National Health Education Standards

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Standard 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

UNIT: HEALTH SKILLS

Explain the relevance, identify steps and cues, and practice and apply skills for the national standard health skills:

- Analyzing Influences
- Accessing Information
- Decision Making
- Goal Setting
- Interpersonal Communication
- Self Management
- Advocacy

UNIT: SOCIAL & EMOTIONAL HEALTH

Content Concepts

- Recognize and respond to social and emotional health issues
  - Depression and suicide
  - Self-injury
  - Eating disorders
- Relate body image to the development of eating disorders

Analyzing Influences

- Analyze influences on social and emotional health
  - Body image

Accessing Information

- Access a variety of credible resources for issues related to social and emotional health
**Interpersonal Communication**
- Explain and apply skills for effective communication (I statements, active listening, body language, conflict resolution)
- Analyze barriers to effective communication

**Decision Making and Goal Setting**
- Explain, apply, and evaluate the decision-making process to personal health issues
- Apply strategies and skills needed to attain personal health goals

**Self-Management**
- Demonstrate, evaluate, and analyze strategies to manage stress
- Apply strategies to promote a positive body image.

**UNIT: NUTRITION & FITNESS**

**Content Concepts**
- Analyze benefits and strategies for maintaining a healthy weight
  - Concepts – BMI (pros/cons), weight control, nutrient density
  - Benefits - nutrition, energy, reduced risk of disease
  - Strategies – energy balance, physical activity, avoid fad diets

**Analyzing Influences**
- Analyze personal nutrition and eating behaviors

**Accessing Information**
- Access and evaluate current, accurate information for nutrition and weight management

**Self-Management**
- Identify areas of personal eating behaviors that need improvement
- Create an eating plan that targets identified areas.

**UNIT: SAFETY AND INJURY PREVENTION**

**Content Concepts**
- Demonstrate the ability to respond appropriately to emergency and nonemergency situations
  - Laws/Codes/Regulations pertaining to emergency situations
  - Ways to deter abuse and violence (including bullying, harassment, and sexual assault)
- Demonstrate skills related to cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED)
  - Compression-only CPR
  - Locations and proper use of AEDs
- Differentiate between healthy and unhealthy use of technology through internet, email, websites, instant messaging, and telephone/cell phone use

**Analyzing Influences**
- Analyze factors that influence risky situations and violent behaviors
Accessing Information
● Investigate resources for first aid, personal safety, and injury prevention

Interpersonal Communication
● Assess conflict resolution strategies that promote and sustain interpersonal relationships
● Respond appropriately to harassment, sexual aggression, and other violent behaviors
● Practice assertive communication in relation to personal safety

Self-Management
● Apply strategies to prevent injuries and violence

Advocacy
● Advocate for an issue related to safety and injury prevention.

UNIT: TOBACCO, ALCOHOL AND OTHER DRUGS
Content Concepts
● Summarize physical, psychological, social and legal consequences of use, misuse, and abuse of prescription, gateway/illegal, and OTC drugs

Analyzing Influences
● Identify factors that influence the use of tobacco, alcohol, and other drugs

Accessing Information
● Access and evaluate current, accurate information for substance abuse and addiction

Interpersonal Communication
● Demonstrate strategies for refusal and intervention of tobacco, alcohol, and other drugs

Decision Making and Goal Setting
● Apply a decision making process to issues related to tobacco, alcohol and other drugs

Advocacy
● Advocate for an issue related to alcohol, tobacco, and other drugs
  ○ Rules, policies, laws
  ○ Healthy choices.
UNIT: DISEASE PREVENTION

Content Concepts
- Examine the transmission, symptoms, prevention, and treatment of communicable diseases
  - STIs, including HIV/AIDS
  - Flu, common cold, other
- Examine the symptoms, prevention, and treatment of non-communicable diseases
  - Congenital
  - Cancer, heart disease, diabetes
  - Other
- Evaluate the impact of disease on the individual, family, and society

Analyzing Influences
- Analyze influences on transmission, prevention, and treatment of disease
  - Genetics
  - Medical technology
  - Environment

Accessing Information
- Describe roles and responsibilities of health-related agencies for disease prevention and control at local, state, and federal levels
- Identify resources for reliable information, assessment, and treatment of communicable and noncommunicable disease or disability
- Access information about a disease advocacy group or project

Self-Management
- Create a personal disease-prevention plan that includes screenings, vaccinations and regular checkups

Advocacy
- Advocate for an issue related to disease.

UNIT: SEXUAL HEALTH

Content Concepts
- Explain fertilization, fetal development, and the birth process
- Identify the most prevalent congenital and hereditary conditions that affect the fetus
- Evaluate different ways to prevent pregnancy
- Examine risks and consequences of sexual activity
- Describe components of sexual responsibility
  - Gain knowledge about sexuality and sexual health
  - Choose a values system that makes sexuality a positive force in your life
  - Talk with parents/guardians, teachers, and counselors when necessary
  - Set limits and communicate to partners
  - Report incest, rape, sexual abuse, and the spread of STIs to the appropriate authorities

Analyzing Influences
- Analyze factors that influence an individual’s decisions concerning sexual behavior
● Investigate factors that contribute to sexual identity
  ○ physical, psychological, social components
  ○ gender identity, transgender, sexual orientation

**Accessing Information**
● Access valid information, products, and services that promote sexually healthy youth

**Interpersonal Communication**
● Analyze how interpersonal communication affects relationships
● Analyze effective communication skills for sexual issues, including consent

**Decision Making**
● Utilize a decision-making process for situations involving sexual behavior

**Advocacy**
● Advocate for the health benefits of abstinence
● Advocate for respecting individual and others’ sexual limits.