

# 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**

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

**Evaluate how influences impact health behaviors.**

- 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
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**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
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**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
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**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
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**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.**

- 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
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**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**