

Natio	onal Health Education Standards	Awareness Cards	Intro	Melissa	Roles	Brittany	Dan	Maya	Mike	Pam	Rob	Ryan	Stefani	Stewart	Taylor	myStation
Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.			dation f ntial cor	or pror	uisition moting that are health p	health- based	enhane on est	cing be ablishe	havior d healt	s amon h beha	ng youth	h. This eories a	standa and mo	ird incli odels. C	udes Concept	ts
1.12.1	Predict how healthy behaviors can affect health status.			Χ		Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	X	Χ	Χ
1.12.2	Describe the interrelationships of emotional, intellectual, physical, and social health.					Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	X	Χ	Χ
1.12.3	Analyze how environment and personal health are interrelated.	Χ		Χ		Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ
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.			Χ												Χ
1.12.6	Analyze the relationship between access to health care and health status.			Χ	Χ											
1.12.7	Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.	Χ				Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ
1.12.8	Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors.	Χ		Χ		Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ
1.12.9	Analyze the potential severity of injury or illness if engaging in unhealthy behaviors.	Χ		Χ		Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ
Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.			lard foo	cuses o	s affect n identi actices	ifying a	ind und	lerstan	ding th	e diver	se inter	rnal an	d exter	nal fac	tors tha	
2.12.1	Analyze how the family influences the health of individuals.	Χ		Χ		Χ	Χ	Χ	Χ	Χ	Χ	Χ		Χ	Χ	Χ
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.	Χ		Χ		Χ	Χ	Χ	Χ	Χ	Χ	Χ		Χ	Χ	Χ
2.12.4	Evaluate how the school and community can affect personal health practice and behaviors.	Χ		Χ					Χ			Χ			Χ	
2.12.5	Evaluate the effect of media on personal and family health.											Χ		Χ	Χ	
2.12.6	Evaluate the impact of technology on personal, family, and community health.	Χ		Χ		Χ	Χ	Χ	Χ	Χ	Χ	Χ	X	X	Χ	Χ
2.12.7	Analyze how the perceptions of norms influence healthy and unhealthy behaviors.			Χ												
2.12.8	Analyze the influence of personal values and beliefs on individual health practices and behaviors.	Χ		Χ		Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ
2.12.9	Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.	Χ		Χ		Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ

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2.12.10	Analyze how public health policies and government regulations can influence health promotion and disease prevention.		·												
	3: Students will demonstrate the ability to access valid ion, products, and services to enhance health.	in the prev to identify of analysis literacy.	ention, e	early de ess valid	tection d healt	ı, and tı h resou	reatme urces ar	nt of he nd to re	ealth project un	oblems proven	s. This s	tandar s. App	d focu lication	ises on n of the	how skills
3.12.1	Evaluate the validity of health information, products, and services.				Χ	Χ	Χ	Χ	Χ	Χ	X	Χ	X	Χ	X
3.12.2	Use resources from home, school, and community that provide valid health information.				Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Х	Χ	X
3.12.3	Determine the accessibility of products and services that enhance health.	Χ													Χ
3.12.4	Determine when professional health services may be required.		Χ	Χ											Χ
3.12.5	Access valid and reliable health products and services.					Χ	Χ	X	X	X	X	Χ	Χ	X	Χ
Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.		Rationale: standard for maintain h feelings is	ocuses o lealthy p	n how ersonal	respon relatio	sible in nships	ndividua . The a	als use obility to	verbal a organi	and noi ze and	n-verba to conv	al skills vey info	to dev ormati	elop ar on and	
4.12.1	Use skills for communicating effectively with family, peers, and others to enhance health.					Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ
4.12.2	Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.														X
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.														X
Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.		Rationale: behaviors. prescribed process en	This sta	ndard ii erforma	nclude ance in	s the es idicator	ssentia rs. Whe	steps t n applie	hat are	neede ealth is:	ed to ma sues, th	ake hea ne deci:	althy d sion-m	ecision	
5.12.1	Examine barriers that can hinder healthy decision making.														Χ
5.12.2	Determine the value of applying a thoughtful decision-making process in health-related situations.					Χ	Χ	Χ	Χ	Χ	Χ	Χ	X	Χ	X
5.12.3	Justify when individual or collaborative decision making is appropriate.					Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ
5.12.4	Generate alternatives to health-related issues or problems.					Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	X	Χ
5.12.5	Predict the potential short-term and long-term impact of each alternative on self and others.														Χ
5.12.6	Defend the healthy choice when making decisions.														X
5.12.7	Evaluate the effectiveness of health-related decisions.														Χ

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Standard 6: Students will demonstrate the ability to use goal-setting skills				his sta	ndard i	nclude	essent s the cr tills mak	itical st	eps tha	at are n	eeded	to achie	eve bot	:h shor	t-term	and
6.12.1	Assess personal health practices and overall health status.					Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	X	Χ	X
6.12.2	Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.					Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ
6.12.3	Implement strategies and monitor progress in achieving a personal health goal.															Χ
6.12.4	Formulate an effective long-term personal health plan.															Χ
Standard 7: Students will demonstrate the ability to practice health- enhancing behaviors and avoid or reduce health risks.		positi and r	ve qua isk-taki	lity of li ng beh	fe. In a aviors.	ddition This s	at pract , many tandard ice of h	diseas prom	es and otes the	injuries e accep	s can be stance o	e preve of perso	nted b	y redu	cing ha	
7.12.1	Analyze the role of individual responsibility for enhancing health.					Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	X
7.12.2	Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.															Χ
7.12.3	Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.															X
Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.		stanc	lard he	lps stud	dents d	levelop	itudent import ny beha	ant ski					•			nd to
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.															Χ
8.12.3	Work cooperatively as an advocate for improving personal, family, and community health.															Χ
8.12.4	Adapt health messages and communication techniques to a specific target audience.															Χ