

CORE STANDARDS

Reprinted from US Department of Health & Human Services National Health Education Standards.

Comprehend concepts related to health promotion and disease prevention to enhance health.

- Analyze the relationship between healthy behaviors and personal health.
- Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.
- Describe the benefits of and barriers to practicing healthy behaviors.
- Examine the likelihood of injury or illness if exposed to unhealthy behaviors.

Analyze the influence of family, peers, culture, media, technology & other factors on health behaviors.

- Describe the influence of culture on health beliefs, practices, and behaviors.
- Describe how peers influence healthy and unhealthy behaviors.
- Analyze how the school and community can affect personal health practices and behaviors.
- Analyze how messages from media influence health behaviors. *
- Analyze the influence of technology on personal and family health. *
- Explain the influence of personal values and beliefs on individual health practices and behaviors.

Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- Apply effective verbal and nonverbal communication skills to enhance health.
- Demonstrate effective conflict management or resolution strategies.
- Demonstrate how to ask for assistance to enhance the health of self and others.

Demonstrate the ability to use decision-making skills to enhance health.

- Identify circumstances that can help or hinder healthy decision making.
- Distinguish between healthy and unhealthy alternatives to health-related issues or problems.
- Predict the potential short-term impact of each alternative on self and others.
- Choose healthy alternatives over unhealthy alternatives when making a decision.
- Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.

Demonstrate the ability to practice health-enhancing behaviors, avoid or reduce health risks and advocate for personal, family and community health.

- Explain the importance of assuming responsibility for personal health behaviors.
- Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
- Demonstrate behaviors to avoid or reduce health risks to self and others.
- Demonstrate how to influence and support others to make positive health choices.
- Work cooperatively to advocate for healthy individuals, families, and schools.