

# Grades 9-12

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

## 1 Healthy Behaviors

1. Predict how behaviors can impact personal health. [HS.1.1](#)
- 

## 2 Dimensions of Health

2. Cite evidence that demonstrates the interrelationships of emotional, intellectual, physical, and social health across the lifespan. [HS.1.2](#)
- 

## 3 Personal Health

3. Analyze how the environment could impact overall health. [HS.1.3](#)
- 

## 4 Preventing Injury

4. Propose ways to reduce or prevent injuries and health problems. [HS.1.4](#)
- 

## 5 Accessing Health Care

5. Analyze the relationship between access to health care and personal health. [HS.1.5](#)
- 

## 6 Family History & Personal Health

6. Analyze how genetics and family history can affect personal health. [HS.1.6](#)
- 

## 7 Practicing Healthy Behaviors

7. Analyze the benefits of and barriers to practicing a variety of healthy behaviors. [HS.1.7](#)
- 

## 8 Unhealthy Behavior Outcomes

8. Analyze personal susceptibility to injury, illness or death if engaging in unhealthy behaviors. [HS.1.8](#)
- 

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

## 1 Family Influence on Health

1. Analyze how the family influences the health or individuals across the lifespan. [HS.2.1](#)
- 

## 2 School and Community Impact

2. Evaluate how the school and community can impact personal health practice and behaviors. [HS.2.2](#)

---

### **3 Media Influence on Health Behaviors**

3. Evaluate the effect of media and social media on health behaviors. [HS.2.3](#)

---

### **4 Peer Influence on Health Behaviors**

4. Analyze how peers can influence healthy and unhealthy behaviors. [HS.2.4](#)

---

### **5 Cultural Influence on Health Behaviors**

5. Analyze how culture influences health behaviors. [HS.2.5](#)

---

### **6 Technology Influence on Health Behaviors**

6. Evaluate the impact of technology on personal, family, and community health. [HS.2.6](#)

---

### **7 Norms Perception Influence on Health Behaviors**

7. Analyze how the perceptions of norms influence health behaviors. [HS.2.7](#)

---

### **8 Personal Values Influence on Health Behaviors**

8. Analyze the influence of personal values and beliefs on individual health practices and behaviors. [HS.2.8](#)

---

### **9 Health Risk Behaviors**

9. Analyze how some health risk behaviors can increase the likelihood of engaging in additional unhealthy behaviors. [HS.2.9](#)

---

### **10 School/Public Health Policy Influence on Health Behaviors**

10. Analyze how public health policies and government regulations can influence health practices and behaviors. [HS.2.10](#)

---

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

---

### **1 Health Information and Services**

1. Evaluate the validity of health information, products and services. [HS.3.1](#)

---

### **2 Accessing Health Information**

2. Use resources from home, school, community, and reliable internet sources that provide valid health information for making personal health decisions. [HS.3.2](#)

---

### **3 Professional Health Services**

3. Determine when professional health services may be required. [HS.3.3](#)

---

### **4 Locating Reliable Health Products/Services**

4. Access valid and reliable health products and services that enhance health. [HS.3.4](#)
-

**Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risk.**

**1 Verbal/Nonverbal Communication Skills**

1. Apply effective verbal (assertiveness) and nonverbal communication skills in real-life health situations. [HS.4.1](#)
- 

**2 Listening Skills**

2. Employ active listening and response skills to enhance health. [HS.4.2](#)
- 

**3 Expressing Needs, Wants, and Feelings**

3. Identify and apply healthy strategies to manage personal wellbeing. [HS.4.3](#)
- 

**4 Communicating Care, Consideration, and Respect**

4. Demonstrate ways to communicate care, consideration, and respect of self and others. [HS.4.4](#)
- 

**5 Health Risk Refusal Skills**

5. Demonstrate effective refusal skills in real-life health-related situations. [HS.4.5](#)
- 

**6 Asking for Assistance**

6. Demonstrate how to ask for and offer assistance to enhance the health of self and others. [HS.4.6](#)
- 

**7 Managing Conflict**

7. Implement and evaluate strategies to prevent and manage conflict. [HS.4.7](#)
- 

**8 Overcoming Communication Barriers**

8. Implement strategies for overcoming health-related communication barriers. [HS.4.8](#)
- 

**9 Overcoming Communication Barriers**

9. Analyze how interpersonal communication impacts and is impacted by relationships. [HS.4.9](#)
- 

**Students will demonstrate the ability to use decision-making skills to enhance health.**

**1 Personal Health Decisions and Influences**

1. Identify personal health decisions and analyze related internal and external influences. [HS.5.1](#)
- 

**2 Evaluating Health Information**

2. Gather, synthesize, and evaluate available information to enhance health. [HS.5.2](#)
- 

**3 Making Health-Related Decisions**

3. Analyze health risk of decisions to self and others. [HS.5.3](#)
- 

**4 Health Decision Connections**

4. Apply a decision making process to real-life health related situations. [HS.5.4](#)

---

## 5 Personal Health Responsibility

5. Describe how personal health decisions may affect subsequent decisions. [HS.5.5](#)
- 

## 6 Personal Health Decisions

6. Assume responsibility for personal health decisions. [HS.5.6](#)
- 

**Students will demonstrate the ability to use goal-setting skills to enhance health.**

### 1 Setting Health Goals

1. Critically analyze and articulate the benefits of planning and setting personal health goals. [HS.6.1](#)
- 

### 2 Achieving Health Goals

2. Develop a personal health goal and a plan to achieve it. [HS.6.2](#)
- 

### 3 Barriers to Health Goals

3. Analyze and develop strategies to overcome barriers to achieving the personal health goal. [HS.6.3](#)
- 

### 4 Health Goal Adaptability

4. Implement and analyze the plan and adjust it, as needed, to achieve the personal health goal. [HS.6.4](#)
- 

### 5 Personal Choices and Health Goals

5. Identify personal support systems and explain their importance in achieving the personal health goal. [HS.6.5](#)
- 

### 6 Health Goal Support Systems

6. Assess, reflect on, and adjust the plan to reach and maintain the personal health goal. [HS.6.6](#)
- 

### 7 Health Goal Progress

No standards defined.

---

**Students demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.**

### 1 Safety Knowledge Skills

1. Conduct a personal assessment of health and safety knowledge and skills. [HS.7.1](#)
- 

### 2 Health and Safety Strengths and Needs

2. Analyze the results of the personal assessment to identify personal health and safety strengths and needs. [HS.7.2](#)
- 

### 3 Health and Safety Strengths and Needs

3. Analyze the results of the personal assessment to identify personal health and safety strengths and needs. [HS.7.3](#)
-

**Students will demonstrate the ability to advocate for personal, family and community health.**

**1 Safety Concerns and Assessments**

1. Conduct a personal, family, or community health or safety assessment and/or review data from current similar health assessments. **HS.8.1**
- 

**2 Standing for Health/Safety Issues**

2. Analyze data to determine a priority health or safety issue to be able to use and understand. **HS.8.2**
- 

**3 Evidence for Health/Safety Issues**

3. Identify and familiarize yourself with agencies, organizations, and others who advocate for and against the health issue. **HS.8.3**
- 

**4 Advocating for Health Issues**

4. Take a clear stand or position on health-enhancing behaviors. **HS.8.4**
- 

**5 Personal Belief for Health/Safety Issues**

5. Use communication techniques to educate the individual or group to support or act on the health safety issue. **HS.8.5**
- 

**6 Communicating Health/Safety Issues**

6. Identify and create messaging and marketing to a priority audience concerning the health and safety message. **HS.8.6**
- 

**7 Communicating Health/Safety Issues**

7. Work collaboratively with individuals, agencies, and organizations to advocate for the health of self, families, and communities. **HS.8.7**
- 

**8 Communicating Health/Safety Issues**

8. Evaluate the effectiveness of the advocacy effort and revise and adjust, as needed. **HS.8.8**