

# Grades 9, 10, 11, 12

Adopted 2010

## Comprehend Core Concepts

**1.1: Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development and Family Life; and Environmental Health.**

1. Predict how behaviors can affect health status. 9-12.H.1.1.1
  2. Describe the interrelationships of emotional, intellectual, physical, and social health. 9-12.H.1.1.2
  3. Analyze how environment and personal health are interrelated. 9-12.H.1.1.3
  4. Analyze how genetics and family history can affect personal health. 9-12.H.1.1.4
  5. Propose ways to reduce health problems. 9-12.H.1.1.5
  6. Analyze the relationship between access to health care and health status. 9-12.H.1.1.6
  7. Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors. 9-12.H.1.1.7
  8. Analyze the potential severity of health problems that result from engaging in unhealthy behaviors. 9-12.H.1.1.8
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## Analyzing Influences

### **1.1: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.**

1. Analyze how the family and culture influence health beliefs and behaviors. 9-12.H.2.1.1
  2. Analyze how peers influence health beliefs and behaviors. 9-12.H.2.1.2
  3. Evaluate how the school and community can affect personal health practice and behaviors. 9-12.H.2.1.3
  4. Analyze how the media and technology influence health beliefs and behaviors. 9-12.H.2.1.4
  5. Analyze how the perception of norms influences healthy and unhealthy behaviors. 9-12.H.2.1.5
  6. Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors. 9-12.H.2.1.6
  7. Analyze how public health policies and government regulations can influence health promotion and disease prevention. 9-12.H.2.1.7
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## Accessing Information

### **1.1: Students will demonstrate the ability to access valid information and products and services to enhance health.**

1. Evaluate the validity of health information, products, and services. 9-12.H.3.1.1
  2. Determine the accessibility of health information, products, and services. 9-12.H.3.1.2
  3. Access valid and reliable health information, products, and services. 9-12.H.3.1.3
  4. Use resources from home, school, and community that provide valid health information. 9-12.H.3.1.4
  5. Determine when professional health services may be required. 9-12.H.3.1.5
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## Interpersonal Communication

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

1. Use skills for communicating effectively with family, peers, and others to enhance health. 9-12.H.4.1.1
  2. Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks. 9-12.H.4.1.2
  3. Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others. 9-12.H.4.1.3
  4. Demonstrate how to ask for and offer assist to enhance the health of self and others. 9-12.H.4.1.4
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## Decision Making

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

1. Examine barriers that can hinder healthy decision-making. 9-12.H.5.1.1
  2. Determine the value of applying a thoughtful decision-making process in health-related situations. 9-12.H.5.1.2
  3. Justify when individual or collaborative decision-making is appropriate. 9-12.H.5.1.3
  4. Generate alternatives to health-related issues or problems. 9-12.H.5.1.4
  5. Predict the potential short-term and long-term impact of each alternative on self and others. 9-12.H.5.1.5
  6. Defend the healthy choice when making decisions. 9-12.H.5.1.6
  7. Evaluate the effectiveness of health-related decisions. 9-12.H.5.1.7
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## Goal Setting

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

1. Assess personal health practices and overall health status. 9-12.H.6.1.1
  2. Develop a plan to attain a personal health goal that addresses strengths, needs, and risks. 9-12.H.6.1.2
  3. Implement strategies and monitor progress in achieving a personal health goal. 9-12.H.6.1.3
  4. Formulate an effective long-term personal health plan. 9-12.H.6.1.4
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## Practice Healthy Behavior

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

1. Analyze the role of individual responsibility in enhancing health. 9-12.H.7.1.1
  2. Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others. 9-12.H.7.1.2
  3. Demonstrate a variety of healthy practices and behaviors that avoid or reduce health risks to self and others. 9-12.H.7.1.3
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## Advocacy

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

1. Use accurate peer and societal norms to formulate a health-enhancing message. 9-12.H.8.1.1
2. Demonstrate how to influence and support others to make positive health choices. 9-12.H.8.1.2
3. Work cooperatively as an advocate for improving personal, family, and community health. 9-12.H.8.1.3
4. Adapt health messages and communication techniques to target a specific audience. 9-12.H.8.1.4