

STRAND 5: Use of Decision-Making Skills to Enhance Health

Concept 1: Influences on Health Decision Making			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
PO 1. Identify circumstances that can help or hinder healthy decision making	PO 1. Identify circumstances that can help or hinder healthy decision making	PO 1. Identify circumstances that can help or hinder healthy decision making	PO 1. Examine barriers to healthy decision making

Concept 2: Application of Decision-Making Skills to Health			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
PO 1. Identify situations when a health-related decision is needed	PO 1. Identify health-related situations that might require a thoughtful decision	PO 1. Determine when health-related situations require the application of a thoughtful decision-making process	PO 1. Determine the value of applying a thoughtful decision-making process in health-related situations
PO 2. Differentiate between situations when a health-related decision can be made individually or when assistance is needed	PO 2. Analyze when assistance is needed when making a health-related decision	PO 2. Distinguish when individual or collaborative decision making is appropriate	PO 2. Justify when individual or collaborative decision making is appropriate
	PO 3. List healthy options to health-related issues or problems	PO 3. Distinguish between healthy and unhealthy alternatives to health-related issues or problems	PO 3. Analyze and propose alternatives to health-related issues or problems
	PO 4. Predict the potential outcomes of each option when making a health-related decision	PO 4. Predict the potential short-term impact of each alternative on self and others	PO 4. Predict the potential short-term and long-term impact of each alternative on self and others

STRAND 5: Use of Decision-Making Skills to Enhance Health

Concept 2: Application of Decision-Making Skills to Health			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
	PO 5. Choose a healthy option when making a decision	PO 5. Choose healthy alternatives over unhealthy alternatives when making a decision	PO 5. Defend the healthy choice when making decisions
	PO 6. Describe the outcomes of a health-related decision	PO 6. Analyze the outcomes of a health-related decision	PO 6. Evaluate the effectiveness of health-related decisions