

# High School

**Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.**

## **Personal, Community, and Environmental Health Strand**

- 1 Evaluate the impact of a variety of healthy practices and behaviors to maintain or improve personal, community, and environmental health. [1.PCE.HS.1](#)
- 2 Evaluate the impact of communicable and noncommunicable diseases. [1.PCE.HS.2](#)
- 3 Analyze the importance of accepting the similarities and differences of self and others as it relates to personal, community, and environmental health. [1.PCE.HS.3](#)
- 4 Evaluate how an individual's family structure impacts other families and the community. [1.PCE.HS.4](#)
- 5 Evaluate the impact genetics, family history, health behaviors, and stress have on individual health. [1.PCE.HS.5](#)
- 6a Explain how to register as an organ and tissue donor. [1.PCE.HS.6A](#)
- 6b Summarize individual and societal benefits of organ and tissue donation. [1.PCE.HS.6B](#)
- 6c Analyze factual information about organ tissue and donation. [1.PCE.HS.6C](#)

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## **Mental and Emotional Health Strand**

- 1 Investigate the relationship between mental health and physical health. [1.ME.HS.1](#)
- 2 Analyze ways to decrease the risk of selfinjurious or suicidal behaviors. [1.ME.HS.2](#)

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## **Nutrition and Physical Activity Strand**

- 1 Investigate how personal healthy eating patterns, in accordance to the current federal Dietary Guidelines for Americans, lead to health promotion and disease prevention. [1.NP.HS.1](#)
- 2 Analyze the mental, social and physical benefits of daily moderate to vigorous physical activity. [1.NP.HS.2](#)
- 3 Evaluate the importance of annual physical health examinations and responding appropriately to unusual aches and pains. [1.NP.HS.3](#)

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## **Substance Use and Abuse Strand**

- 1 Analyze the effects of longterm use and abuse of overthe-counter and prescription medications. [1.SUA.HS.1](#)
- 2 Analyze the effects of longterm use and abuse of alcohol, tobacco, marijuana, and other drugs as they relate to health and disease prevention. [1.SUA.HS.2](#)

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### **Safety Practices, Injury Prevention, and CPR/AED Strand**

- 1** Critique how health risk behaviors influence safety and injury prevention practices. **1.SIC.HS.1**
  - 2a** Perform the psychomotor skills required for the administration of hands-only cardiopulmonary resuscitation (CPR) according to the guidelines of the American Heart Association. **1.SIC.HS.2A**
  - 2b** Explain the purpose, operation and safe use of an automated external defibrillator (AED). **1.SIC.HS.2B**
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### **Personal Safety Strand**

- 1** Develop personal boundaries and clear limits for self and recognize the importance of not violating the personal boundaries of others. **1.PS.HS.1**
- 2** Analyze the impact related to various abusive and coercive behaviors including mental, physical, social, economic, and legal consequences. **1.PS.HS.2**
- 3** Diagram the reporting process and include where, when, and whom to report unsafe situations. **1.PS.HS.3**
- 5** Discuss laws regarding human trafficking **1.PS.HS.5**
- 6** Evaluate the potentially positive and negative roles of technology and social media in relationships. **1.PS.HS.6**

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## **Human Reproductive System, HIV/AIDS, Related Communicable Diseases, & Sexual Responsibility Strand**

- 1 Analyze the role hormones play within the structures and functions of the human reproductive systems. **1.HRS.HS.1**
- 2 Analyze how brain development has an impact on cognitive, social and emotional changes of adolescence and early adulthood. **1.HRS.HS.2**
- 3 Analyze the scientific process of human reproduction. **1.HRS.HS.3**
- 4a Explain the impact a pregnancy has on the body. **1.HRS.HS.4A**
- 4b Compare and contrast the advantages and disadvantages of various methods of contraception, including abstinence and condoms. **1.HRS.HS.4B**
- 4c Examine prenatal practices that can contribute to or compromise a healthy pregnancy. **1.HRS.HS.4C**
- 4d Compare and contrast the laws relating to pregnancy, abortion, adoption, and parenting. **1.HRS.HS.4D**
- 5a Describe signs and symptoms, treatments, and modes of transmission of related communicable diseases (STDs/STIs), including HIV/AIDS. **1.HRS.HS.5A**
- 5b Describe current preventative approaches, including, but not limited to, HPV vaccinations to combat HIV/AIDS and related communicable diseases (STDs/STIs). **1.HRS.HS.5B**
- 5c laws related to sexual health care services, including related communicable diseases (STD/STIs) and HIV/AIDS testing and treatment. **1.HRS.HS.5C**
- 5d Evaluate the effectiveness of abstinence, condoms and other safer sex methods in preventing the spread of related communicable diseases (STDs/STIs), including HIV/AIDS. **1.HRS.HS.5D**
- 6 Describe characteristics of healthy and unhealthy romantic and/or sexual relationships. **1.HRS.HS.6**
- 7a Analyze factors that can affect the ability to give or recognize consent to sexual activity. **1.HRS.HS.7A**
- 7b Analyze laws relating to the sexual conduct of minors, including consent, and criminal sexual conduct. **1.HRS.HS.7B**

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**Analyze Influences:**  
Students will analyze the influences of family, peers, culture, media, technology, and other factors have on health behaviors.

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**Analyze how the perceptions of current social expectations**

- 1 **Analyze how the perceptions of current social expectations influence healthy and unhealthy behaviors. 2.AF.HS.1**

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**Access Information:**  
Students will demonstrate the ability to access reliable health information, products, and services to enhance health.

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**Evaluate the validity of health information, products and services.** 3.AI.HS.1

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

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**Utilize skills for communicating effectively with family, peers, and others to enhance health.** 4.IC.HS.1

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**Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.** 4.IC.HS.

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

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**Compare the potential shortterm and longterm impact of healthy and unhealthy decisions on self and others. 5.DM.HS.1**

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**1 Compare the potential shortterm and longterm impact of healthy and unhealthy decisions on self and others. 5.DM.HS.1**

**Evaluate the effectiveness of health-related decisions. 5.DM.HS.2**

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**2 Evaluate the effectiveness of health-related decisions. 5.DM.HS.2**

**Defend the healthy choice when making a decision. 5.DM.HS.3**

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**3 Defend the healthy choice when making a decision. 5.DM.HS.3**

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

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**Implement strategies and monitor progress in achieving a health goal. 6.GS.HS.1**

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**1 Implement strategies and monitor progress in achieving a health goal. 6.GS.HS.1**

**Formulate an effective longterm health plan. 6.GS.HS.2**

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**2 Formulate an effective longterm health plan. 6.GS.HS.2**

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

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

**Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others. 7.SM.HS.1**

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**1 Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others. 7.SM.HS.1**

**Demonstrate a variety of behaviors that avoid or reduce health risks to self and others.** 7.SM.HS.2

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**2 Demonstrate a variety of behaviors that avoid or reduce health risks to self and others.** 7.SM.HS.2

**Analyze the role of individual responsibility in enhancing health.** 7.SM.HS.3

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**3 Analyze the role of individual responsibility in enhancing health.** 7.SM.HS.3

**Advocacy Students will demonstrate the ability to support/promote personal, family, and community health.**

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**Demonstrate advocacy for improving personal, family, and community health.** 8.AV.HS.1

**1 Demonstrate advocacy for improving personal, family, and community health.** 8.AV.HS.1