

Grade 10

Adopted 2007

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

1. The student will analyze the interrelationships of mental, emotional, social, and physical health throughout life.
 - Alcohol and Other Drugs - Community and Environmental Health - Family Life and Sexuality - Injury Prevention - Mental Health - Nutrition - Personal and Consumer Health - Physical Activity - Tobacco
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2. The student will analyze the impact of personal health behaviors on the functioning of body systems.
 - Alcohol and Other Drugs - Community and Environmental Health - Family Life and Sexuality - Injury Prevention - Mental Health - Nutrition - Personal and Consumer Health - Physical Activity - Tobacco
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3. The student will describe how to delay onset and reduce risks of potential health problems.
 - Alcohol and Other Drugs - Community and Environmental Health - Family Life and Sexuality - Injury Prevention - Mental Health - Nutrition - Personal and Consumer Health - Physical Activity - Tobacco
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4. The student will analyze the role of public health policies and laws in the prevention and control of disease and other health problems.
 - Alcohol and Other Drugs - Community and Environmental Health - Family Life and Sexuality - Injury Prevention - Mental Health - Nutrition - Personal and Consumer Health - Physical Activity - Tobacco
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5. The student will analyze how the prevention and control of health problems are influenced by research and medical advances.
 - Alcohol and Other Drugs - Community and Environmental Health - Family Life and Sexuality - Injury Prevention - Mental Health - Nutrition - Personal and Consumer Health - Physical Activity - Tobacco

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

1. The student will select and assess a school or community health issue resulting from the influence of culture, media, technology and other factors and implement a solution for that issue.

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

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- 2. The student will analyze situations requiring professional health services.**

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

- 1. The student will evaluate the effectiveness of communication methods for accurately expressing health information and ideas.**

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

- 1. The student will evaluate different strategies to use when making decisions related to the health needs and risks of young adults.**

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

- 1. The student will design, evaluate, and implement a plan for attaining a personal health goal.**
- 2. The student will formulate an effective plan for optimal, lifelong health.**

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

- 1. The student will research and evaluate strategies to manage stress in individuals and groups in school, work and/or social situations.**
- 2. The student will develop strategies to reduce a health-threatening situation in the community.**
- 3. The student will develop strategies to improve or maintain personal, family and community health.**

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

- 1. The student will evaluate the effectiveness of communication methods for accurately expressing health information and ideas.**
- 2. The student will adapt health messages and techniques to the characteristics of a particular audience.**
- 3. The student will evaluate community health services and systems currently in place and make recommendations for improving those systems and services.**