Grade Level: Middle School **Grade: _____** **Teacher: _____**

Health Education Content Areas ± / Standards and Performance Indicators	Community Health	Consumer Health	Environmental Health	Family Life Education	Growth and Development	Personal Health Including Mental and Emotional Health	Nutritional Health	Prevention and Control of Disease and Disorders	Safety and Accident Prevention	Substance Use and Abuse
A. HEALTH CONCEPTS 1.Explain the relationship between healthy behaviors and the prevention of injury, illness, and disease.										
2. Describe the relationship among physical, mental, emotional, and social health.										
3. Analyze the effects that risky behaviors have on personal health (e.g., tobacco, drugs, poor nutrition, sexual activity, sedentary life style, and behaviors resulting in injury).										
4. Evaluate how health is influenced by the interaction of body systems (e.g., physical fitness and the respiratory and circulatory systems).										
5. Analyze how the environment relates to personal health.										
6. Explain how appropriate health care can prevent premature death and disability.										
7. Identify the characteristics and stages of human growth and development.										
8. Demonstrate thorough understanding of key health concepts.										
B. HEALTH INFORMATION, SERVICES, & PRODUCTS 1. Analyze the validity of health information, products, and services and describe situations requiring their use.										
2. Identify resources from home, school, and community that provide valid health information and services.										

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C. HEALTH PROMOTION AND RISK REDUCTION 1. Explain the importance of assuming responsibility for personal health.										
2. Analyze a personal health assessment to determine health strengths and risks.										
3. Develop strategies to improve or maintain personal and family health.										
4. Develop injury prevention and response strategies for personal safety, including first aid.										
5. Demonstrate ways to avoid or change situations that threaten personal safety.										
6. Distinguish between healthy and unhealthy stress management techniques.										
D. INFLUENCES ON HEALTH 1. Investigate the influence of cultural beliefs on health behaviors and the use of health services.										
2. Analyze how messages from media influence both health behaviors and the selection of health information, products, and services (e.g., eating disorders, teen magazines, acne products, dental care).										
3. Analyze the effect of technology on personal and family health.										
4. Describe how school, family, and peers influence the health of adolescents.										

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E. COMMUNICATION SKILLS 1. Demonstrate effective verbal and non-verbal communication skills to enhance health and to build and maintain healthy relationships (e.g., positive peer pressure).										
2. Demonstrate refusal and negotiation skills that can enhance health by enabling them to deal with negative peer pressure.										
3. Demonstrate conflict resolution strategies.										
4. Analyze various communication methods which can be used to give information, ideas, and opinions about health issues.										
F. DECISION-MAKING AND GOAL SETTING 1. Demonstrate individual and collaborative decision-making processes to resolve health problems.										
2. Analyze how health-related decisions are influenced by individuals, families, and community values.										
3. Explain how decisions regarding health behaviors have consequences for them and others.										
4. Describe how personal health goals are influenced by changing information, abilities, priorities, and responsibilities.										
5. Develop a plan to attain personal health goals by employing personal strengths and addressing needs and health risks.										