

# Grades 6, 7, 8

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. Analyze the relationship between behaviors, body systems, and personal health. 6-8.H.1.1.1
  2. Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence. 6-8.H.1.1.2
  3. Analyze how the environment affects personal health. 6-8.H.1.1.3
  4. Describe how family history can affect personal health. 6-8.H.1.1.4
  5. Describe ways to reduce or prevent injuries and adolescent health problems. 6-8.H.1.1.5
  6. Explain how appropriate health care can promote personal health. 6-8.H.1.1.6
  7. Describe the benefits of and barriers to practicing healthy behaviors. 6-8.H.1.1.7
  8. Examine the likelihood of injury or illness if engaging in unhealthy behaviors. 6-8.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. Examine how family, culture, peers, school, and community influence healthy and unhealthy behaviors. 6-8.H.2.1.1
  2. Analyze the influence of media and technology on personal and family health. 6-8.H.2.1.2
  3. Explain how the perceptions of norms influence healthy and unhealthy behaviors. 6-8.H.2.1.3
  4. Explain the influence of personal values and beliefs on individual health practices and behaviors. 6-8.H.2.1.4
  5. Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors. 6-8.H.2.1.5
  6. Explain how school and public health policies can influence health promotion and disease prevention. 6-8.H.2.1.6
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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. Analyze the validity of healthy information, products, and services. 6-8.H.3.1.1
  2. Access valid health information from home, school, and community. 6-8.H.3.1.2
  3. Locate reliable and valid health products and services and determine accessibility. 6-8.H.3.1.3
  4. Describe situations that may require professional health services. 6-8.H.3.1.4
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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. Apply effective verbal and nonverbal communication skills to enhance health. 6-8.H.4.1.1
  2. Demonstrate refusal and negotiation skills that avoid or reduce health risks. 6-8.H.4.1.2
  3. Demonstrate effective conflict management or resolution strategies. 6-8.H.4.1.3
  4. Demonstrate how to ask for assistance to enhance the health of self and others. 6-8.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. Identify circumstances that can help or hinder healthy decision-making. 6-8.H.5.1.1
  2. Determine when health-related situations require the application of a thoughtful decision-making process. 6-8.H.5.1.2
  3. Distinguish when individual or collaborate decision-making is appropriate. 6-8.H.5.1.3
  4. Distinguish between healthy and unhealthy alternatives to health-related issues or problems. 6-8.H.5.1.4
  5. Predict the potential short-term and long-term impact of each alternative on self and others. 6-8.H.5.1.5
  6. Choose healthy alternatives over unhealthy alternatives when making a decision. 6-8.H.5.1.6
  7. Analyze the outcomes of a health-related decision. 6-8.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. 6-8.H.6.1.1
  2. Develop a goal to adopt, maintain, or improve a personal health practice. 6-8.H.6.1.2
  3. Apply strategies and skills needed to attain a personal health goal. 6-8.H.6.1.3
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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. Explain the importance of assuming responsibility for personal health behaviors. 6-8.H.7.1.1
  2. Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others. 6-8.H.7.1.2
  3. Demonstrate behaviors that avoid or reduce health risks to self and others. 6-8.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. State a health-enhancing position on a topic and support it with accurate information. 6-8.H.8.1.1
2. Demonstrate how to influence and support others to make positive health choices. 6-8.H.8.1.2
3. Work cooperatively to advocate for the health of individuals, families, schools and the community. 6-8.H.8.1.3
4. Identify ways in which health messages and communication techniques can be altered for different audiences. 6-8.H.8.1.4