Wisconsin Health Education

Grades 9, 10, 11, 12

Adopted 2011

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

Examine and apply health concepts related to health promotion and disease prevention.

A. Analyze the impact of determinants of health.

- 1:4:A1. Analyze how genetics and family history can affect personal health. 1:4:A1
- 1:4:A2. Examine the interrelationships of various dimensions of health (e.g., emotional, mental, physical, social, environmental, and occupational). 1:4:A2
- 1:4:A3. Analyze the impact of unhealthy behavior on various dimensions of health (e.g., emotional, mental, physical, social, environmental, and occupational). 1:4:A3
- 1:4:A4. Predict how personal behaviors and access to appropriate health care can affect health. 1:4:A4
- 1:4:A5. Analyze how environment and personal health are interrelated. 1:4:A5

B. Explore factors that impact health status.

- 1:4:B1. Investigate the relationship between access to health care and health status. 1:4:B1
- 1:4:B2. Compare the benefits of and barriers to practicing a variety of health behaviors. These may include but are not limited to: refraining from alcohol, tobacco, and other drug use; physical activity; healthy eating; social behaviors to prevent or reduce violence; safety and related behaviors. 1:4:B2
- 1:4:B3. Examine susceptibility to and severity of injury and illness if engaging in unhealthy behaviors. 1:4:B3

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

Evaluate how influences impact health behaviors.

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A. Analyze the impact of external and internal influences on the health behavior of individuals and populations.

2:4:A1. Analyze how external influences, individually and in combination with others, can influence individuals' health behaviors and that of certain populations. 2:4:A1

2:4:A2. Analyze how internal influences, including perception of social norms among peers, can influence individuals' health behaviors and that of certain populations. 2:4:A2

2:4:A3. Examine how social policies can influence health behaviors. 2:4:A3

2:4:A4. Estimate the impact of internal and external influences on one's own personal health behavior. 2:4:A4

2:4:A5. Predict how various external and internal influences will interact and impact the health behavior of populations. 2:4:A5

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

Examine strategies to access valid and reliable sources of health information.

A. Continue to apply criteria for choosing accurate sources of information.

3:4:A1. Determine the availability of information, products, and services that enhance health. 3:4:A1

3:4:A2. Access health information, products, and services that improve health outcomes. 3:4:A2

3:4:A3. Determine when professional health services may be needed and how to access them. 3:4:A3

B. Analyze sources of information for validity and reliability.

3:4:B1. Evaluate the validity of sources of health information using key criteria. 3:4:B1

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

Analyze various communication skills that enhance health and avoid health risks.

A. Continue to analyze communication skills in various health-related settings.

4:4:A1. Analyze communication strategies for effective interaction among family, peers, and others to enhance health. 4:4:A1

4:4:A2. Reflect on the impact of communication on enhancing health. 4:4:A2

4:4:A3. Demonstrate how to ask for and offer assistance to enhance the health of self and others. 4:4:A3

B. Demonstrate communication skills in health-related situations.

4:4:B1. Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks. 4:4:B1

4:4:B2. Demonstrate strategies to prevent interpersonal conflicts. 4:4:B2

4:4:B3. Demonstrate ways, such as restorative justice practices, to manage or resolve interpersonal conflicts without harming self or others. 4:4:B3

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

Examine the use of a decision-making process in various health-related situations.

A. Evaluate the impact of a decision-making process on health-related situations.

5:4:A1. Identify situations in which using a thoughtful decision-making process would be health-enhancing. 5:4:A1

5:4:A2. Justify when individual or collaborative decision making is appropriate. 5:4:A2

B. Apply effective decision-making skills to enhance health.

5:4:B1. Demonstrate effective decision-making processes related to various complex and relevant health-related situations. These may include but are not limited to: decisions about personal behaviors, decisions related to social behaviors, and use of the health care system. 5:4:B1

5:4:B2. Generate alternatives for health-related issues or problems. 5:4:B2

5:4:B3. Examine barriers that can hinder healthy decision making. 5:4:B3

5:4:B4. Predict the potential short-term and long-term impacts of each alternative on self and others. 5:4:B4

5:4:B5. Defend the healthy choice when making decisions. 5:4:B5

5:4:B6. Evaluate the effectiveness of a health-related decision. 5:4:B6

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

Apply goal-setting skills.

A. Analyze issues that impact setting a goal.

6:4:A1. Assess personal health practices and their impact on overall health status. 6:4:A1

6:4:A2. Evaluate potential barriers or setbacks that may impede one's ability to reach his/her health goal. 6:4:A2

6:4:A3. Identify strategies that might be utilized to overcome barriers or setbacks. 6:4:A3

B. Apply goal-setting skills to various health-related situations.

6:4:B1. Formulate an effective long-term personal health goal. 6:4:B1

6:4:B2. Develop a plan to reach a personal health goal that addresses strengths, needs, and risks. 6:4:B2

6:4:B3. Implement a plan and monitor progress in achieving a personal health goal. 6:4:B3

Students will demonstrate the ability to use health-enhancing behaviors and avoid or reduce health risks.

Demonstrate age-appropriate, health-enhancing behaviors to reduce health risks.

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A. Examine health-enhancing behaviors.

7:4:A1. Determine behaviors that will protect and promote health in high risk situations. These may include but are not limited to: refraining from risky sexual behaviors; refraining from alcohol, tobacco, and other drug use; engaging in various forms of physical activity appropriate to current and future life stages; making complex food choices in various food environments to support healthy eating; applying social behaviors to prevent or reduce violence in settings relevant to one's culture; practicing safety-related behaviors in high risk situations; and appropriately accessing health care services for routine preventive care and for illnesses and injuries. 7:4:A1

7:4:A2. Analyze the roles of individual responsibility and the health care system in enhancing health. 7:4:A2

B. Demonstrate a variety of health-enhancing behaviors.

7:4:B1. Demonstrate a variety of health practices and behaviors that will maintain or improve the health of self and others. These include, but are not limited to: personal behaviors such as regular and health-enhancing physical activity, healthy eating, and accessing appropriate preventive health care services. 7:4:B1

7:4:B2. Demonstrate a variety of behaviors that avoid or reduce health risks to self and others. These include, but are not limited to: various complex safety-related behaviors, appropriately accessing mental and physical health care services, and carefully following medical advice and instructions. 7:4:B2

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

Apply skills to advocate for a health issue.

A. Develop strategies to advocate for a health issue.

8:4:A1. Apply societal norms to formulate a health-enhancing message. 8:4:A1

8:4:A2. Adapt health-enhancing messages and persuasive communication techniques to a specific target audience. 8:4:A2

8:4:A3. Apply accurate information to support a health-enhancing message. 8:4:A3

8:4:A4. Develop strategies to overcome barriers or resistance to desired health action or behavior. 8:4:A4

B. Implement an advocacy plan pertaining to a health issue.

8:4:B1. Develop a plan to advocate for a personal, family, or community health issue. 8:4:B1

8:4:B2. Implement an advocacy plan for a health issue. 8:4:B2

8:4:B3. Demonstrate conviction in encouraging others to make positive health choices. 8:4:B3