

# Grades 9, 10, 11, 12

Adopted 2010

## Comprehend Core Concepts

**1.1: Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development and Family Life; and Environmental Health.**

1. Predict how behaviors can affect health status. 9-12.H.1.1.1
  2. Describe the interrelationships of emotional, intellectual, physical, and social health. 9-12.H.1.1.2
  3. Analyze how environment and personal health are interrelated. 9-12.H.1.1.3
  4. Analyze how genetics and family history can affect personal health. 9-12.H.1.1.4
  5. Propose ways to reduce health problems. 9-12.H.1.1.5
  6. Analyze the relationship between access to health care and health status. 9-12.H.1.1.6
  7. Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors. 9-12.H.1.1.7
  8. Analyze the potential severity of health problems that result from engaging in unhealthy behaviors. 9-12.H.1.1.8
-

## Analyzing Influences

### **1.1: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.**

1. Analyze how the family and culture influence health beliefs and behaviors. 9-12.H.2.1.1
  2. Analyze how peers influence health beliefs and behaviors. 9-12.H.2.1.2
  3. Evaluate how the school and community can affect personal health practice and behaviors. 9-12.H.2.1.3
  4. Analyze how the media and technology influence health beliefs and behaviors. 9-12.H.2.1.4
  5. Analyze how the perception of norms influences healthy and unhealthy behaviors. 9-12.H.2.1.5
  6. Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors. 9-12.H.2.1.6
  7. Analyze how public health policies and government regulations can influence health promotion and disease prevention. 9-12.H.2.1.7
- 

## Accessing Information

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

1. Evaluate the validity of health information, products, and services. 9-12.H.3.1.1
  2. Determine the accessibility of health information, products, and services. 9-12.H.3.1.2
  3. Access valid and reliable health information, products, and services. 9-12.H.3.1.3
  4. Use resources from home, school, and community that provide valid health information. 9-12.H.3.1.4
  5. Determine when professional health services may be required. 9-12.H.3.1.5
- 

## Interpersonal Communication

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

1. Use skills for communicating effectively with family, peers, and others to enhance health. 9-12.H.4.1.1
  2. Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks. 9-12.H.4.1.2
  3. Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others. 9-12.H.4.1.3
  4. Demonstrate how to ask for and offer assist to enhance the health of self and others. 9-12.H.4.1.4
-

<b>Decision Making</b>	<p><b>1.1: Students will demonstrate the ability to use decision-making skills to enhance health.</b></p> <ol style="list-style-type: none"><li>1. Examine barriers that can hinder healthy decision-making. 9-12.H.5.1.1</li><li>2. Determine the value of applying a thoughtful decision-making process in health-related situations. 9-12.H.5.1.2</li><li>3. Justify when individual or collaborative decision-making is appropriate. 9-12.H.5.1.3</li><li>4. Generate alternatives to health-related issues or problems. 9-12.H.5.1.4</li><li>5. Predict the potential short-term and long-term impact of each alternative on self and others. 9-12.H.5.1.5</li><li>6. Defend the healthy choice when making decisions. 9-12.H.5.1.6</li><li>7. Evaluate the effectiveness of health-related decisions. 9-12.H.5.1.7</li></ol>
------------------------	--

---

<b>Goal Setting</b>	<p><b>1.1: Students will demonstrate the ability to use goal-setting skills to enhance health.</b></p> <ol style="list-style-type: none"><li>1. Assess personal health practices and overall health status. 9-12.H.6.1.1</li><li>2. Develop a plan to attain a personal health goal that addresses strengths, needs, and risks. 9-12.H.6.1.2</li><li>3. Implement strategies and monitor progress in achieving a personal health goal. 9-12.H.6.1.3</li><li>4. Formulate an effective long-term personal health plan. 9-12.H.6.1.4</li></ol>
---------------------	--

---

<b>Practice Healthy Behavior</b>	<p><b>1.1: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</b></p> <ol style="list-style-type: none"><li>1. Analyze the role of individual responsibility in enhancing health. 9-12.H.7.1.1</li><li>2. Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others. 9-12.H.7.1.2</li><li>3. Demonstrate a variety of healthy practices and behaviors that avoid or reduce health risks to self and others. 9-12.H.7.1.3</li></ol>
----------------------------------	---

---

<b>Advocacy</b>	<p><b>1.1: Students will demonstrate the ability to advocate for personal, family, and community health.</b></p> <ol style="list-style-type: none"><li>1. Use accurate peer and societal norms to formulate a health-enhancing message. 9-12.H.8.1.1</li><li>2. Demonstrate how to influence and support others to make positive health choices. 9-12.H.8.1.2</li><li>3. Work cooperatively as an advocate for improving personal, family, and community health. 9-12.H.8.1.3</li><li>4. Adapt health messages and communication techniques to target a specific audience. 9-12.H.8.1.4</li></ol>
-----------------	---