

Standard 1: Demonstrate functional health literacy skills to obtain, interpret, understand and use basic health concepts to enhance personal, family, and community health. (IA Core Health Literacy #1)

K-4	5	6	7	8	Health 1	Health 2
		B.A. Knows and uses concepts related to health promotion and disease prevention.			B.A. Knows essential concepts about the identification and prevention of diseases.	
		Describe healthy personal choices to promote health maintenance and disease prevention.	Examine the various factors that have impacted health over time.	Describe the interrelationships of the wellness dimensions: physical, emotional, intellectual, environmental, social, sexual, and spiritual wellness during adolescence.	Predict influence of risk and protective factors	Predict influence of risk and protective factors
				Develop preventative personal choices to promote health maintenance and disease prevention.	Use knowledge of impact of genetics/family history to make informed decisions.	Evaluate the impact of health care access (cost, knowledge, insurance, transportation) on health status.
					Describe the historical impact of disease and other health problems on contemporary health practices.	Describe how the prevention and control of health problems are influenced by research and medical advances.
					Understand preventive physical and mental health measures, including proper diet, nutrition, exercise, risk avoidance and stress reduction.	Understand preventive physical and mental health measures, including proper diet, nutrition, exercise, risk avoidance and stress reduction.
		B.B. Examine mental and emotional health topics.			B.B. Analyze community resources that support mental/emotional, social and physical health.	
			Examine signs, symptoms, risk factors, and treatments of depression, including those associated with suicide.	Practice appropriate and effective stress management techniques.	Explain how family, peers, cultural practices and attitudes influence health.	Explain how family, peers, cultural practices and attitudes influence health.

			Investigate ways to build self-efficacy.	Identify characteristics of mentally healthy individuals.	Evaluate the impact of media, technology, research and medical advances on health.	Evaluate the impact of media, technology, research and medical advances on health.
					Understand impact of national and international public health and safety issues on personal and family health status.	Understand impact of national and international public health and safety issues on personal and family health status.
					Contribute to personal/family quality of life through proper prevention/management of health crises, i.e., injury, depression, chronic illness.	Contribute to personal/family quality of life through proper prevention/management of health crises, i.e., injury, depression, chronic illness.
Standard 2: Synthesize interactive literacy, critical thinking and social skills to establish and monitor personal, family, and community goals related to all aspects of health. (IA Core Health Literacy #2 & #3)						
		6	7	8	Health 1	Health 2
		B.A. Demonstrate social and communication skills to enhance health of self and others.			B.A. Understand key concepts of interpersonal relationships, communication, and advocacy.	
		Generate ways to communicate care, consideration, empathy and respect for self and others.	Apply appropriate communication skills to enhance health of self and others.	Utilize effective conflict management strategies.	Communicate effectively to enhance the health of self and others while employing consideration and empathy for others and using effective conflict management strategies.	Communicate effectively to enhance the health of self and others while employing consideration and empathy for others and using effective conflict management strategies.
		Identify proper methods of obtaining help for self and others.			Advocate for personal, family, and community health.	Advocate for personal, family, and community health.
		B.B. Advocate for personal, family, and community health.			B.B. Demonstrate goal-setting & decision making skills.	
		Advocate for personal health.	Model how to influence and support others to make positive health choices.	Identify community structures that support advocacy of a healthy environment.	Evaluate health status and develop goals to enhance health.	Evaluate health status and develop goals to enhance health.

			Collaborate to improve family and community health.	Implement goals to enhance personal health and monitor progress.	Consider immediate and long-term impacts when making health-related decisions.	Engage in an ongoing cycle of goal-setting, implementation, evaluation, and readjustment to enhance health status.
						Use knowledge of relevant terminology to ask questions and make decisions about health benefits.
						Explore multiple perspectives when asking for assistance to make health-related decisions.
Standard 3: Demonstrate behaviors that foster healthy, active lifestyles for individuals and the benefit of society. (IA Core Health Literacy #5)						
		6	7	8	Health 1	Health 2
		B.A. Achieve and maintain health enhancing level of physical activity.			B.A. Achieve and maintain health-enhancing level of physical activity.	
				Analyze risk factors and develop preventative health measures, including risk avoidance and violence prevention.	Engage in activities to maintain appropriate levels of cardiocascular endurance, muscular, strength/flexibility, and body composition.	
		B.B. Practice preventative health behaviors.			B.B. Practice preventative health behaviors.	
		Identify the benefits of physical activity to improve cardio-vascular and muscular strength and endurance, flexibility and body composition.			Engage in behaviors that promote risk avoidance and positive mental and emotional health.	Identify factors that influence healthy eating.
					Identify factors that influence healthy eating.	Analyze current trends in preventative health.

Standard 4: Use media literacy skills to analyze media and other influences to effectively manage health risk situations and advocate for self and others. (IA Core Health Literacy #4)

		6	7	8	Health 1	Health 2
		B.A. Analyze the influence of family, peers, health professionals, culture, media, technology, and other health factors.			B.A. Analyze the influence of family, peers, health professionals, culture, media, technology, and other health factors.	
				Demonstrate appropriate responses to negative and positive health influences.	Analyze how information from a diverse community, family, and peers influences health.	Analyze how information from a diverse community, family, and peers influences health.
				Determine how cultural diversities enrich and challenge health behaviors.	Recognize the impact media messages have on mental and emotional health.	
		B.B. Access valid information, products and services.			B.B. Access valid information, products and services.	
		Analyze how information influences health.			Identify factors that influence selection of health products and services.	Evaluate factors that influence selection of health products and services.
		Determine reliability, accuracy, dependability of health information sources.				Consider preferred provider status as well as other relevant insurance provisions and/or restrictions when accessing and choosing professional health services.
		Identify techniques used by print and non-print media sources to influence consumer health choices.				

Standard 5: Understands key concepts of substance abuse and misuse.

K-4th	5th	6	7	8	Health 1	Health 2
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		B.A. Recognizes the personal, social, and legal consequences of substance abuse.			B.A. Recognizes the personal, social, and legal consequences of substance abuse.	
	Explore peer pressure and its impact on decision making.	Identify short and long-term effects of harmful substance use/misuse on self, family, and friends.			Recognize physical and psychological impacts of various types of drugs.	
					Recognize the legal and social consequences related to substance abuse.	
Standard 6: Understands the fundamental concepts of growth and development.						
K-4	5	6	7	8	Health 1	Health 2
B.A. Understand factors of social and emotional health during adolescence.		B.A. Describe developmental changes during adolescence.				
Explores life skills for developing healthy emotional and social habits.	Explores life skills for developing healthy emotional and social habits.			Examine physical and emotional changes that occur during puberty.		
Understand sexual harrassment, peer pressure, empathy and personal safety.	Identify social and emotional changes occurring during puberty.					
	Describe normal variations in individual rates of change during puberty and hygiene.					
B.B. Understand structure and function of reproductive system.		B.B Understand factors that influence sexual health.			B.B Understand factors that influence sexual health.	
	Define the structure and functions of the male or female reproductive system.			Identify preventative forms used to reduce the risk of pregnancy and disease/infection transmission.	Identify preventative forms used to reduce the risk of pregnancy and disease/infection transmission.	
				Discuss factors teens choose to engage in or abstain from sexual intercourse.		