Nevada Health

Middle School

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

Personal, Community, and Environmental Health Strand

1 Investigate the impact of a variety of healthy practices and behaviors to maintain or improve personal, community, and environmental health. 1.PCE.MS.1

2 Investigate the impact of communicable and noncommunicable diseases. 1.PCE.MS.2

3 Connect the importance of accepting the similarities and differences of self and others as it relates to personal, community, and environmental health. 1.PCE.MS.3

4 Recognize an individual's personal role within the family structure and within the community 1.PCE.MS.4

5 Interpret personal susceptibility to injury, illness, or death based on genetics, family history, and health behaviors. 1.PCE.MS.5

6a Describe how to register as a donor and the rules governing donor gifts pursuant to Nevada Law. 1.PCE.MS.6A

6b Explain the individual and societal benefits of organ and tissue donation. 1.PCE.MS.6B

6c List facts about organ and tissue donation. 1.PCE.MS.6C

Mental and Emotional Health Strand

1 Connect the relationship between mental health and physical health. 1.ME.MS.1

2 Identify how loss, grief, trauma, and emotional distress may influence selfinjurious or suicidal behaviors. 1.ME.MS.2

Nutrition and Physical Activity Strand

1 Connect how healthy eating patterns, in accordance to the current federal Dietary Guidelines for Americans, lead to health promotion and disease prevention. 1.NP.MS.1

2 Compare the mental, social and physical benefits of daily moderate to vigorous physical activity 1.NP.MS.2

3 Explain the importance of annual physical health examinations and responding appropriately to unusual aches and pains. 1.NP.MS.3

Substance Use and Abuse Strand

Critique the pros and cons of using over-thecounter and prescription medications. 1.SUA.MS.1

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2 Assess how alcohol, tobacco, marijuana, and other drugs impact health and disease prevention. 1.SUA.MS.2

Safety Practices, Injury Prevention, and CPR/AED Strand

1 Examine how health risk behaviors influence safety and injury prevention practices. 1.SIC.MS.1

2a Perform the psychomotor skills required for the administration of hands-only cardiopulmonary resuscitation (CPR) according to the guidelines of the American Heart Association. 1.SIC.MS.2A

2b Discuss the purpose, operation, and safe use of an automated external defibrillator (AED). 1.SIC.MS.2B

Personal Safety Strand

1 Define personal boundaries and clear limits for self and recognize personal boundaries of others. 1.PS.MS.1

2 Investigate the impact of various abusive and coercive behaviors including mental, physical, social, economic, and legal consequences. 1.PS.MS.2

3 Summarize the reporting process and include where, when, and to whom to report unsafe situations. 1.PS.MS.3

5 Define human trafficking and ways to get help. 1.PS.MS.5

6 Compare the advantages and disadvantages of communicating using technology and social media. 1.PS.MS.6

Human Reproductive System, HIV/AIDS, Related Communicable Diseases, & Sexual Responsibility Strand

1 Explain the structures and functions of the human reproductive systems using correct anatomical terms. 1.HRS.MS.1

2 Describe the physical, social, cognitive and emotional changes of adolescence. 1.HRS.MS.2

3 Explain the scientific process of human reproduction. 1.HRS.MS.3

4a Describe the signs and symptoms of a pregnancy 1.HRS.MS.4A

4b Explain the health benefits, risks and effectiveness rates of various methods of contraception, including abstinence and condoms. 1.HRS.MS.4B

4c Identify prenatal practices that can contribute to or compromise a healthy pregnancy. 1.HRS.MS.4C

4d Identify the laws relating to pregnancy, abortion, adoption, and parenting. 1.HRS.MS.4D

5a Classify the related communicable diseases (STDs/STIs), including HIV/AIDS , by signs and symptoms, treatments, and modes of transmission. 1.HRS.MS.5A

5b Discuss current preventative approaches, including, but not limited to, HPV vaccinations to combat HIV/AIDS and related communicable diseases (STDs/STIs). 1.HRS.MS.5B

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	5d Compare and contrast behaviors, including abstinence, to determine the potential transmission risk of related communicable diseases (STDs/STIs) and HIV/AIDS. 1.HRS.MS.5D 6 Compare and contrast the characteristics of healthy and unhealthy relationships. 1.HRS.MS.6 7a Define sexual consent and explain its implications for sexual decision - making. 1.HRS.MS.7A 7b Discuss laws relating to the sexual conduct of minors, including consent, and criminal sexual conduct. 1.HRS.MS.7B
Analyze Influences: Students will analyze the influences of family, peers, culture, media, technology, and other factors have on health behaviors.	**Analyze Influences: Students will analyze the influences of family, peers, culture, media, technology, and other factors have on health behaviors.**
Explain how the perceptions of current social expectations influence healthy and unhealthy behaviors. 2.AF.MS.1	**1 Explain how the perceptions of current social expectations influence healthy and unhealthy behaviors.** 2.AF.MS.1
Access Information: Students will demonstrate the ability to access reliable health information, products, and services to enhance health.	**Access Information: Students will demonstrate the ability to access reliable health information, products, and services to enhance health.**
Analyze the validity of health information, products and services. 3.AI.MS.1	**1 Analyze the validity of health information, products and services.** 3.AI.MS.1
Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to en' av ris	**Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and to avoid or reduce health risks.**

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Apply effective verbal and nonverbal communication skills to enhance health. 4.IC.MS.1	**1 Apply effective verbal and nonverbal communication skills to enhance health.** 4.IC.MS.1
Demonstrate refusal and negotiation skills to avoid or reduce health risks. 4.IC.MS.2	**2 Demonstrate refusal and negotiation skills to avoid or reduce health risks.** 4.IC.MS.2
Decision Making: Students will demonstrate the ability to use decision-making skills to enhance health.	**Decision Making: Students will demonstrate the ability to use decision-making skills to enhance health.**
Predict the potential shortterm impact of healthy and unhealthy decisions on self and others. 5.DM.MS.1	**1 Predict the potential shortterm impact of healthy and unhealthy decisions on self and others.** 5.DM.MS.1
Analyze the outcomes of a health-related decision. 5.DM.MS.2	**2 Analyze the outcomes of a health-related decision.** 5.DM.MS.2
Choose healthy alternatives over unhealthy alternatives when making a decision. 5.DM.MS.3	**3 Choose healthy alternatives over unhealthy alternatives when making a decision.** 5.DM.MS.3
Goal Setting: Students will demonstrate the ability to use goal-setting skills to enhance health.	**Goal Setting: Students will demonstrate the ability to use goal-setting skills to enhance health.**
Apply strategies and skills needed to attain a health goal. 6.GS.MS.1	**1 Apply strategies and skills needed to attain a health goal.** 6.GS.MS.1
Describe how health go ch	**2 Describe how health goals can vary with changing abilities, priorities, and esponsibilities.** 6.GS.MS.2

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priorities, and responsibilities. 6.GS.MS.2	
Self-Management: Students will demonstrate the ability to practice health-enhancing behaviors and to avoid or reduce health risks.	**Self-Management: Students will demonstrate the ability to practice health-enhancing behaviors and to avoid or reduce health risks.**
Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others. 7.SM.MS.1	**1 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.** 7.SM.MS.1
Demonstrate behaviors that avoid or reduce health risks to self and others 7.SM.MS.2	**2 Demonstrate behaviors that avoid or reduce health risks to self and others** 7.SM.MS.2
Explain the importance of assuming responsibility for personal health behaviors. 7.SM.MS.3	**3 Explain the importance of assuming responsibility for personal health behaviors.** 7.SM.MS.3
Advocacy: Students will demonstrate the ability to support/promote personal, family, and community health.	**Advocacy: Students will demonstrate the ability to support/promote personal, family, and community health.**
Demonstrate how to influence and support others to make positive health choices. 8.AV.MS.1	**1 Demonstrate how to influence and support others to make positive health choices.** 8.AV.MS.1