# Health Standards

## Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts

Every student will comprehend concepts related to health promotion and disease prevention to enhance health.

<table>
<thead>
<tr>
<th>Concept 1: Relationship between Health Behaviors and Health</th>
<th>The concept of recognizing that healthy behaviors affect personal health.</th>
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</thead>
<tbody>
<tr>
<td>Concept 2: Multiple Dimensions of Health</td>
<td>The concept of understanding that there are multiple dimensions of health.</td>
</tr>
<tr>
<td>Concept 3: Personal Health</td>
<td>The concept of understanding personal health.</td>
</tr>
<tr>
<td>Concept 4: Prevention of Injuries and Health Problems</td>
<td>The concept of recognizing ways to prevent common childhood injuries and health problems.</td>
</tr>
<tr>
<td>Concept 5: Use of Health Care</td>
<td>The concept of understanding why it is important to seek health care.</td>
</tr>
<tr>
<td>Concept 6: Healthy vs. Unhealthy Behaviors</td>
<td>The concept of understanding the benefits of making healthy choices.</td>
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</tbody>
</table>

## STRAND 2: Analysis of Factors Affecting Health Behaviors

Every student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

| Concept 1: External Influences on Personal Health         | The concept of understanding how family and peers can influence personal health. |
Health Standards

Concept 2: Internal Influences on Personal Health
The concept of understanding how culture influences health beliefs.

Concept 3: Influence of Public Policy on Health
The concept of understanding how public health and government regulations can influence health promotion and disease prevention.

STRAND 3: Access to Health Information, Products, and Services to Enhance Health
Every student will demonstrate the ability to access valid information, products, and services to enhance health

Concept 1: Knowledge of Sources of Help
The concept of identifying trusted adults who can help promote health.

Concept 2: Accessing Help
The concept of understanding how to access valid health information from home, school and community.

STRAND 4: Use of Interpersonal Communication Skills to Enhance Health
Every student will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks

Concept 1: Communication to Enhance Health
The concept of understanding effective verbal and non-verbal communication skills to enhance health.
Health Standards

Concept 2: Self – Protection and Dealing with Conflict
The concept of understanding strategies to manage and resolve conflict.

Concept 3: Asking for Help
The concept of understanding how to ask for help to enhance the health of self and others.

STRAND 5: Use of Decision-making Skills to Enhance Health
Every student will demonstrate the ability to use decision-making skills to enhance health

Concept 1: Influence on Healthy Decision Making
The concept of understanding how to identify circumstances that can help or hinder healthy decision making.

Concept 2: Application of Decision-making Skills to Health
The concept of understanding the outcomes of a health-related decision.

STRAND 6: Use of Goal-Setting Skills to Enhance Health
Every student will demonstrate the ability to use goal-setting skills to enhance health

Concept 1: Assessment of Health
The concept of understanding personal health practices.
Health Standards

Concept 2: Health Related Goal Setting
The concept of understanding strategies and skills needed to attain a personal health goal.

STRAND 7: Ability to Practice Health – Enhancing Behaviors
Every student will demonstrate the ability to practice health – enhancing behaviors and avoid or reduce health risks

Concept 1: Personal Responsibility for Health
The concept of understanding responsible personal health behaviors.

Concept 2: Healthy Practices and Behaviors
The concept of understanding behaviors that avoid or reduce health risks.

STRAND 8: Ability to Advocate for Health
Every student will demonstrate the ability to advocate for personal, family, and community health

Concept 1: Personal Advocacy
The concept of understanding promoting personal health.

Concept 2: Collective Advocacy
The concept of understanding how to influence and support others to make positive health choices.

Concept 2: Tailoring Advocacy Messages to Audience
The concept of understanding ways in which health messages can be altered for different audiences.