

# Grade 9

Adopted 2007

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

1. The student will analyze how behavior can impact health maintenance and disease prevention.
  - Alcohol and Other Drugs
  - Community and Environmental Health
  - Family Life and Sexuality
  - Injury Prevention
  - Mental Health
  - Nutrition
  - Personal and Consumer Health
  - Physical Activity
  - Tobacco
2. The student will describe the inter-relationships of mental, emotional, social and physical health through young adulthood.
  - Alcohol and Other Drugs
  - Community and Environmental Health
  - Family Life and Sexuality
  - Injury Prevention
  - Mental Health
  - Nutrition
  - Personal and Consumer Health
  - Physical Activity
  - Tobacco
3. The student will explain 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
4. The student will analyze how the family, peers, community and environment influence individual and public health.
  - 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 analyze how cultural diversity enriches and challenges health behaviors.
2. The student will evaluate the effect of media and other factors on personal, family and community health.
3. The student will analyze how information from the community influences health.

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

1. The student will demonstrate the ability to evaluate resources from home, school, and community that provide valid health information.
2. The student will evaluate factors that influence personal selection of health products and services.

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**3. The student will demonstrate the ability to access school and community health services for self and others.**

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

- 1. The student will demonstrate skills for communicating effectively with family, peers and others.**

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  - 2. The student will analyze how interpersonal communication affects relationships.**

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  - 3. The student will demonstrate healthy ways to express needs, wants and feelings.**

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  - 4. The student will evaluate ways to communicate care, consideration and respect of self and others.**

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  - 5. The student will compare and contrast strategies for solving interpersonal conflict without harming self or others.**

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  - 6. The student will demonstrate refusal, negotiation, and collaboration skills to avoid potentially harmful situations.**

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  - 7. The student will demonstrate attentive listening skills.**

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  - 8. The student will analyze the possible causes of conflict in schools, families and communities.**

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  - 9. The student will evaluate strategies used to prevent conflict.**
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**Students will demonstrate the ability to use decision-making skills to enhance health.**

- 1. The student will demonstrate the ability to utilize various strategies when making decisions related to health needs and risks of young adults.**

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  - 2. The student will analyze health concerns that require individuals to work together.**

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  - 3. The student will predict immediate and long-term impact of health decisions on the individual family and community.**

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  - 4. The student will analyze how personal health goals are influenced by changes in information, abilities, priorities and responsibilities.**
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**Students will demonstrate the ability to use goal-setting skills to enhance health.**

- 1. The student will demonstrate the ability to utilize various strategies when setting goals related to health needs and risks of young adults.**
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**Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

- 1. The student will analyze the role of individual responsibility for enhancing health.**

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- 2. The student will evaluate personal health habits to determine strategies for health enhancement and risk reduction.**

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**3. The student will analyze the short-term and longterm consequences of safe and risky or harmful behaviors.**

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**4. The student will develop injury prevention and management strategies for personal, family and community health.**

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

**1. The student will express information and opinions about health issues.**

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**2. The student will utilize strategies to overcome barriers when communicating information, ideas, feelings, and opinions about health issues.**

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**3. The student will influence and support others in making positive health choices.**

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**4. The student will demonstrate the ability to work cooperatively when advocating for healthy communities.**