

# Grades 6-8

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

## 1 Healthy Behaviors

1. Analyze the relationship between healthy behaviors and personal health. 6-8.1.1
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## 2 Dimensions of Health

2. Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence. 6-8.1.2
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## 3 Personal Health

3. Analyze how the environment impacts personal health. 6-8.1.3
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## 4 Preventing Injury

4. Describe ways to reduce or prevent adolescent health problems and injuries. 6-8.1.4
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## 5 Accessing Health Care

5. Explain how appropriate health care can promote personal health. 6-8.1.5
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## 6 Family History & Personal Health

6. Describe how family history can impact personal health. 6-8.1.6
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## 7 Practicing Healthy Behaviors

7. Describe the benefits of and barriers to practicing a variety of healthy behaviors. 6-8.1.7
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## 8 Unhealthy Behavior Outcomes

8. Examine the severity of injury and/or illness if engaging in unhealthy behaviors. 6-8.1.8
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Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

## 1 Family Influence on Health

1. Examine how the family influences the health of adolescents. 6-8.2.1
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## 2 School and Community Impact

2. Analyze how the school and community can affect personal health practices and behaviors. 6-8.2.2

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### **3 Media Influence on Health Behaviors**

3. Analyze how messages from the media and social media influence health behaviors. 6-8.2.3

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### **4 Peer Influence on Health Behaviors**

4. Describe how peers can influence healthy and unhealthy behaviors. 6-8.2.4

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### **5 Cultural Influence on Health Behaviors**

5. Describe the influence of culture on health beliefs, practices, and behaviors. 6-8.2.5

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### **6 Technology Influence on Health Behaviors**

6. Analyze the influence of technology on personal and family health. 6-8.2.6

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### **7 Norms Perception Influence on Health Behaviors**

7. Explain how the perceptions of norms influence healthy and unhealthy behaviors. 6-8.2.7

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### **8 Personal Values Influence on Health Behaviors**

8. Explain the influence of personal values and beliefs on individual health practices and behaviors. 6-8.2.8

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### **9 Health Risk Behaviors**

9. Describe how some health risk behaviors can increase the likelihood of engaging in additional unhealthy behaviors. 6-8.2.9

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### **10 School/Public Health Policy Influence on Health Behaviors**

10. Explain how school and public health policies can influence health practices and behaviors. 6-8.2.10

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

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### **1 Health Information and Services**

1. Investigate the validity of health information, products, and services. 6-8.3.1

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### **2 Accessing Health Information**

2. Access valid health information from home, school, and community. 6-8.3.2

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### **3 Professional Health Services**

3. Describe situations that may require professional health services. 6-8.3.3

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### **4 Locating Reliable Health Products/Services**

4. Locate valid and reliable health products and services that enhance health. 6-8.3.4
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**Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risk.**

**1 Verbal/Nonverbal Communication Skills**

1. Apply effective verbal and nonverbal communication skills to enhance health. 6-8.4.1
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**2 Listening Skills**

2. Demonstrate active listening and response skills to enhance health. 6-8.4.2
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**3 Expressing Needs, Wants, and Feelings**

3. Demonstrate healthy ways to express needs, wants, and feelings. 6-8.4.3
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**4 Communicating Care, Consideration, and Respect**

4. Practice ways to communicate care, consideration, and respect for self and others. 6-8.4.4
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**5 Health Risk Refusal Skills**

5. Demonstrate the ability to refuse or negotiate health risks in healthy ways. 6-8.4.5
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**6 Asking for Assistance**

6. Demonstrate how to ask for assistance to enhance the health of self and others. 6-8.4.6
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**7 Managing Conflict**

7. Implement healthy strategies to prevent and manage conflict. 6-8.4.7
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**8 Overcoming Communication Barriers**

8. Formulate strategies for overcoming health-related communication barriers. 6-8.4.8
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**9 Overcoming Communication Barriers**

9. Examine the impact of communication on relationships. 6-8.4.9
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**Students will demonstrate the ability to use decision-making skills to enhance health.**

**1 Personal Health Decisions and Influences**

1. Identify personal health decisions and differentiate between related internal and external influences. 6-8.5.1
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**2 Evaluating Health Information**

2. Compile and assess available information to enhance health. 6-8.5.2
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**3 Making Health-Related Decisions**

3. Personalize health risk of decisions to self and others. 6-8.5.3
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**4 Health Decision Connections**

4. Apply a decision making process to real-life health related situations. 6-8.5.4

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## 5 Personal Health Responsibility

5. Describe how personal health decisions may affect subsequent decisions. 6-8.5.5
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## 6 Personal Health Decisions

6. Assume responsibility for personal health decisions. 6-8.5.6
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**Students will demonstrate the ability to use goal-setting skills to enhance health.**

### 1 Setting Health Goals

1. Assess the benefits of planning and setting health goals. 6-8.6.1
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### 2 Achieving Health Goals

2. Develop a personal health goal and a plan to achieve it. 6-8.6.2
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### 3 Barriers to Health Goals

3. Examine possible barriers to achieving the personal health goal. 6-8.6.3
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### 4 Health Goal Adaptability

4. Implement the plan to achieve the personal health goal and overcome possible barriers. 6-8.6.4
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### 5 Personal Choices and Health Goals

5. Consider the impact of decisions on the personal health goal. 6-8.6.5
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### 6 Health Goal Support Systems

6. Identify personal support systems and explain their importance in achieving the personal health goal. 6-8.6.6
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### 7 Health Goal Progress

7. Assess, reflect on, and adjust the plan to reach and maintain the personal health goal. 6-8.6.7
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**Students demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.**

### 1 Safety Knowledge Skills

1. Conduct a personal assessment of health and safety knowledge and skills. 6-8.7.1
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### 2 Health and Safety Strengths and Needs

2. Describe the results of the personal assessment to identify personal health and safety strengths and needs. 6-8.7.2
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### 3 Health and Safety Strengths and Needs

3. Describe the results of the personal assessment to identify personal health and safety strengths and needs. 6-8.7.3
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**Students will demonstrate the ability to advocate for personal, family and community health.**

**1 Safety Concerns and Assessments**

1. Conduct a personal, family, or community health or safety assessment and/or review data from an existing health assessment. 6-8.8.1
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**2 Standing for Health/Safety Issues**

2. Analyze data to determine a priority health or safety issue on which to take a stand. 6-8.8.2
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**3 Evidence for Health/Safety Issues**

3. Research the health or safety issue 6-8.8.3
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**4 Advocating for Health Issues**

4. Identify agencies, organizations, or others who advocate for the health issue. 6-8.8.4
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**5 Personal Belief for Health/Safety Issues**

5. Demonstrate personal beliefs regarding the health or safety issue. 6-8.8.5
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**6 Communicating Health/Safety Issues**

6. Use communication techniques to persuade the individual or group to support or act on the health or safety issue. 6-8.8.6
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**7 Communicating Health/Safety Issues**

7. Identify an audience and adapt the health or safety message and communication technique to the characteristics of the individual or group. 6-8.8.7
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**8 Communicating Health/Safety Issues**

No standards defined.