

# HS - Health 1

## Foundations of Personal Health

**1 Students will recognize the relationship between the physical, mental/emotional and social aspects of a healthy individual.** HE.HS.1.1

- a Analyze the interrelationships between the dimensions of health. HE.HS.1.1.A
- b Examine the dimensions of health and the impact on society, family, school, environmental stressors and social determinants on personal health. HE.HS.1.1.B

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**2 Students will acknowledge for decision-making while analyzing the influence and potential outcomes of the decision.** HE.HS.1.2

- a Apply the decision making process in health-related situations. HE.HS.1.2.A
- b Analyze how peers influence health-related behaviors. HE.HS.1.2.B
- c Identify personal health-related decisions and examine the internal and external influences. HE.HS.1.2.C
- d Justify when individual or collaborative decision making is appropriate. HE.HS.1.2.D

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**3 Students will focus on personal development and growth.** HE.HS.1.3

- a Analyze the role of individual responsibility for enhancing personal development and growth. HE.HS.1.3.A
- b Analyze how time management can contribute to stress reduction and a healthier life. HE.HS.1.3.B
- c Predict short term and longterm benefits and harmful consequences of behaviors based on a health assessment tool. HE.HS.1.3.C
- d Develop a plan to attain a personal, health-related goal that addresses strengths, needs, and risks. HE.HS.1.3.D

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## Nutrition and Physical Activity Promotion

**4 Students will be able to make healthy food choices based on dietary recommendations.** HE.HS.1.4

- a Evaluate the dietary recommendations to implement healthy eating habits. HE.HS.1.4.A
- b Evaluate the six essential nutrients and the impact on individual health. HE.HS.1.4.B
- c Compare and contrast food labels and product information. HE.HS.1.4.C

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**5 Students will exhibit the knowledge to achieve and maintain a health enhancing level of physical fitness.** HE.HS.1.5

- a Analyze the amount and types of physical activity recommended for teenagers overall health and for the maintenance of healthy body weight. HE.HS.1.5.A
- b Develop an exercise program with safety and effectiveness for a specific outcome. HE.HS.1.5.B

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**6 Students will recognize the effects of nutritional and physical activity choices on overall health.** HE.HS.1.6

- a Describe the relationship between poor eating habits or lack of physical activity on chronic diseases such as heart disease, obesity, cancer, diabetes, hypertension and osteoporosis. HE.HS.1.6.A
- b Explore advertising claims and potential health consequences for dietary supplements, popular fad diets and weight loss products. HE.HS.1.6.B
- c Classify the effects of eating disorders and research resources for seeking help (e.g. anorexia, bulimia, obesity). HE.HS.1.6.C
- d Identify how chronic conditions affect food choices, calorie needs and nutrient needs. HE.HS.1.6.D

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**Substance Abuse Prevention**

**7 Students will understand the difference between harmful and helpful use of substances.** HE.HS.1.7

- a Evaluate the use and potential risks of prescription medications, over-the-counter (OTC) medications and herbal or dietary supplements on health. HE.HS.1.7.A
- b Analyze potential risks associated with inappropriate use of medicines and drug interactions. HE.HS.1.7.B
- c Identify how prescription medications, over-the-counter (OTC) medications, and herbal or dietary supplements are more addictive than others. HE.HS.1.7.C
- d Distinguish between the different categories of prescription and over-the-counter medications and when you would use them. HE.HS.1.7.D

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**8 Students will recognize positive and negative influences and effects of substance use, misuse and abuse.** HE.HS.1.8

- a Practice methods to resist peer pressure with regards to alcohol, tobacco, and other substances, including the misuse of prescription drugs. HE.HS.1.8.A
- b Predict how a drug-free lifestyle will support achievement of short- and long- term goals. HE.HS.1.8.B
- c Analyze the role of family, community, and cultural norms in deciding to use alcohol, tobacco, and other drugs. HE.HS.1.8.C
- d Analyze media and marketing tactics used to promote substance use. HE.HS.1.8.D
- e Clarify myths regarding the scope of alcohol, tobacco, and other drug use among adolescents. HE.HS.1.8.E

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- 9 Students will identify health risks associated with substance use, misuse and abuse in relation to one's physical mental/emotional and social health.** HE.HS.1.9
- a Investigate consequences of alcohol, tobacco, and other drug use (e.g. physical, mental and emotional, social, legal, financial, addiction). HE.HS.1.9.A
  - b Identify and recognize the warning signs of addiction. HE.HS.1.9.B
  - c Summarize the consequences of alcohol, tobacco, and other drug use during pregnancy. HE.HS.1.9.C
  - d Locate community resources available for treatment of substance use, misuse and abuse. HE.HS.1.9.D
  - e Analyze the relationship between using alcohol and other drugs as well as other health risks (e.g. unintentional injuries, violence, suicide, sexual activity, and tobacco use). HE.HS.1.9.E
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## Disease Prevention

- 10 Students will recognize what a disease is and how it is spread or acquired.** HE.HS.1.10
- a Compare and contrast the signs, symptoms, and risk factors of communicable diseases. HE.HS.1.10.A
  - b Analyze how genetics and family diseases can impact your personal health. HE.HS.1.10.B
  - c Compare and contrast different types of pathogens and explain how they are different. HE.HS.1.10.C
  - d Assess how the body defends itself against pathogens and disease. HE.HS.1.10.D
  - e Analyze treatment options for bacterial, viral, fungal and parasitic infections. HE.HS.1.10.E
  - f Analyze how Sexually Transmitted Infections spread and affect the body. HE.HS.1.10.F
  - g Examine the causes and progression of noncommunicable diseases and their treatment. HE.HS.1.10.G

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**11 Students will identify ways to protect from and reduce the risk of diseases and conditions.** HE.HS.1.11

- a Hypothesize how lifestyle choices can impact chronic disease. HE.HS.1.11.A
- b Analyze the influences that impact your personal health with regard to disease prevention. HE.HS.1.11.B
- c Analyze the different ways that communicable diseases spread to others. HE.HS.1.11.C
- d Connect the various stages of infection and how they correlate with immune response. HE.HS.1.11.D
- e Evaluate personal habits that promote resistance to infection (e.g. sleep patterns, nutrition, exercise). HE.HS.1.11.E
- f Identify and compile resources for testing and treatment of Sexually Transmitted Infections (STI) and Sexually Transmitted Diseases (STD). HE.HS.1.11.F

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**Injury Prevention & Safety**

**12 Students will recognize and respond to an injury or emergency situation.** HE.HS.1.12

- a Analyze the signs and symptoms of various injuries, illnesses, and emergencies to be able to respond accordingly. HE.HS.1.12.A
- b Speculate and deduce the appropriate health service required in injury or emergency situations for oneself or others. HE.HS.1.12.B
- c Demonstrate the proper emergency care and lifesaving procedures using universal precautions in various injuries and emergencies (e.g. CPR, AED, first aid, and control of bleeding). HE.HS.1.12.C
- d Interpret when a natural disaster could occur and how to respond for personal safety. HE.HS.1.12.D
- e Locate valid and reliable resources and/or other sources of support for someone who is self harming, being harassed, abused, assaulted, exploited or trafficked. HE.HS.1.12.E

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**13 Students will understand and learn specific behaviors that promote injury prevention and personal safety.** HE.HS.1.13

- a Model safety rules and procedures to avoid risky behaviors and injury. HE.HS.1.13.A
- b Assess safety strategies in the home, school, and community (e.g. working, carbon/smoke alarms, gun safety, swimming, internet safety). HE.HS.1.13.B
- c Create emergency preparedness plans in natural disaster situations for home, school, and community (e.g. tornadoes, fires, storms, etc.). HE.HS.1.13.C
- d Recognize and describe the potential risks and dangers associated with sharing personal information, online communication, and technology. HE.HS.1.13.D
- e Practice digital citizenship. HE.HS.1.13.E
- f Assess personal behaviors that could lead to risky behaviors. HE.HS.1.13.F
- g Persuade others to avoid driving distracted or while under the influence of substances. HE.HS.1.13.G

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**Social, Emotional & Mental Health**

**14 Students will develop social skills and understand how to positively interact with others.** HE.HS.1.14

- a Demonstrate competency in active listening skills. HE.HS.1.14.A
- b Compare and contrast the effectiveness of assertive, passive, and aggressive communication styles. HE.HS.1.14.B
- c Analyze how social health impacts mental, emotional, and physical health components. HE.HS.1.14.C
- d Demonstrate appropriate conflict resolution skills. HE.HS.1.14.D
- e Evaluate how social media and technology effects one's current and future interactions, reputation, relationships, and socialization. HE.HS.1.14.E
- f Demonstrate effective nonverbal communication skills for various situations. HE.HS.1.14.F
- g Examine the different types of harassment (e.g. sexual, physical, verbal, emotional, cyber) and potential legal implications. HE.HS.1.14.G
- h Compare and contrast face to face interaction and interactions via electronic devices. HE.HS.1.14.H

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**15 Students will identify and manage feelings, emotions and behaviors in a healthy manner.** HE.HS.1.15

- a Identify, evaluate, and describe different types of emotions and their causes. HE.HS.1.15.A
- b Compare and contrast healthy and unhealthy coping mechanisms. HE.HS.1.15.B
- c Determine how to appropriately express feelings and emotions. HE.HS.1.15.C
- d Develop a list of parents/guardians/trusted adults at home, school, or community that can be contacted in times of emotional distress. HE.HS.1.15.D
- e Analyze how internal and external factors help shape mental, emotional and social health. HE.HS.1.15.E

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**16 Students will develop skills to support one's mental wellness.** HE.HS.1.16

- a Summarize how mental health conditions develop. HE.HS.1.16.A
- b Recognize and evaluate the warning signs of depression, suicide, and other self-destructive behaviors. HE.HS.1.16.B
- c Locate valid and reliable school and community resources to encourage positive mental health practices. HE.HS.1.16.C
- d Recognize and analyze protective factors of common mental health conditions. HE.HS.1.16.D
- e Analyze and explain how social media can lead to the development of mental health conditions. HE.HS.1.16.E

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**Human Growth & Development**

**16 Students will learn characteristics relating to healthy relationships and how to respond to unhealthy relationships.** HE.HS.1.16

- a Formulate ways to establish and maintain healthy relationships. HE.HS.1.16.A
- b Access valid and reliable information & resources that provide help for survivors of sexual abuse, incest, rape, sexual harassment, sexual assault and dating violence. HE.HS.1.16.B
- c Determine when professional health services may be beneficial for an unhealthy relationship. HE.HS.1.16.C
- d Explain why a person who has been raped or sexually abused is not at fault. HE.HS.1.16.D
- e Demonstrate refusal skills, personal boundaries, and affirmative consent. HE.HS.1.16.E
- f Describe how pornography and sexting can impact relationships. HE.HS.1.16.F
- g Describe state and federal laws regarding age of consent and disclosure of STDs, including HIV. HE.HS.1.16.G

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**17 Students will recognize and manage the changes during development and maturation.** HE.HS.1.17

- a Examine the stages of pregnancy and the contribution of prenatal care to a healthy pregnancy. HE.HS.1.17.A
- b Examine developmental progression and regression of different stages in the life cycle. HE.HS.1.17.B
- c Identify preventative care examinations available and where to access them (e.g. mammogram, pap smear, testicular exam, breast exam, prostate exam). HE.HS.1.17.C
- d Analyze influences around sleep habits. HE.HS.1.17.D
- e Describe fertilization, fetal development, and the birth process. HE.HS.1.17.E

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**18 Students will understand the structure and functions of body systems.** HE.HS.1.18

- a Summarize the structures and functions of body systems. HE.HS.1.18.A
- b Describe how the different body systems are interrelated and work in unison for the body to function properly. HE.HS.1.18.B

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**Consumer &  
Environmental Safety**

**19 Students will identify and access valid and reliable consumer products, services and resources for a healthy lifestyle.** HE.HS.1.19

- a Apply criteria to evaluate the validity and reliability of health information, products, and services from a variety of sources (e.g. written, verbal, visual, electronic). HE.HS.1.19.A
- b Identify and evaluate valid and reliable health resources from home, school, and community that protect and inform consumers. HE.HS.1.19.B
- c Explain the procedures for making an appointment, health screenings, checkups, and other early detection measures. HE.HS.1.19.C
- d Describe the terms and phrases related to health insurance. (e.g. deductibles, premium, copayment, benefits). HE.HS.1.19.D
- e Explain the consumer components of the Health Information Portability and Accountability Act (HIPAA). HE.HS.1.19.E
- f Evaluate the importance of regular medical and dental checkups, and examinations. HE.HS.1.19.F

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**20 Students will recognize how the environment affects health.** HE.HS.1.20

- a Evaluate environmental influences that encourage or discourage a person to practice a healthy lifestyle. (e.g. family, economic status, geographical influences, skills, social media, employment). HE.HS.1.20.A
- b Formulate an accurate and effective environmental message to improve personal health. HE.HS.1.20.B
- c Develop a plan to attain a personal health related goal that addresses environmental strengths, needs and risks. HE.HS.1.20.C