

Content Standard: Health Promotion and Disease Prevention

By the end of Grade 5

Standard 1:

The student will comprehend concepts related to health promotion and disease prevention as related to:

(The ten content areas of health are listed in no particular order. See teacher notes for age-appropriate instruction.)

(a) nutrition

(b) prevention and control of disease

(c) injury prevention and safety

(d) personal health

(e) mental and emotional health

(f) substance use, misuse, abuse, and addiction

(g) environmental health

(h) family life and sexuality

(i) consumer health

(j) community health

Benchmark 1:

The student will demonstrate comprehension of basic concepts related to health promotion and disease prevention by identifying and describing relationships between well-being and the health-related behaviors in the ten content areas.

Content Standard: Self-Management

By the end of Grade 5

Standard 2:

The student will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

Benchmark 1:

The student will identify and demonstrate healthy behaviors to reduce health risks.

Content Standard: Interpersonal Communication

By the end of Grade 5

Standard 3:

The student will demonstrate the ability to use interpersonal communication skills to enhance health.

Benchmark 1:

The student will demonstrate verbal and nonverbal communication skills to enhance health.

Benchmark 2:

The student will demonstrate refusal and conflict resolution skills to enhance health.

Benchmark 3:

The student will demonstrate healthy ways to express needs, wants, and feelings.

Content Standard: Health Promotion and Disease Prevention

By the end of Grade 8

Standard 1:

The student will comprehend concepts related to health promotion and disease prevention as related to:

(a) nutrition

(b) prevention and control of disease

(c) injury prevention and safety

(d) personal health

(e) mental and emotional health

(f) substance abuse, misuse, abuse, and addiction

(g) environmental health

(h) family life and sexuality

(i) consumer health

(j) community health

Benchmark 1:

The student will explain the relationship between positive health behaviors and wellness.

Benchmark 2:

The student will describe the effects of the interrelationship of mental, emotional, social, and physical health during

Benchmark 3:

The student will describe the influence of family, community, and peer on adolescent health decisions.

Benchmark 4:

Students describe ways to reduce risks related to adolescent growth and development.

Benchmark 5:

The student will recognize personal and bodily risks of:

(1) intentional injury such as harassment, date rape, assault, and suicide

(2) unintentional injury such as vehicle and industrial accidents.

Content Standard: Access Health Information, Products, and Services

By the end of Grade 8

Standard 2:

The student will demonstrate the ability to access valid health information and health-promoting products and services.

Benchmark 1:

The student will demonstrate the ability to locate health products, services and information, explore their validity, and compare their costs.

Benchmark 2:

The student will describe how media influences the selection of health information and products.

Benchmark 3:

The student will describe situations requiring professional health services.

Content Standard: Self-Management

By the end of Grade 8

Standard 3:

The student will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

Benchmark 1:

The student will explain the importance of assuming responsibility for health behaviors.

Benchmark 2:

Students recognize strategies to maximize health strengths within their personal health assessment.

Benchmark 3:

The student will recognize risky and harmful health behaviors.

Benchmark 4:

Students demonstrate strategies to manage stress.

Content Standard: Influence of Culture, Media and Technology

By the end of Grade 8

Standard 4:

The student will analyze the influence of culture, media, technology, and other factors on health.

Benchmark 1:

The student will describe the influence of cultural beliefs on health behaviors and the use of health services.

Benchmark 2: The student will analyze how messages from media and other sources influence health behaviors.

Benchmark 3:

The student will analyze the influence of technology on health.

Benchmark 4:

Students analyze how information from peers influences health.

Content Standard: Interpersonal Communication

By the end of Grade 8

Standard 5:

The student will demonstrate the ability to use interpersonal communication skills to enhance health.

Benchmark 1:

The student will demonstrate effective verbal and non-verbal communication skills in order to express needs, wants, and feelings.

Benchmark 2:

Students demonstrate communication skills to build and maintain a variety of healthy relationships.

Benchmark 3:

Students analyze and identify possible causes of conflict among youth and strategies to manage that conflict.

Benchmark 4:

The student will demonstrate refusal and negotiation skills to enhance health.

Content Standard: Goal-Setting and Decision-Making Skills

By the end of Grade 8

Standard 6:

The student will demonstrate the ability to use goal-setting and decision-making skills to enhance health.

Benchmark 1:

The student will demonstrate the ability to apply a decision-making model to develop a plan of personal strengths, needs, and health risks.

Content Standard: Advocating For Health

By the end of Grade 8

Standard 7:

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

Benchmark 1:

The student will identify various research methods to compare and contrast reliable health resources.

Benchmark 2:

Students share information and express opinions about current issues in health.

Benchmark 3:

The student will demonstrate the ability to work cooperatively with peers when advocating for healthy individuals, families and schools.

Content Standard: Health Promotion and Disease Prevention

By the end of Grade 12

Standard 1:

The student will comprehend concepts related to health promotion and disease prevention as related to the ten content areas of health

(the content areas are not listed in any particular order):

(a) nutrition *

(b) prevention and control of disease *

(c) injury prevention and safety *

(d) personal health *

(e) mental and emotional health *

(f) substance use, misuse, abuse and addiction *

(g) environmental health *

(h) family life and sexuality *

(i) consumer health

(j) community health

Benchmark 1:

The student will analyze how behavior can impact health maintenance and disease prevention.

Benchmark 2:

The student will describe the interrelationships of mental, emotional, social, and physical health throughout adulthood.

Benchmark 3:

The student will analyze how their family, peers, and community influence the health of individuals.

Benchmark 4:

The student will describe how to delay the onset of and reduce risk for potential health problems across their lifespan.

Benchmark 5: The student will analyze how public health policies and government regulations influence health promotion and disease prevention.

Content Standard: Access Health Information, Products, and Services

By the end of Grade 12

Standard 2:

The student will demonstrate the ability to access valid health information and health-promoting products and services.

Benchmark 1:

The student will demonstrate the ability to evaluate health information, products, and services for validity, reliability, and effectiveness as they relate to personal selection.

Benchmark 2:

The student will analyze situations requiring professional health services.

Content Standard: Self-Management

By the end of Grade 12

Standard 3:

The student will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

Benchmark 1:

The student will analyze the short-term and long-term consequences of safe, risky, and harmful behaviors and recognize their responsibility for self-management.

Benchmark 2:

The student will identify and practice strategies to manage stress.

Content Standard: Influence of Culture, Media, and Technology

By the end of Grade 12

Standard 4:

The student will analyze the influence of culture, media, technology, and other factors on health.

Benchmark 1:

The student will evaluate the influences of media and technology on health.

Benchmark 2:

The student will analyze how cultural diversity enriches and challenges health behavior.

Content Standard: Interpersonal Communication

the end of Grade 12

Standard 5:

By

The student will demonstrate the ability to use interpersonal communication skills to enhance health.

Benchmark 1:

The student will demonstrate skills for communicating effectively with family, peers, and others.

Benchmark 2:

The student will demonstrate refusal, negotiation, collaboration, mediation, and conflict resolution skills to avoid potentially harmful situations.

Content Standard: Goal-Setting and Decision-Making Skills

By the end of Grade 12

Standard 6:

The student will demonstrate the ability to use goal-setting and decision-making skills to enhance health.

Benchmark 1:

The student will demonstrate the ability to utilize various strategies when making decisions related to health needs and risks of young adults.

Benchmark 2:

The student will demonstrate the ability to create short-term and long-term health goals and the ability to predict the immediate and long-term impact of these goals on the individual, family, and community.

Content Standard: Advocating For Health

By the end of Grade 12

Standard 7:

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

Benchmark 1:

The student will evaluate and express the effectiveness of communicating accurate health information and ideas.

Benchmark 2:

The student will demonstrate ability to work cooperatively when advocating for health.

