Tennessee Health

Lifetime Wellness: Grades 9–12

Personal Wellness

Nutrition

1 Identify the relationship between healthy eating and total wellness. HS.PW.1

2 Evaluate personal nutritional and energy needs. HS.PW.2

3 Examine the relationship between diet and disease. (e.g., metabolic syndrome, hypertension, hyperlipidemia). HS.PW.3

Fitness

4 Implement the health-related and skill-related components of fitness. HS.PW.4

5 Analyze and engage in physical activities that are developmentally appropriate and support achievement of personal fitness. HS.PW.5

6 Describe and apply principles related to physical activity (i.e., principles of training, target heart rate, warm-up/cool-down). HS.PW.6

7 Construct fitness goals (i.e., S.M.A.R.T.). HS.PW.7

Disease Prevention

8 Explain the importance of preventative health care and how it contributes to overall wellness. HS.PW.8

9 Identify and explain signs, symptoms, screenings, treatment, and prevention of chronic or non-infectious diseases (e.g. cardiovascular disease, cancer, diabetes). HS.PW.9

10 Identify and explain signs, symptoms, screenings, treatment, and prevention of infectious diseases (e.g. influenza, COVID, strep, hepatitis, measles, STIs, etc.). HS.PW.10

11 Analyze the difference between infectious and non-infectious diseases. HS.PW.11

12 Identify and implement the strategies for preventing disease (e.g. personal hygiene, health screenings, vaccination). HS.PW.12

Mental, Emotional, and Social Health

Emotional Health

1 Identify emotions and their effects on the mind and body. HS.MESH.1

2 Recognize stressors and formulate personal stress management techniques. HS.MESH.2

Design useful strategies for suicide prevention. HS.MESH.3

Identify ways to develop self-care behaviors. HS.MESH.4

Skip to main content

5 Identify and explain adverse childhood experiences. HS.MESH.5

Mental Health

6 Examine characteristics of mental health conditions (i.e., anxiety, depression, and eating). HS.MESH.6

7 Describe the stages of grief. HS.MESH.7

8 Explain when to seek help for mental and emotional health concerns (provide local resources and national 988). HS.MESH.8

Social Health

9 Identify positive ways of resolving interpersonal conflict. HS.MESH.9

10 Demonstrate appropriate refusal skills. (e.g., drugs, relationships, sexual activity). HS.MESH.10

First Aid and Safety

First Aid Procedures

1 Identify and demonstrate the skills necessary in responding to medical emergencies (e.g., common injuries, AED, choking). HS.FAS.1

2 Demonstrate hands-on CPR. HS.FAS.2

Vehicle Driver and Occupant Safety

1 Explain the increased potential of injury when employing high risk behaviors while operating and occupying a vehicle. (e.g., distracted driving, impaired driving, seat belt safety, and pedestrians). HS.VOS.1

2 Explain the four levels of the Tennessee Graduated Driver's License laws. HS.VOS.2

Technology Safety

1 Identify how people utilize technology to build relationships and to abuse and exploit relationships. HS.TS.1

2 Identify the risks associated with sexting. HS.TS.2

3 Define online sexual exploitation. HS.TS.3

4 Explain ways to create and maintain a safe, positive online environment. HS.TS.4

Human Growth and Development

Relationships

1 Examine the aspects of positive relationships (e.g., family, dating, friendship, professional, community). HS.HGD.1

2 Determine the influence of families, media, cultural traditions, and economic factors on human development. HS.HGD.2

3 Define types of abuse where the victim is a child, such as neglect, physical, emotional, and sexual abuse, including abuse that may occur in the home, and human trafficking. HS.HGD.3

Evaluate how to reduce the risks of becoming a victim of abuse and the process to report. HS.HGD.4

Skip to main content

5 Explain methods to reduce your risk of becoming a victim of abuse and identify methods for seeking help from a trusted adult and community resources for reporting. HS.HGD.5

6 Discuss the detection, intervention, prevention, and treatment of human trafficking for children and adults. HS.HGD.6

Sexuality

7 Explain basic structures and functions of the reproductive system as they relate to the human life cycle (e.g., conception, birth, childhood, adolescence, adulthood). HS.HGD.7

8 Recognize abstinence from all sexual activity as a positive choice. HS.HGD.8

9 Identify preventative methods and potential outcomes of engaging in sexual behaviors (e.g., pregnancy, abstinence, adoption, Hepatitis B, STIs). Compare various contraceptive methods in accordance with state/district policy. HS.HGD.9

10 Research the skills necessary for maintaining reproductive health (e.g., self-examinations, annual doctor visits, prenatal care). HS.HGD.10

11 Explain adoption and the types of adoption (open, semi-open, and closed). HS.HGD.11

12 Analyze the benefits of adoption. HS.HGD.12

13 Identify and give examples of multi-cultural, blended, or "different" families (adoption or foster). HS.HGD.13

14 Describe the protections in the Tennessee Safe Haven law for the voluntary surrender of an unharmed infant by the mother. HS.HGD.14

15 Identify the benefits of high school graduation, postsecondary enrollment, marriage, and raising a family, and analyze how the completion of these events, in the order listed, can influence personal and societal outcomes. HS.HGD.15

Substance Use and Abuse

Appropriate Use

1 Describe the proper use of over-the-counter and prescription drugs. HS.SUA.1

2 Predict the benefits of a lifestyle free from chemical misuse (e.g., career goals, healthy relationships, life expectancy). HS.SUA.2

Health Risks

3 Summarize the consequences of drug use. (i.e., alcohol, tobacco [e-cigs/vaping], prescription medications, marijuana, etc.). HS.SUA.3

4 Analyze the role of family, community, and cultural norms in deciding to use drugs. HS.SUA.4

5 Articulate the effects of substance misuse and abuse on society (e.g., on school, job, crime, and physical enhancement). HS.SUA.5

Skip to main content

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6 Identify common warning signs of opioid and IV drug abuse. HS.SUA.6

7 Identify common symptoms of opioid prescription and IV drug overdose. HS.SUA.7

8 Demonstrate how to tell a trusted adult that someone you know may be misusing drugs. HS. SUA.8

9 Identify ingredients present in e-cigarettes and vape devices. HS. SUA.9

10 Recognize the myths about the safety of vaping. HS. SUA.10

11 Identify the health risks associated with vaping caused by both the vaping device mechanism and the ingredients. HS. SUA.11