
Grades 9-12

For all eight standards, the performance indicators are the specific concepts and skills that students *should know* and *be able to do* by the end of grade 12.

Health Education Standard 1

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

As a result of health instruction in grades 9 through 12, students will:

- 1.12.1 Predict how healthy behaviors can affect health status.
- 1.12.2 Describe the interrelationships of emotional, mental, physical and social health in adolescence.
- 1.12.3 Analyze how the environment affects personal health.
- 1.12.4 Analyze how genetics and family history can affect personal health.
- 1.12.5 Propose ways to reduce or prevent injuries and health problems
- 1.12.6 Analyze the relationship between access to health care and health status.
- 1.12.7 Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.
- 1.12.8 Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors.
- 1.12.9 Analyze the potential severity of injury or illness if engaging in unhealthy behaviors.

Health Education Standard 2

Students will analyze the influence of family, peers, culture, media, technology and other factors on healthy behaviors.

As a result of health instruction in grades 9 through 12, students will:

- 2.12.1 Analyze how the family influences the health of individuals.
- 2.12.2 Analyze how culture supports and challenges health beliefs, practices and behaviors.
- 2.12.3 Analyze how peers influence healthy and unhealthy behaviors.
- 2.12.4 Evaluate how the school and community can influence personal health practice and behaviors.
- 2.12.5 Evaluate the influence of media on personal and family health.
- 2.12.6 Evaluate the impact of technology on personal, family, and community health.

- 2.12.7 Analyze how the perceptions of norms influence healthy and unhealthy behaviors.
- 2.12.8 Analyze the influence of personal values and beliefs on individual health practices and behaviors.
- 2.12.9 Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.
- 2.12.10 Analyze how public health policies and government regulations can influence health promotion and disease prevention.

Health Education Standard 3

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

As a result of health instruction in grades 9 through 12, students will:

- 3.12.1 Access valid and reliable health information, products and services.
- 3.12.2 Evaluate the validity of health information, products, and services.
- 3.12.3 Use resources from home, school, and community that provide valid health information.
- 3.12.4 Determine the accessibility of products and services that enhance health.
- 3.12.5 Determine when professional health services may be required.

Health Education Standard 4

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

As a result of health instruction in grades 9 through 12, students will:

- 4.12.1 Use skills for communicating effectively with family, peers, and others to enhance health.
- 4.12.2 Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.
- 4.12.3 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.
- 4.12.4 Demonstrate how to ask for and offer assistance to enhance the health of self and others.
- 4.12.5 Analyze refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risk.

Health Education Standard 5

Students will demonstrate the ability to use decision-making skills to enhance health.

As a result of health instruction in grades 9 through 12, students will:

- 5.12.1 Examine barriers that can hinder healthy decision making.
- 5.12.2 Determine the value of applying a thoughtful decision-making process in health-related situations.
- 5.12.3 Justify when individual or collaborative decision making is appropriate.
- 5.12.4 Generate alternatives to health-related issues or problems.
- 5.12.5 Predict the potential short-term and long-term impact of each alternative on self and others.
- 5.12.6 Defend the healthy choice when making decisions
- 5.12.7 Evaluate the effectiveness of health-related decisions.

Health Education Standard 6

Students will demonstrate the ability to use goal-setting skills to enhance health.

As a result of health instruction in grades 9 through 12, students will:

- 6.12.1 Assess personal health practices and overall health status.
- 6.12.2 Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.
- 6.12.3 Implement strategies and monitor progress in achieving a personal health goal.
- 6.12.4 Formulate an effective long-term personal health plan.

Health Education Standard 7

Students will demonstrate the ability practice health-enhancing behaviors to avoid or reduce health risks.

As a result of health instruction in grades 9 through 12, students will:

- 7.12.1 Analyze the role of individual responsibility in enhancing health.
- 7.12.2 Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.
- 7.12.3 Demonstrate a variety of behaviors that avoid or reduce health risks to self and others.

Health Education Standard 8

Students will demonstrate the ability to advocate for personal, family and community health.

As a result of health instruction in grades 9 through 12, students will:

- 8.12.1 Use accurate peer and societal norms to formulate a health-enhancing message.
- 8.12.2 Demonstrate how to persuade and support others to make positive health choices.
- 8.12.3 Work cooperatively as an advocate for improving personal, family, and community health.
- 8.12.4 Adapt health messages and communication techniques to a specific target audience.