

Natio	onal Health Education Standards	Awareness Cards	Intro	Melissa	Roles	Brittany	Dan	Maya	Mike	Pam	Rob	Ryan	Stefani	Stewart	Taylor	myStation
and disease prevention to enhance health.		 Rationale: The acquisition of basic health concepts and functional health knowledge provides a foundation for promoting health-enhancing behaviors among youth. This standard includes essential concepts that are based on established health behavior theories and models. Concepts that focus on both health promotion and risk reduction are included in the performance indicators. 														
1.12.1	Predict how healthy behaviors can affect health status.			Х		Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х
1.12.2	Describe the interrelationships of emotional, intellectual, physical, and social health.					Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х
1.12.3	Analyze how environment and personal health are interrelated.	Х		Х		Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х
1.12.4	Analyze how genetics and family history can impact personal health.															
1.12.5	Propose ways to reduce or prevent injuries and health problems.			Х												х
1.12.6	Analyze the relationship between access to health care and health status.			Х	Х											
1.12.7	Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.	Х				Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х
1.12.8	Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors.	Х		Х		Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х
1.12.9	Analyze the potential severity of injury or illness if engaging in unhealthy behaviors.	Х		Х		Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х
Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.		Rationale: Health is affected by a variety of positive and negative influences within society. This standard focuses on identifying and understanding the diverse internal and external factors that influence health practices and behaviors among youth, including personal values, beliefs, and perceived norms.														
2.12.1	Analyze how the family influences the health of individuals.	Х		Х		Х	Х	Х	Х	Х	Х	Х		Х	Х	Х
2.12.2	Analyze how the culture supports and challenges health beliefs, practices, and behaviors.															
2.12.3	Analyze how peers influence healthy and unhealthy behaviors.	Х		Х		Х	Х	Х	Х	Х	Х	Х		Х	Х	Х
2.12.4	Evaluate how the school and community can affect personal health practice and behaviors.	Х		Х					Х			Х			Х	
2.12.5	Evaluate the effect of media on personal and family health.											Х		Х	Х	
2.12.6	Evaluate the impact of technology on personal, family, and community health.	Х		Х		Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х
2.12.7	Analyze how the perceptions of norms influence healthy and unhealthy behaviors.			Х												
2.12.8	Analyze the influence of personal values and beliefs on individual health practices and behaviors.	Х		Х		Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х
2.12.9	Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.	Х		Х		Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х

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2.12.10	Analyze how public health policies and government regulations can influence health promotion and disease prevention.															
Standard 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.		Rationale: Access to valid health information and health-promoting products and services is critical in the prevention, early detection, and treatment of health problems. This standard focuses on how to identify and access valid health resources and to reject unproven sources. Application of the skills of analysis, comparison, and evaluation of health resources empowers students to achieve health literacy.														to s of
3.12.1	Evaluate the validity of health information, products, and services.					Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х
3.12.2	Use resources from home, school, and community that provide valid health information.					Х	Х	Х	Х	х	х	Х	х	Х	Х	Х
3.12.3	Determine the accessibility of products and services that enhance health.		Х													Х
3.12.4	Determine when professional health services may be required.			Х	Х											Х
3.12.5	Access valid and reliable health products and services.						Х	Х	Х	Х	Х	Х	Х	Х	Х	Х
Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.		Rationale: Effective communication enhances personal, family, and community health. This standard focuses on how responsible individuals use verbal and non-verbal skills to develop and maintain healthy personal relationships. The ability to organize and to convey information and feelings is the basis for strengthening interpersonal interactions and reducing or avoiding conflict.														
4.12.1	Use skills for communicating effectively with family, peers, and others to enhance health.						Х	Х	Х	Х	Х	Х	Х	Х	Х	Х
4.12.2	Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.															Х
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.															Х
Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.		behav presci	riors. Tl ribed ir	nis stan 1 the pe	dard in rforma	cludes nce ind	are nee the ess licators. with ot	ential s When	steps th applied	at are i I to hea	needed Ith issu	to mak les, the	ke healt	hy dec	isions a	as
5.12.1	Examine barriers that can hinder healthy decision making.															Х
5.12.2	Determine the value of applying a thoughtful decision-making process in health-related situations.						Х	Х	Х	Х	х	Х	х	Х	Х	Х
5.12.3	Justify when individual or collaborative decision making is appropriate.						Х	Х	Х	Х	Х	Х	Х	Х	Х	Х
5.12.4	Generate alternatives to health-related issues or problems.						Х	Х	Х	Х	Х	Х	Х	Х	Х	Х
5.12.5	Predict the potential short-term and long-term impact of each alternative on self and others.															Х
5.12.6	Defend the healthy choice when making decisions.															Х
5.12.7	Evaluate the effectiveness of health-related decisions.															Х

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Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.			Rationale: Goal-setting skills are essential to help students identify, adopt, and maintain healthy behaviors. This standard includes the critical steps that are needed to achieve both short-term and long-term health goals. These skills make it possible for individuals to have aspirations and plans for the future.													
6.12.1	Assess personal health practices and overall health status.					Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х
6.12.2	Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.					Х	Х	Х	Х	х	х	Х	Х	Х	Х	Х
6.12.3	Implement strategies and monitor progress in achieving a personal health goal.															Х
6.12.4	Formulate an effective long-term personal health plan.															Х
Standard 7: Students will demonstrate the ability to practice health- enhancing behaviors and avoid or reduce health risks.		Rationale: Research confirms that practicing health-enhancing behaviors can contribute to a positive quality of life. In addition, many diseases and injuries can be prevented by reducing harmful and risk-taking behaviors. This standard promotes the acceptance of personal responsibility for health and encourages the practice of healthy behaviors.													sk-	
7.12.1	Analyze the role of individual responsibility for enhancing health.					Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х
7.12.2	Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.															х
7.12.3	Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.															Х
Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.		Rationale: Advocacy skills help students promote healthy norms and healthy behaviors. This standard helps students develop important skills to target their health-enhancing messages and to encourage others to adopt healthy behaviors.														
8.12.1	Utilize accurate peer and societal norms to formulate a health- enhancing message.															
8.12.2	Demonstrate how to influence and support others to make positive health choices.															Х
8.12.3	Work cooperatively as an advocate for improving personal, family, and community health.															Х
8.12.4	Adapt health messages and communication techniques to a specific target audience.															Х