

# Health: Grades 6, 7, 8

Adopted 2008

**Students will understand essential health concepts in order to transfer knowledge into healthy actions for life**

**Functional knowledge of health concepts impacts health behavior.**

- 1.1 Analyze the relationship between healthy behaviors and personal health.
- 1.2 Describe the interrelationship of intellectual, emotional, social, and physical health during adolescence.
- 1.3 Analyze how the environment impacts personal health.
- 1.4 Describe how family history can impact personal health.
- 1.5 Describe ways to reduce or prevent injuries and adolescent health problems.
- 1.6 Explain how appropriate health care can promote personal health.
- 1.7 Describe the benefits of and barriers to practicing a healthy behavior
- 1.8 Examine the likelihood of injury or illness if engaging in unhealthy practices.
- 1.9 Imagine how serious injury or illness could be if engaging in unhealthy practices.

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

**Health is influenced by multiple factors**

- 2.1 Examine how the family influences the health of adolescents.
- 2.2 Describe the influence of culture on health beliefs and practices.
- 2.3 Describe how peers influence healthy and unhealthy behaviors
- 2.4 Analyze how messages from media influence health behaviors.
- 2.5 Analyze the influence of technology on personal and family health.
- 2.6 Explain how the perceptions of norms influence healthy and unhealthy behaviors.
- 2.7 Relate how personal values and beliefs influence individual health practices.
- 2.8 Describe the influence of alcohol and other drug use on judgment and self control.

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

**Utilizing valid resources facilitates health**

- 3.1 Analyze the validity of health information, products and services.
- 3.2 Access valid health information from home, school, and community.
- 3.3 Explore the accessibility of health services
- 3.4 Describe situations that may require professional health services.
- 3.5 Locate valid and reliable health products and services.

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

**Effective communication protects and enhances health**

- 4.1 Apply effective verbal and nonverbal communication skills to enhance health
- 4.2 Demonstrate refusal and negotiation skills to avoid or reduce health risks.
- 4.3 Model effective conflict management or resolution strategies.
- 4.4 Decide how to ask for assistance to enhance the health of self and others.

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

**Decision making is a process that impacts health**

- 5.1 Identify circumstances that can help or hinder healthy decision making.
- 5.2 Determine when health-related situations require the application of a decision-making process.
- 5.3 Distinguish when individual or collaborative decision making is appropriate.
- 5.4 Distinguish between healthy and unhealthy alternatives to health-related issues or problems.
- 5.5 Predict the short-term impact of each alternative on self and others.
- 5.6 Choose healthy alternatives over unhealthy alternatives when making a decision.
- 5.7 Analyze the outcome(s) of a health-related decision.

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

**Goal setting enhances health outcomes**

- 6.1 Assess personal health practices.
- 6.2 Develop a goal to adopt, maintain, or improve a personal health practice.
- 6.3 Apply strategies and skills needed to attain the personal health goal.
- 6.4 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.

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

**Practicing and adopting healthy behaviors leads to a healthy lifestyle**

- 7.1 Describe the importance of being responsible for personal health behaviors.
- 7.2 Model healthy practices that will maintain or improve the health of self and others.
- 7.3 Evaluate practices to avoid or reduce health risks to self and others.

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

**Advocacy is critical to personal, family and community health**

- 8.1 State a health enhancing position on a topic and support it with accurate information.
- 8.2 Explain how to influence and support others in making positive health choices.
- 8.3 Work cooperatively when advocating for healthy individuals, families, and schools.
- 8.4 Adapt health messages and communication techniques for different audiences.