

HS - Health 1

Foundations of Personal Health

1 Students will recognize the relationship between the physical, mental/emotional and social aspects of a healthy individual. HE.HS.1.1

- a Analyze the interrelationships between the dimensions of health. HE.HS.1.1.A
- b Examine the dimensions of health and the impact on society, family, school, environmental stressors and social determinants on personal health. HE.HS.1.1.B

2 Students will acknowledge for decision-making while analyzing the influence and potential outcomes of the decision. HE.HS.1.2

- a Apply the decision making process in health-related situations. HE.HS.1.2.A
- b Analyze how peers influence health-related behaviors. HE.HS.1.2.B
- c Identify personal health-related decisions and examine the internal and external influences. HE.HS.1.2.C
- d Justify when individual or collaborative decision making is appropriate. HE.HS.1.2.D

3 Students will focus on personal development and growth. HE.HS.1.3

- a Analyze the role of individual responsibility for enhancing personal development and growth. HE.HS.1.3.A
- b Analyze how time management can contribute to stress reduction and a healthier life. HE.HS.1.3.B
- c Predict short term and longterm benefits and harmful consequences of behaviors based on a health assessment tool. HE.HS.1.3.C
- d Develop a plan to attain a personal, health-related goal that addresses strengths, needs, and risks. HE.HS.1.3.D

Nutrition and Physical Activity Promotion

4 Students will be able to make healthy food choices based on dietary recommendations. HE.HS.1.4

- a Evaluate the dietary recommendations to implement healthy eating habits. HE.HS.1.4.A
- b Evaluate the six essential nutrients and the impact on individual health. HE.HS.1.4.B
- c Compare and contrast food labels and product information. HE.HS.1.4.C

5 Students will exhibit the knowledge to achieve and maintain a health enhancing level of physical fitness. HE.HS.1.5

- a Analyze the amount and types of physical activity recommended for teenagers overall health and for the maintenance of healthy body weight. HE.HS.1.5.A
- b Develop an exercise program with safety and effectiveness for a specific outcome. HE.HS.1.5.B

6 Students will recognize the effects of nutritional and physical activity choices on overall health. HE.HS.1.6

- a Describe the relationship between poor eating habits or lack of physical activity on chronic diseases such as heart disease, obesity, cancer, diabetes, hypertension and osteoporosis. HE.HS.1.6.A
- b Explore advertising claims and potential health consequences for dietary supplements, popular fad diets and weight loss products. HE.HS.1.6.B
- c Classify the effects of eating disorders and research resources for seeking help (e.g. anorexia, bulimia, obesity). HE.HS.1.6.C
- d Identify how chronic conditions affect food choices, calorie needs and nutrient needs. HE.HS.1.6.D

Substance Abuse Prevention

7 Students will understand the difference between harmful and helpful use of substances. HE.HS.1.7

- a Evaluate the use and potential risks of prescription medications, over-the-counter (OTC) medications and herbal or dietary supplements on health. HE.HS.1.7.A
- b Analyze potential risks associated with inappropriate use of medicines and drug interactions. HE.HS.1.7.B
- c Identify how prescription medications, over-the-counter (OTC) medications, and herbal or dietary supplements are more addictive than others. HE.HS.1.7.C
- d Distinguish between the different categories of prescription and over-the-counter medications and when you would use them. HE.HS.1.7.D

8 Students will recognize positive and negative influences and effects of substance use, misuse and abuse. HE.HS.1.8

- a Practice methods to resist peer pressure with regards to alcohol, tobacco, and other substances, including the misuse of prescription drugs. HE.HS.1.8.A
- b Predict how a drug-free lifestyle will support achievement of short- and long- term goals. HE.HS.1.8.B
- c Analyze the role of family, community, and cultural norms in deciding to use alcohol, tobacco, and other drugs. HE.HS.1.8.C
- d Analyze media and marketing tactics used to promote substance use. HE.HS.1.8.D
- e Clarify myths regarding the scope of alcohol, tobacco, and other drug use among adolescents. HE.HS.1.8.E

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- 9 Students will identify health risks associated with substance use, misuse and abuse in relation to one's physical mental/emotional and social health.** HE.HS.1.9
- a Investigate consequences of alcohol, tobacco, and other drug use (e.g. physical, mental and emotional, social, legal, financial, addiction). HE.HS.1.9.A
 - b Identify and recognize the warning signs of addiction. HE.HS.1.9.B
 - c Summarize the consequences of alcohol, tobacco, and other drug use during pregnancy. HE.HS.1.9.C
 - d Locate community resources available for treatment of substance use, misuse and abuse. HE.HS.1.9.D
 - e Analyze the relationship between using alcohol and other drugs as well as other health risks (e.g. unintentional injuries, violence, suicide, sexual activity, and tobacco use). HE.HS.1.9.E
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Disease Prevention

- 10 Students will recognize what a disease is and how it is spread or acquired.** HE.HS.1.10
- a Compare and contrast the signs, symptoms, and risk factors of communicable diseases. HE.HS.1.10.A
 - b Analyze how genetics and family diseases can impact your personal health. HE.HS.1.10.B
 - c Compare and contrast different types of pathogens and explain how they are different. HE.HS.1.10.C
 - d Assess how the body defends itself against pathogens and disease. HE.HS.1.10.D
 - e Analyze treatment options for bacterial, viral, fungal and parasitic infections. HE.HS.1.10.E
 - f Analyze how Sexually Transmitted Infections spread and affect the body. HE.HS.1.10.F
 - g Examine the causes and progression of noncommunicable diseases and their treatment. HE.HS.1.10.G

11 Students will identify ways to protect from and reduce the risk of diseases and conditions. HE.HS.1.11

- a Hypothesize how lifestyle choices can impact chronic disease. HE.HS.1.11.A
- b Analyze the influences that impact your personal health with regard to disease prevention. HE.HS.1.11.B
- c Analyze the different ways that communicable diseases spread to others. HE.HS.1.11.C
- d Connect the various stages of infection and how they correlate with immune response. HE.HS.1.11.D
- e Evaluate personal habits that promote resistance to infection (e.g. sleep patterns, nutrition, exercise). HE.HS.1.11.E
- f Identify and compile resources for testing and treatment of Sexually Transmitted Infections (STI) and Sexually Transmitted Diseases (STD). HE.HS.1.11.F

Injury Prevention & Safety

12 Students will recognize and respond to an injury or emergency situation. HE.HS.1.12

- a Analyze the signs and symptoms of various injuries, illnesses, and emergencies to be able to respond accordingly. HE.HS.1.12.A
- b Speculate and deduce the appropriate health service required in injury or emergency situations for oneself or others. HE.HS.1.12.B
- c Demonstrate the proper emergency care and lifesaving procedures using universal precautions in various injuries and emergencies (e.g. CPR, AED, first aid, and control of bleeding). HE.HS.1.12.C
- d Interpret when a natural disaster could occur and how to respond for personal safety. HE.HS.1.12.D
- e Locate valid and reliable resources and/or other sources of support for someone who is self harming, being harassed, abused, assaulted, exploited or trafficked. HE.HS.1.12.E

13 Students will understand and learn specific behaviors that promote injury prevention and personal safety. HE.HS.1.13

- a Model safety rules and procedures to avoid risky behaviors and injury. HE.HS.1.13.A
- b Assess safety strategies in the home, school, and community (e.g. working, carbon/smoke alarms, gun safety, swimming, internet safety). HE.HS.1.13.B
- c Create emergency preparedness plans in natural disaster situations for home, school, and community (e.g. tornadoes, fires, storms, etc.). HE.HS.1.13.C
- d Recognize and describe the potential risks and dangers associated with sharing personal information, online communication, and technology. HE.HS.1.13.D
- e Practice digital citizenship. HE.HS.1.13.E
- f Assess personal behaviors that could lead to risky behaviors. HE.HS.1.13.F
- g Persuade others to avoid driving distracted or while under the influence of substances. HE.HS.1.13.G

Social, Emotional & Mental Health

14 Students will develop social skills and understand how to positively interact with others. HE.HS.1.14

- a Demonstrate competency in active listening skills. HE.HS.1.14.A
- b Compare and contrast the effectiveness of assertive, passive, and aggressive communication styles. HE.HS.1.14.B
- c Analyze how social health impacts mental, emotional, and physical health components. HE.HS.1.14.C
- d Demonstrate appropriate conflict resolution skills. HE.HS.1.14.D
- e Evaluate how social media and technology effects one's current and future interactions, reputation, relationships, and socialization. HE.HS.1.14.E
- f Demonstrate effective nonverbal communication skills for various situations. HE.HS.1.14.F
- g Examine the different types of harassment (e.g. sexual, physical, verbal, emotional, cyber) and potential legal implications. HE.HS.1.14.G
- h Compare and contrast face to face interaction and interactions via electronic devices. HE.HS.1.14.H

15 Students will identify and manage feelings, emotions and behaviors in a healthy manner. HE.HS.1.15

- a Identify, evaluate, and describe different types of emotions and their causes. HE.HS.1.15.A
- b Compare and contrast healthy and unhealthy coping mechanisms. HE.HS.1.15.B
- c Determine how to appropriately express feelings and emotions. HE.HS.1.15.C
- d Develop a list of parents/guardians/trusted adults at home, school, or community that can be contacted in times of emotional distress. HE.HS.1.15.D
- e Analyze how internal and external factors help shape mental, emotional and social health. HE.HS.1.15.E

16 Students will develop skills to support one's mental wellness. HE.HS.1.16

- a Summarize how mental health conditions develop. HE.HS.1.16.A
- b Recognize and evaluate the warning signs of depression, suicide, and other self-destructive behaviors. HE.HS.1.16.B
- c Locate valid and reliable school and community resources to encourage positive mental health practices. HE.HS.1.16.C
- d Recognize and analyze protective factors of common mental health conditions. HE.HS.1.16.D
- e Analyze and explain how social media can lead to the development of mental health conditions. HE.HS.1.16.E

Human Growth & Development

16 Students will learn characteristics relating to healthy relationships and how to respond to unhealthy relationships. HE.HS.1.16

- a Formulate ways to establish and maintain healthy relationships. HE.HS.1.16.A
- b Access valid and reliable information & resources that provide help for survivors of sexual abuse, incest, rape, sexual harassment, sexual assault and dating violence. HE.HS.1.16.B
- c Determine when professional health services may be beneficial for an unhealthy relationship. HE.HS.1.16.C
- d Explain why a person who has been raped or sexually abused is not at fault. HE.HS.1.16.D
- e Demonstrate refusal skills, personal boundaries, and affirmative consent. HE.HS.1.16.E
- f Describe how pornography and sexting can impact relationships. HE.HS.1.16.F
- g Describe state and federal laws regarding age of consent and disclosure of STDs, including HIV. HE.HS.1.16.G

17 Students will recognize and manage the changes during development and maturation. HE.HS.1.17

- a Examine the stages of pregnancy and the contribution of prenatal care to a healthy pregnancy. HE.HS.1.17.A
- b Examine developmental progression and regression of different stages in the life cycle. HE.HS.1.17.B
- c Identify preventative care examinations available and where to access them (e.g. mammogram, pap smear, testicular exam, breast exam, prostate exam). HE.HS.1.17.C
- d Analyze influences around sleep habits. HE.HS.1.17.D
- e Describe fertilization, fetal development, and the birth process. HE.HS.1.17.E

18 Students will understand the structure and functions of body systems. HE.HS.1.18

- a Summarize the structures and functions of body systems. HE.HS.1.18.A
- b Describe how the different body systems are interrelated and work in unison for the body to function properly. HE.HS.1.18.B

**Consumer &
Environmental Safety**

19 Students will identify and access valid and reliable consumer products, services and resources for a healthy lifestyle. HE.HS.1.19

- a Apply criteria to evaluate the validity and reliability of health information, products, and services from a variety of sources (e.g. written, verbal, visual, electronic). HE.HS.1.19.A
- b Identify and evaluate valid and reliable health resources from home, school, and community that protect and inform consumers. HE.HS.1.19.B
- c Explain the procedures for making an appointment, health screenings, checkups, and other early detection measures. HE.HS.1.19.C
- d Describe the terms and phrases related to health insurance. (e.g. deductibles, premium, copayment, benefits). HE.HS.1.19.D
- e Explain the consumer components of the Health Information Portability and Accountability Act (HIPAA). HE.HS.1.19.E
- f Evaluate the importance of regular medical and dental checkups, and examinations. HE.HS.1.19.F

20 Students will recognize how the environment affects health. HE.HS.1.20

- a Evaluate environmental influences that encourage or discourage a person to practice a healthy lifestyle. (e.g. family, economic status, geographical influences, skills, social media, employment). HE.HS.1.20.A
- b Formulate an accurate and effective environmental message to improve personal health. HE.HS.1.20.B
- c Develop a plan to attain a personal health related goal that addresses environmental strengths, needs and risks. HE.HS.1.20.C