

HEALTHY AND FIT BODY: Understand and integrate concepts of physical, mental, and emotional health.				
	<p>STANDARDS</p> <p>Show the relationship between diet and exercise and how they contribute to a healthy body and mind.</p> <p>Demonstrate understanding of healthy personal habits.</p>	<p>Grade 8</p> <ul style="list-style-type: none"> Assess personal nutrition and health related to fitness. Design, implement and evaluate a personal fitness plan. Explain the importance of healthy personal habits and their effect on social, physical and mental wellbeing. 		<p>Grade 12</p> <ul style="list-style-type: none"> Interpret and exercise and dietary assessment, and proscribe appropriate physical and mental health enhancing behaviors for others. Analyze the impact of personal health practices in work settings.
<p>Understand key concepts of growth and development and their relationship to lifetime wellness.</p>	<p>Describe how to adapt to physical, mental and social changes that occur throughout life.</p>		<ul style="list-style-type: none"> Predict how physical, mental and social changes affect health decisions. 	<ul style="list-style-type: none"> Analyze how physical, mental and social changes impact wellbeing throughout life.

CONTROLLABLE HEALTH RISKS: Apply prevention and risk-reduction concepts to health-related problems.				
	STANDARDS	Grade 8	Grade 10	Grade 12
	<p>Demonstrate risk reduction strategies to promote health.</p> <p>Demonstrate strategies to avoid risky sexual behaviors.</p>	<ul style="list-style-type: none"> Implement decisions making skills, conflict resolution strategies, violence prevention, refusal skills and goal setting to avoid risky situations. Identify personal risk behaviors related to teen pregnancy. Predict the impact of early sexual involvement on self and others. 	<ul style="list-style-type: none"> Identify and access community resources to promote personal and community health. Develop strategies for protecting self and others from STDs and HIV disease and pregnancy. 	<ul style="list-style-type: none"> Perform community service designed to address or ameliorate an identified health risk. Create and implement a plan to promote healthful, and prevent risky, sexual behaviors for adolescents or preadolescents.
Understand principles and concepts related to infectious and communicable diseases.	Demonstrate ways to prevent communicable and chronic diseases	<ul style="list-style-type: none"> Assess personal risk of communicable disease, including STDs and HIV disease. Design a personal plan for avoiding communicable diseases, including STDs and HIV disease. Compare and contrast prevention strategies for communicable and chronic diseases. 	<ul style="list-style-type: none"> Evaluate community factors that contribute to communicable diseases, including STDs and HIV disease. Assess community resources that address communicable disease, including STDs and HIV disease. Assess personal and family risks of chronic diseases. 	<ul style="list-style-type: none"> Analyze the community environment and prescribe changes needed to prevent/reduce the spread of communicable diseases. Assess community environmental factors that contribute to chronic diseases and advocate for a healthy environment.
Predict short and long-term consequences of safe, risky and harmful behaviors.	<p>Explain harmful effects of high-risk behaviors.</p> <p>Identify conditions that contribute to mental wellbeing.</p> <p>Identify risk factors and resources associated with suicide and other intentional injuries.</p>	<ul style="list-style-type: none"> Analyze the physical, mental and social implications of drug use, sexual involvement and violence related to personal health. Show how healthy strategies help one cope with adolescent stressors. Identify suicide risk factors 	<ul style="list-style-type: none"> Analyze the physical, mental and social implications of drug use, sexual involvement and violence related to community health. Evaluate the effects of physical and emotional stressors on physical health and interpersonal relationships. Analyze factors that contribute to feelings of isolation and depression. Develop strategies for coping with feelings of isolation and depression. Explain how to access resources to prevent suicide. 	<ul style="list-style-type: none"> Analyze a specific community health problem arising from high risk behavior (such as substance abuse, gang activity, early sexual involvement, etc). Analyze stressors at home, school and the work place. Discriminate between healthy and unhealthy coping techniques at home, school and workplace. Analyze employee assistance programs. Devise an intervention for a coworker or family member who is exhibiting suicide risk behaviors.

SAFE AND HEALTHY ENVIRONMENT: Explain safe physical, social, and emotional environments for individuals, families, schools, and communities.				
	STANDARDS	Grade 8	Grade 10	Grade 12
	Demonstrate principles and practices that promote individual, family, school and community safety.	<ul style="list-style-type: none"> Demonstrate how peers can help each other avoid and cope with potentially dangerous situations in healthy ways. 	<ul style="list-style-type: none"> Describe corrective actions that reduce risk of unintentional injury in a motor vehicle. 	<ul style="list-style-type: none"> Analyze hazards in the community and advocate for improvements or changes.
Apply injury prevention, first aid and emergency care skills.	Practice concept of injury prevention and first aid.	<ul style="list-style-type: none"> Evaluate community resources for injury control and treatment. Analyze common emergency situations and devise a plan of action. 	<ul style="list-style-type: none"> Develop a plan to identify, avoid and cope with a potentially dangerous situation. Demonstrate ability to respond to a variety of emergency situations. 	<ul style="list-style-type: none"> Synthesize and evaluate a natural disaster or emergency response plan. Explain worksite injury prevention policies and practices (OSHA standards, worker's com. System, etc.)
Understand the potential influences of environmental factors on personal and public health.	Explain the major health concepts and issues related to environment and public health.	<ul style="list-style-type: none"> Describe the health effects of a selected community environmental problem. Create an advocacy plan to improve the community environment 	<ul style="list-style-type: none"> Analyze a global environmental problem, (e.g., ozone layer, global warming, destruction of rain forests, etc.) Organize a group advocacy project to address a selected environmental concern. 	<ul style="list-style-type: none"> Analyze factors in the workplace environment that affect health. Create a plan to reduce environmental hazards in the workplace.
Demonstrate violence prevention and conflict resolution skill.	Explain how to resolve conflict effectively and demonstrate skills to prevent or reduce the risk of violence.	<ul style="list-style-type: none"> Assess situations that have potential for violence or abuse and develop strategies for avoiding them. 	<ul style="list-style-type: none"> Analyze factors in the community that contribute to violence and create a plan to reduce it. 	<ul style="list-style-type: none"> Analyze potential conflict in the workplace and create strategies for dealing with it effectively.

INFORMED CONSUMER: Analyze health information, products, and services while considering media, technological, and cultural influences.				
	STANDARDS	Grade 8	Grade 10	Grade 12
	Explain how culture, technology and media impact health choices, products and services.	<ul style="list-style-type: none"> Analyze advertising techniques that are used to promote health-related products and services. 	<ul style="list-style-type: none"> Evaluate the influences of culture and trends on consumer choices related to health. 	<ul style="list-style-type: none"> Examine and utilize marketing strategies and techniques to promote a health enhancing product targeted to a selected population.
Evaluate the validity and reliability of health-related information, products and services as a consumer or potential consumer.	Identify and evaluate health services and community support services and resources. Examine career opportunities in health related fields.	<ul style="list-style-type: none"> Discriminate between valid and invalid health products and services and know consumer rights. Analyze a health career of interest. 	<ul style="list-style-type: none"> Analyze how personal, social and economic factors influence the ability to access and use the health care system to deal with an illness or health problem. Create an educational plan named at achieving a specific health career. 	<ul style="list-style-type: none"> Analyze major types of health insurance coverage offered at a worksite, and develop criteria for informed selection based on need. Participate in an internship with a health professional to asses personal interests in that field.