Rhode Island Health Education

Grades 5, 6, 7, 8

Adopted 2010

Students will understand the concepts related to health promotion and disease prevention as a foundation for a healthy life.	**1. Explain the relationship between positive health behaviors and the prevention of injury, illness, disease and premature death.**
	2. Describe the interrelationship of mental, emotional, physical, social and physical health during adolescence.
	3. Explain how health is influenced by the interaction of body systems.
	4a. Describe how family, peers and environment influence the health of adolescents.
	4b. Analyze how environment and personal health are interrelated.
	5. Describe ways to reduce risks related to early adolescent health problems.
	6. Explain how appropriate health care can prevent premature death and disability.
	7. Describe how lifestyle, family history, pathogens and other risk factors are related to the cause or prevention of disease and other health problems.
Students will demonstrate the ability to access valid health information and health promoting products and services.	**1. Analyze the validity of health information, products, and services.**
	2. Utilize resources form home, school and community that provide valid health information.
	3. Analyze how media influences the selection of health information, products and services.
	4. Locate health products and services.
	5. Compare the costs and validity of health products.
	6. Describe situations requiring professional health services.
	7. Explain roles played by different health providers.
Students will de to	**1. Explain the importance of assuming responsibility for personal health behaviors.**
	Analyze personal health habits to determine health strengths and risks.

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enhancing behaviors and reduce health risks.	3. Distinguish between safe and risky or harmful behaviors. 4. Demonstrate strategies to improve or maintain personal and family health. 5. Develop injury prevention and management strategies for personal, family and community health. 6. Identify and demonstrate ways to avoid and reduce threatening situations. 7. Develop and apply appropriate ways of managing conflict and specific stressful situations.
Students will analyze the influence of culture, media, technology and other factors on health.	1. Describe the influence of cultural beliefs on health behaviors and the use of health services. 2. Analyze how positive and negative messages from media and other resources influence health behaviors. 3. Analyze the influence of technology on personal or family health. 4. Analyze how information from peers influences and affects health choices.
Students will demonstrate the ability to use interpersonal communication skills to enhance health.	1. Demonstrate effective verbal & non-verbal communication skills to enhance health. 2. Describe how the behavior of family and peers affects interpersonal communication. 3. Demonstrate healthy ways to express needs, wants and feelings. 4. Demonstrate ways to communicate care, consideration and respect of self and others. 5. Demonstrate communication skills needed to build and maintain healthy relationships. 6. Demonstrate refusal and negotiation skills needed to enhance health. 7. Analyze the possible causes of conflict among youth in schools and communities. 8. Demonstrate strategies needed to manage conflict in healthy ways.
Students will demonstrate the ability to use goal-setting and decision-making skills to en[illegible]	1. Demonstrate the ability to apply a decision-making process to health issues and problems individually and collaboratively. 2. Analyze how health-related decisions are influenced by individuals, family or community values.

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	3. Predict how decisions regarding health behaviors have consequences for self or others.
	4. Apply strategies and skills needed to attain personal health goals.
	5. Develop a plan that addresses personal strengths, needs and health risks.
Students will demonstrate the ability to advocate for personal, family, community and environmental health.	1. Discuss accurate information and express opinions about health issues.
	2. Analyze various communication methods needed to express health information and ideas accurately.
	3. Identify barriers to effective communication of information, ideas, feelings and opinions about health issues.
	4. Influence and support others in making positive health choices.
	5. Work cooperatively when advocating for healthy individuals, families and schools.