

# Health Standards

## **Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts**

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

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| <b>Concept 1: Relationship between Health Behaviors and Health</b> | The concept of recognizing that healthy behaviors affect personal health.                 |
| <b>Concept 2: Multiple Dimensions of Health</b>                    | The concept of understanding that there are multiple dimensions of health.                |
| <b>Concept 3: Personal Health</b>                                  | The concept of understanding personal health.   |
| <b>Concept 4: Prevention of Injuries and Health Problems</b>       | The concept of recognizing ways to prevent common childhood injuries and health problems. |
| <b>Concept 5: Use of Health Care</b>                               | The concept of understanding why it is important to seek health care.                     |
| <b>Concept 6: Healthy vs. Unhealthy Behaviors</b>                  | The concept of understanding the benefits of making healthy choices.                      |

## **STRAND 2: Analysis of Factors Affecting Health Behaviors**

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

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| <b>Concept 1: External Influences on Personal Health</b> | The concept of understanding how family and peers can influence personal health. |
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# Health Standards

**Concept 2: Internal Influences on Personal Health**

The concept of understanding how culture influences health beliefs.

**Concept 3: Influence of Public Policy on Health**

The concept of understanding how public health and government regulations can influence health promotion and disease prevention.

## **STRAND 3: Access to Health Information, Products, and Services to Enhance Health**

**Every student will demonstrate the ability to access valid information, products, and services to enhance health**

**Concept 1: Knowledge of Sources of Help**

The concept of identifying trusted adults who can help promote health.

**Concept 2: Accessing Help**

The concept of understanding how to access valid health information from home, school and community.

## **STRAND 4: Use of Interpersonal Communication Skills to Enhance Health**

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

**Concept 1: Communication to Enhance Health**

The concept of understanding effective verbal and non-verbal communication skills to enhance health.

# Health Standards

**Concept 2: Self – Protection and Dealing with Conflict**

The concept of understanding strategies to manage or resolve conflict.

**Concept 3: Asking for Help**

The concept of understanding how to ask for help to enhance the health of self and others.

## **STRAND 5: Use of Decision-making Skills to Enhance Health**

**Every student will demonstrate the ability to use decision-making skills to enhance health**

**Concept 1: Influence on Healthy Decision Making**

The concept of understanding how to identify circumstances that can help or hinder healthy decision making.

**Concept 2: Application of Decision-making Skills to Health**

The concept of understanding the outcomes of a health related decision.

## **STRAND 6: Use of Goal-Setting Skills to Enhance Health**

**Every student will demonstrate the ability to use goal-setting skills to enhance health**

**Concept 1: Assessment of Health**

The concept of understanding personal health practices.

# Health Standards

## **Concept 2: Health Related Goal Setting**

The concept of understanding strategies and skills needed to attain a personal health goal.

## **STRAND 7: Ability to Practice Health – Enhancing Behaviors**

**Every student will demonstrate the ability to practice health – enhancing behaviors and avoid or reduce health risks**

### **Concept 1: Personal Responsibility for Health**

The concept of understanding responsible personal health behaviors.

### **Concept 2: Healthy Practices and Behaviors**

The concept of understanding behaviors that avoid or reduce health risks.

## **STRAND 8: Ability to Advocate for Health**

**Every student will demonstrate the ability to advocate for personal, family, and community health**

### **Concept 1: Personal Advocacy**

The concept of understanding promoting personal health.

### **Concept 2: Collective Advocacy**

The concept of understanding how to influence and support others to make positive health choices.

### **Concept 2: Tailoring Advocacy Messages to Audience**

The concept of understanding ways in which health messages can be altered for different audiences.