Washington Health and Physical Education

Health: Grades 9, 10, 11, 12

Adopted 2016

Washington State Health Education K-12 LearningStandards:

Standard 1 **Students will comprehend concepts related to health promotion and disease prevention to enhance health.**

Standard 2 **Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.**

Standard 3 **Students will demonstrate the ability to access valid information and products and services to enhance health.**

Standard 4 **Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

Standard 5 **Students will demonstrate the ability to use decision-making skills to enhance health.**

Standard 6 **Students will demonstrate the ability to use goal-setting skills to enhance health.**

Standard 7 **Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

Standard 8 **Students will demonstrate the ability to advocate for personal, family, and community health.**

Wellness

1. **Dimensions of Health**

   HS. Analyze personal dimensions of health and design a plan to balance health. `H1.W1.HS`

2. **Disease Prevention**

   a. Analyze prevention, lifestyle factors, and treatment of communicable and noncommunicable diseases. `H2.W2.HS.A`

   b. Assess personal risk factors and predict future health status. `H2.W2.HS.B`

3. **Analyzing Influences**

   HS. Analyze how a variety of factors impact personal and community health. `H2.W3.HS`

Skip to main content

4. **Access Valid Information**

   HS. Create a resource that outlines where and how students can access valid and reliable health information, products, and services. H3.W4.HS

5. **Communication**

   HS. Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others. H4.W5.HS

6. **Decision-Making**

   HS. Predict potential short- and long-term outcomes of a personal health-related decision. H5.W6.HS

7. **Goal-Setting**

   HS. Implement strategies to achieve a personal health goal. H6.W7.HS

Safety

1. **Injury Prevention**

   HS. Analyze impact of decisions related to bicycle, pedestrian, traffic, water, and recreation safety. H5.SA1.HS

   HS. Describe how to prevent occupational injuries. H1.SA1.HS

   HS. Compare how family, peers, culture, media, technology, and other factors influence safety and injury prevention practices and behaviors. H2.SA1.HS

2. **First Aid**

   a. Apply basic first aid skills. H7.SA2.HS.A

   b. Demonstrate CPR and AED procedures. H7.SA2.HS.B

3. **Violence Prevention**

   HS. Evaluate societal influences on violence. H2.SA3.HS

   HS. Demonstrate effective peer resistance, negotiation, and collaboration skills to avoid potentially violent situations. H7.SA3.HS

   HS. Advocate for violence prevention. H8.SA3.HS

   HS. Analyze potential dangers of sharing personal information through electronic media. H1.SA3.HS

Nutrition

1. **Food Groups and Nutrients**

   HS. Predict impact of consuming adequate or inadequate amounts of nutrients. H1.N1.HS

   HS. Evaluate resources for accessing valid and reliable information, products, and services for healthy eating. H3.N1.HS

   HS. Collaborate with others to advocate for healthy eating at home, in school, or in the community. H8.N1.HS

Skip to main content

2. Beverages

HS. Analyze the impact of school rules and community and federal laws on beverage availability and choice. H2.N2.HS

3. Label Literacy

HS. Cite evidence from Nutrition Facts labels useful for making informed and healthy choices. H5.N3.HS

HS. Analyze trends in portion size as compared to recommended serving sizes. H3.N3.HS

4. Caloric Intake and Expenditure

HS. Demonstrate how to balance caloric intake with caloric expenditure to maintain, gain, or reduce weight in a healthy manner. H7.N4.HS

5. Disease Prevention

HS. Analyze and describe the relationship between nutritional choices, physical activity, and chronic diseases. H1.N5.HS

6. Nutritional Planning

8. Draw conclusions regarding how society, culture, and economics influence nutrition choices. H2.N6.8

HS. Design, monitor, and adjust a personal nutrition plan, considering cost, availability, access, nutritional value, balance, freshness, and culture. H7.N6.HS

HS. Apply strategies to overcome barriers to achieving a personal goal to improve healthy eating behaviors. H6.N6.HS

Sexual Health

1. Anatomy, Reproduction, and Pregnancy

HS. Explain the role hormones play in sexual behavior and decision-making. H5.SE1.HS

a. Summarize fertilization, fetal development, and childbirth. H1.SE1.HS.A

b. Describe emotional, social, physical, and financial effects of being a teen or young adult parent. H1.SE1.HS.B

c. Describe behaviors that impact reproductive health. H1.SE1.HS.C

HS. Describe steps of testicular self-exam and the importance of breast self-awareness. H7.SE1.HS

2. Puberty and Development

a. Explain the physical, social, mental, and emotional changes associated with being a young adult. H1.SE2.HS.A

b. Describe how sexuality and sexual expression change throughout the life span. H1.SE2.HS.B

Skip to main content

3. Self-Identity

HS. Evaluate how culture, media, society, and other people influence our perceptions of gender roles, sexuality, relationships, and sexual orientation. H2.SE3.HS

4. Prevention

a. Evaluate the effectiveness of abstinence, condoms, and other contraceptives in preventing pregnancy and STDs/HIV. H1.SE4.HS.A

b. Understand that people can choose abstinence at different times in their lives. H1.SE4.HS.B

HS. Demonstrate steps to using a condom correctly. H7.SE4.HS

HS. Identify local youth-friendly sexual health services. H3.SE4.HS

HS. Advocate for STD testing and treatment for sexually active youth. H8.SE4.HS

HS. Use a decision-making model to make a sexual health-related decision. H5.SE4.HS

5. Healthy Relationships

a. Differentiate between affection, love, commitment, and sexual attraction. H1.SE5.HS.A

b. Compare and contrast characteristics of healthy and unhealthy romantic and sexual relationships. H1.SE5.HS.B

HS. Demonstrate effective ways to communicate with a partner about healthy sexual decisions and consent. H4.SE5.HS

HS. Analyze factors that can affect the ability to give or recognize consent to sexual activity. H2.SE5.HS

HS. Identify ways to access accurate information and resources for survivors of sexual offenses. H3.SE5.HS

6. Washington State Laws

HS. Describe laws related to accessing sexual health care services. H3.SE6.HS

HS. Understand importance of personal and social responsibility for sexual decisions. H7.SE6.HS

a. Examine laws and consequences related to sexual offenses, including when a minor is involved. H1.SE6.HS.A

b. Identify laws and concerns related to sending or posting sexually explicit pictures or messages. H1.SE6.HS.B

Social Emotional Health

1. Self-Esteem

a. Assess self-esteem and determine its impact on personal dimensions of health. H1.SO1.HS.A

b. Understand changes in self-esteem can occur as people mature. H1.SO1.HS.B

Skip to main content

Body Image and Eating Disorders

HS. Explain why people with eating disorders need support services. H3.SO2.HS

HS. Identify supportive services for people with eating disorders. H1.SO2.HS

HS. Describe how to support someone who has symptoms of an eating disorder. H8.SO2.HS

3. Stress Management

HS. Identify physical and psychological responses to stressors. H1.SO3.HS

HS. Develop a personal stress management plan. H7.SO3.HS

4. Expressing Emotions

HS. Advocate for ways to manage or resolve interpersonal conflict. H8.SO4.HS

HS. Summarize strategies for coping with difficult emotions, including defense mechanisms. H1.SO4.HS

HS. Demonstrate effective communication skills to express emotions. H4.SO4.HS

5. Harassment, Intimidation, and Bullying

HS. Analyze strategies to prevent and respond to different types of harassment, intimidation, and bullying. H1.SO5.HS

HS. Compare and contrast the influence of family, peers, culture, media, technology, and other factors on harassment, intimidation, and bullying. H2.SO5.HS

6. Emotional, Mental, and Behavioral Health

a. Compare and contrast emotional and mental and behavioral illness, mental well-being, and concurrent disorders. H1.SO6.HS.A

b. Describe how self-harm or suicide impacts other people. H1.SO6.HS.B

c. Explain how to help someone who is thinking about attempting suicide. H1.SO6.HS.C

a. Identify school and community resources that can help a person with emotional and mental and behavioral health concerns. H3.SO6.HS.A

b. Describe laws related to minors accessing mental health care. H3.SO6.HS.B

HS. Advocate for reducing stigma associated with emotional and mental and behavioral health. H8.SO6.HS

Substance Use and Abuse

1. Use and Abuse

a. Analyze why individuals choose to use or not use substances. H1.SU1.HS.A

b. Differentiate classifications of substances. H1.SU1.HS.B

a. Analyze validity of information on substance use. H3.SU1.HS.A

b. Describe laws related to minors accessing substance abuse treatment. H3.SU1.HS.B

Skip to main content

Effects

a. Summarize short- and long-term effects of substance abuse on dimensions of health. H1.SU2.HS.A

b. Analyze how addiction and dependency impact individuals, families, and society. H1.SU2.HS.B

3. **Prevention**

HS. Predict how a drug-free lifestyle will support achievement of short- and long-term goals. H6.SU3.HS

HS. Design a drug-free message for a community beyond school. H8.SU3.HS

4. **Treatment**

HS. Analyze valid and reliable information to prevent or treat substance dependency and addiction. H3.SU4.HS

HS. Understand how codependency relates to substance use and abuse. H1.SU4.HS

5. **Legal Consequences**

HS. Compare and contrast school, local, state, and federal laws related to substance possession and use. H1.SU5.HS