Texas Health Education

Health 2

Adopted 2020

The student understands health literacy, preventative health behaviors, and how to access and evaluate health care information to make informed decisions. The student is expected to: HII.1	**A.** analyze the cost, availability, and accessibility of health care services; HII.1.A **B.** analyze methods of overcoming barriers related to solving health problems; and HII.1.B **C.** analyze the influence of laws, policies, and practices, including those related to disease prevention, on health-related issues. HII.1.C
The student identifies and applies strategies to develop socio-emotional health, self-regulation, and healthy relationships. The student is expected to: HII.2	**A.** evaluate positive and negative effects of various relationships on physical, emotional, and social health; HII.2.A **B.** apply communication skills that demonstrate consideration and respect for individual differences and perspectives; and HII.2.B **C.** evaluate the effectiveness of conflict resolution techniques in various situations. HII.2.C
The student develops the capacity for self-assessment and evaluation, goal setting, and decision making in order to develop a healthy self-concept. The student is expected to describe how internal and external factors influence self-esteem. HII.3	**3.** The student develops the capacity for self-assessment and evaluation, goal setting, and decision making in order to develop a healthy self-concept. The student is expected to describe how internal and external factors influence self-esteem. HII.3
The student recognizes the influence of various factors influencing mental health and we ex strategies for combating	**4.** The student recognizes the influence of various factors influencing mental health and wellness. The student is expected to formulate strategies for combating environmental factors that have a detrimental effect on mental health. HII.4

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environmental factors that have a detrimental effect on mental health. HII.4	
The student develops and uses appropriate skills to identify and manage conditions related to mental health and wellness. The student is expected to: HII.5	A. describe the impact of positive stress on building resiliency and promoting mental health and wellness; HII.5.A B. discuss the impact of choosing healthy self-management strategies for stress, anxiety, depression, trauma, loss, and grief on mental health and wellness; HII.5.B C. research and explain the behaviors associated with eating disorders and their impact on health; HII.5.C D. discuss how the use of suicide prevention resources such as the National Suicide Prevention Hotline reduces the likelihood of suicide; and HII.5.D E. research and discuss data on and prevalence of local, state, and national suicide rates among various groups. HII.5.E
The student analyzes and applies healthy eating strategies for enhancing and maintaining personal health throughout the lifespan. The student is expected to design a realistic, long-term personal dietary plan that promotes individual and family health. HII.6	6. The student analyzes and applies healthy eating strategies for enhancing and maintaining personal health throughout the lifespan. The student is expected to design a realistic, long-term personal dietary plan that promotes individual and family health. HII.6
The student identifies, analyzes, and applies strategies for enhancing and maintaining optimal personal physical fitness throughout the lifespan. The student is expected to: HII.7	A. compare and contrast the impact of active and sedentary lifestyles on overall health; and HII.7.A B. develop a physical fitness profile using appropriate technology. HII.7.B
The student will obtain, process, and understand ba… an… inf…	A. analyze the progress of short- and long-term goals in achieving appropriate levels of physical activity, improving personal physical fitness levels, and making healthy personal food choices; and HII.8.A

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make health-promoting decisions. The student is expected to: HII.8	B. analyze marketing and advertising techniques in health product and service promotion. HII.8.B
The student analyzes and applies risk and protective factors related to healthy eating and physical activity. The student is expected to: HII.9	A. research and discuss the social and economic impact of chronic conditions, including obesity, heart disease, and diabetes; and HII.9.A B. create a plan for accessing community and digital resources that can assist in developing healthy eating and physical activity behaviors. HII.9.B
The student identifies and demonstrates safety and first aid knowledge to prevent and treat injuries. The student is expected to discuss risk-taking behaviors, including driving under the influence and distracted driving, and their associated consequences. HII.10	10. The student identifies and demonstrates safety and first aid knowledge to prevent and treat injuries. The student is expected to discuss risk-taking behaviors, including driving under the influence and distracted driving, and their associated consequences. HII.10
The student understands that individual actions and awareness can impact safety, community, and environment. The student is expected to: HII.11	A. discuss and evaluate ways to respond to harmful situations that involve weapons; and HII.11.A B. develop educational safety models for children and adults for use at home, school, and in the community. HII.11.B
The student understands how to be a safe and responsible citizen in digital and online environments. The student is expected to: HII.12	A. discuss and analyze consequences resulting from inappropriate digital and online communication such as sending and receiving photos, sexting, and pornography; and HII.12.A B. assess the legal and ethical ramifications of unacceptable behaviors in digital and online environments. HII.12.B
The student understands the impact of interpersonal violence and the im gu ma...	A. identify and respond to situations requiring intervention for victims of bullying, cyberbullying, or harassment; and HII.13.A B. promote strategies for prevention and intervention of all forms of bullying and cyberbullying such as emotional, physical, social, and sexual. HII.13.B

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safety. The student is expected to: HII.13	
The student understands the difference between use and misuse of different substances and how the use and misuse of substances impacts health. The student is expected to: HII.14	**A.** analyze how substance misuse and addiction to alcohol, tobacco, drugs, and other substances impact family and community health; HII.14.A **B.** analyze the importance of alternative activities to drug and substance misuse and abuse; and HII.14.B **C.** identify individual and community protective factors and skills that prevent substance misuse and substance use disorders. HII.14.C
The student identifies and analyzes the short- and long-term impacts of the use and misuse of alcohol; tobacco; drugs, including prescription drugs; and other substances. The student is expected to evaluate the impact of laws relating to the use and misuse of prescription and over-the-counter drugs, alcohol, tobacco, and other substances on self and community. HII.15	**15.** The student identifies and analyzes the short- and long-term impacts of the use and misuse of alcohol; tobacco; drugs, including prescription drugs; and other substances. The student is expected to evaluate the impact of laws relating to the use and misuse of prescription and over-the-counter drugs, alcohol, tobacco, and other substances on self and community. HII.15
The student recognizes and understands the options for treatment and how to seek help related to the use and misuse of alcohol; tobacco; drugs, including prescription drugs; and other substances. The student is expected to identify ways to support and assist someone who shows signs and symptoms of alcohol, tobacco, or drug use and mi	**16.** The student recognizes and understands the options for treatment and how to seek help related to the use and misuse of alcohol; tobacco; drugs, including prescription drugs; and other substances. The student is expected to identify ways to support and assist someone who shows signs and symptoms of alcohol, tobacco, or drug use and misuse. HII.16

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The student understands how various factors can influence decisions regarding substance use and the resources available for help. The student is expected to: HII.17	**A.** discuss risk-taking behaviors such as drinking and driving with their associated legal, social, and physical consequences; HII.17.A
	B. analyze physical and social environmental influences on the misuse and abuse of prescription drugs in places such as school, sports, or entertainment; and HII.17.B
	C. design a public health information campaign related to safe havens, where to go for help, or reporting drug-related behaviors. HII.17.C
The student analyzes information and applies critical-thinking skills to avoid substance use and misuse and recognizes the benefits of delayed use. The student is expected to develop strategies for preventing use or misuse of alcohol, tobacco, and other drugs, including opioids. HII.18	**18.** The student analyzes information and applies critical-thinking skills to avoid substance use and misuse and recognizes the benefits of delayed use. The student is expected to develop strategies for preventing use or misuse of alcohol, tobacco, and other drugs, including opioids. HII.18
The student understands the characteristics of healthy romantic relationships. The student is expected to: HII.19	**A.** compare and contrast effective and ineffective methods of communicating emotions in healthy dating/romantic relationships and marriage; HII.19.A
	B. analyze behaviors in romantic relationships that enhance dignity and respect; and HII.19.B
	C. examine how a healthy marriage can provide a supportive environment for the nurturing and development of children. HII.19.C
The student understands how to set and respect personal boundaries to reduce the risk of sexual harassment, sexual abuse, and sexual assault. The student is expected to: HII.20	**A.** identify community resources to support individuals who have experienced sexual harassment, sexual abuse, sexual assault, dating violence, and sex trafficking; HII.20.A
	B. evaluate the importance of reporting to a parent or another trusted adult sexual harassment, sexual abuse, sexual assault, and dating violence involving self or others; HII.20.B
	C. discuss how refusal skills can be used to set limits and boundaries to avoid behaviors that increase sexual risk; HII.20.C
	D. analyze factors, including alcohol and other substances, that increase sexual risk and that affect setting, perceiving, respecting, and making decisions about boundaries; and HII.20.D

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	E. evaluate influences and pressures to become sexually active and why it is wrong to violate another person's boundaries and manipulate or threaten someone into sexual activity. HII.20.E
The student analyzes adolescent development, the process of fertilization, and healthy fetal development. The student is expected to: HII.21	**A.** analyze the significance of hormonal, physical, emotional, and social changes in males and females and their relationship to sexual health; HII.21.A
	B. list factors such as heredity, environment, STDs/STIs, and the mother's health and nutrition that can affect fetal development from conception through birth; and HII.21.B
	C. describe the emotional changes that may occur during and after pregnancy, including postpartum depression, and identify resources for support and treatment. HII.21.C
The student understands that there are risks associated with sexual activity and that abstinence from sexual activity is the only 100% effective method to avoid risks. The student is expected to: HII.22	**A.** analyze the options available to teenage parents such as parenting or the process of adoption and the legal rights of parties involved; HII.22.A
	B. evaluate long-term or lifetime effects of bacterial and viral STDs/STIs, including infertility and cancer; HII.22.B
	C. identify community resources, minors' right to consent under certain circumstances, and the importance of parent or other trusted adult support for STD/STI testing and treatment; HII.22.C
	D. analyze the effectiveness and the risks and failure rates (human-use reality rates) of barrier protection and other contraceptive methods, including how they work to reduce the risk of STDs/STIs and pregnancy; HII.22.D
	E. identify the effectiveness of vaccines in preventing the transmission of the most common types of HPV, a virus that may cause genital warts and head and neck cancer, cervical cancer, anal cancer, or other cancers that may occur in males and females; HII.22.E
	F. analyze the benefits of abstinence from sexual activity, including focusing on personal development and encouraging individuals to build healthy relationships not complicated by sexual involvement; HII.22.F
	G. assess support from parents and other trusted adults and create strategies, including building peer support, to be abstinent or for return to abstinence if sexually active; HII.22.G
	H. investigate and summarize legal aspects of sexual activity with a minor person, including the legal age of consent, statutory rape, aggravated sexual assault, sexual assault, and indecency with a child; and HII.22.H
	I. investigate and summarize current laws relating to sexual offenses such as sexual harassment, abuse, and assault. HII.22.I