Grade Level: Secondary **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.Analyze the relationship between personal health practices and individual well-being. 2. Describe the interrelationship of physical, mental, emotional, and social health throughout the stages of life. 3. Evaluate the short- and long-term effects of risky behavior. 4. Analyze the impact of personal health behaviors on body systems. 5. Analyze how the environment relates to personal community health. 6. Describe health issues common at different stages of life. 7. Analyze how public health policies and laws influence health promotion and disease prevention. 8. Analyze how the prevention and control of health problems are influenced by research and medical advances. 9. Describe how disease-causing microorganisms, family history, nutrition, and other factors relate to the cause or prevention of disease and other health problems. 10. Describe how stress management relates to disease prevention. 11. Demonstrate in-depth understanding of complex health concepts.										

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B. HEALTH INFORMATION, SERVICES, & PRODUCTS 1. Provide evidence to support the validity of health information, products, and services. 2. Evaluate factors that influence personal selection of health products and services (e.g., cost and accessibility). 3. Access school and community health services (e.g., school nurse, family physician, emergency care). 4. Analyze various health problems and identify those that require professional health care services (e.g., dental cavities, sports injuries).										
C. HEALTH PROMOTION AND RISK REDUCTION 1. Analyze the extend to which individuals are responsible for enhancing health and safety in the community and the workplace. 2. Demonstrate strategies to avoid, change, and report unsafe situations. 3. Design, implement, and evaluate a plan of stress management.										
D. INFLUENCES ON HEALTH 1. Analyze how different cultures affect health beliefs and practices (gender equity). 2. Evaluate the effect of media and other factors on personal, family, and community health. 3. Evaluate the impact of technology on personal, family, and community health. 4. Analyze how the family, peers, and community influence the health of individuals.										

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E. COMMUNICATION SKILLS 1. Demonstrate healthy ways to listen and communicate effectively with family, peers, and others. 2. Demonstrate strategies that can be used to prevent or solve conflicts without harm. 3. Analyze the possible causes of conflict in schools, families, and communities. 4. Evaluate the effectiveness of various communication methods for accurately delivering health information and ideas. 5. Utilize strategies to overcome barriers when communicating information, ideas, feelings, and opinions about health issues. 6. Demonstrate the ability to work cooperatively as an advocate for healthy individuals, families, schools, and communities. 7. Adapt health messages and communication techniques to the characteristics of a particular audience.										
F. DECISION-MAKING AND GOAL SETTING 1. Demonstrate various decision-making strategies that can be used to address behaviors which lead to trouble. 2. Analyze health concerns that require collaborative decision-making. 3. Predict the immediate and long-term impact of health decisions on the individual, family, and community. 4. Implement a plan and evaluate progress in attaining personal health goals. 5. Formulate an effective long-range personal health plan. .										