Rhode Island Health Education

# Grades 9, 10

Adopted 2010

| | |
|---|---|
| **Students will understand the concepts related to health promotion and disease prevention as a foundation for a healthy life.** | 1. **Analyze how behavior can impact health maintenance and disease prevention.**<br>2. **Describe the interrelationships of mental, emotional, social and physical health throughout young adulthood.**<br>3. **Analyze the impact of personal health behaviors on the functioning of body systems.**<br>4. **Analyze how the family, peers, community and environment influence the health of individuals.** |
| **Students will demonstrate the ability to access valid health information and health promoting products and services.** | 1. **Evaluate the validity of health information, products and services.**<br>2. **Analyze resources from home school and community that provide valid health information.**<br>3. **Evaluate media influences on the selection of health information and products.**<br>4. **Access school and community health services for self and others.**<br>5. **Analyze the cost and availability of health care products and services for individuals.**<br>6. **Analyze situations requiring professional health services.**<br>7. **Explain requirements for entering and pursuing specific health careers.** |
| **Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.** | 1. **Analyze the role of individual responsibility for enhancing health.**<br>2. **Evaluate personal health habits to determine strategies for health enhancement and risk reduction.**<br>3. **Analyze the short-term and long-term consequences of safe, risky and harmful behaviors.**<br>4. **Demonstrate strategies to improve or maintain personal, family and community health.** |

Skip to main content

| | |
|---|---|
| | 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. Research and evaluate strategies to manage stress in individuals. |
| **Students will analyze the influence of culture, media, technology and other factors on health.** | 1. Analyze how cultural diversity enriches and challenges health behaviors. |
| | 2. Evaluate the effect of media and other factors on personal, family and community health. |
| | 3. Evaluate the impact of technology on personal, family and community health. |
| | 4. Analyze how information from the community influences health. |
| **Students will demonstrate the ability to use interpersonal communication skills to enhance health.** | 1. Demonstrate skills for communicating effectively with family, peers and others. |
| | 2. Analyze how interpersonal communication affects relationships. |
| | 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 strategies for solving interpersonal conflicts without harming self or others. |
| | 6. Demonstrate refusal, negotiation and collaboration skills needed to avoid potentially-harmful situations. |
| | 7. Analyze the possible causes of conflict in schools, families and communities. |
| | 8. Demonstrate healthy strategies used to prevent conflict. |
| **Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.** | 1. Analyze the ability to use different strategies when making decisions related to health needs and risks of young adults. |
| | 2. Analyze health concerns that require individuals to work together. |
| | 3. Predict immediate and long-term impact of health decisions on the individual family and community. |
| | 4. Describe how personal health goals are influenced by changes in information, abilities, priorities and responsibilities. |
| | 5. Compare and contrast a variety of plans that address personal strengths, needs and health risks. |

Skip to main content

**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. **Design methods for accurately expressing health information and ideas.**
3. **Utilize strategies to overcome barriers when communicating 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 communities.**