health.	1. Using accurate peer and societal norms to formulate a health-enhancing message; H.9-12.1 2. Advocating for behaviors and practices that will support others in making positive health choices; H.9-12.2 3. Working cooperatively as an advocate for improving personal, family, and community health; and H.9-12.3 4. Adapting health messages and communication techniques to target audiences. H.9-12.4