

STRAND 1: Comprehension of Health Promotion and Disease Prevention Concepts

Concept 1: Understand Relationship Between Health Behaviors and Health			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
PO 1. Identify that healthy behaviors affect personal health and overall well-being	PO 1. Describe the relationship between healthy behaviors and personal health	PO 1. Analyze the relationship between healthy behaviors and personal health	PO 1. Predict how healthy behaviors can affect health status

Concept 2: Understanding Multiple Dimensions of Health			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
PO 1. Recognize what the human body is and what it means to be healthy	PO 1. Identify examples of emotional, intellectual, physical, and social health	PO 1. Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence	PO 1. Describe the interrelationships of emotional, intellectual, physical, and social health

Concept 3: Understanding Personal Health			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
PO 1. Describe ways to prevent communicable diseases	PO 1. Describe ways in which a safe and healthy school and community environment can promote personal health.	PO 1. Analyze how the environment affects personal health	PO 1. Analyze how environment and personal health are interrelated
PO 2. Identify that foods are classified into food groups and that a variety of food is needed for personal health, growth, and development	PO 2. Describe the key nutrients contained in the food groups and how these nutrients affect health and learning	PO 2. Analyze how food provides energy and nutrients for growth and development, that nutrition requirements vary from person to person, and how food intake affects health	PO 2. Evaluate the impact of food and nutrition, including nutrient deficiencies on health

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Concept 3: Understanding Personal Health			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
PO 3. Identify that physical activity is integral to good health	PO 3. Describe how physical activity impacts health	PO 3. Analyze how physical activity contributes to disease prevention	PO 3. Evaluate levels and types of physical activity and how these promote health and contribute to disease prevention
		PO 4. Describe how family history can affect personal health	PO 4. Analyze how genetics and family history can impact personal health

Concept 4: Understanding Prevention of Injuries and Health Problems			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
PO 1. List ways to prevent common childhood injuries	PO 1. Describe ways to prevent common childhood injuries and health problems	PO 1. Describe ways to reduce or prevent injuries and other adolescent health problems	PO 1. Propose ways to reduce or prevent injuries and health problems

Concept 5: Understanding Use of Health Care			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
PO 1. Describe why it is important to seek health care	PO 1. Describe when it is important to seek health care	PO 1. Explain how appropriate health care can promote personal health	PO 1. Analyze the relationship between access to health care and health status

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Concept 6: Understanding Healthy vs. Unhealthy Behaviors			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
		PO 1. Describe the benefits of and barriers to practicing healthy behaviors	PO 1. Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors
		PO 2. Examine the likelihood of injury or illness if engaging in unhealthy behaviors	PO 2. Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors
		PO 3. Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors	PO 3. Analyze the potential severity of injury or illness if engaging in unhealthy behaviors

STRAND 2: Analysis of Factors Affecting Health Behaviors

Concept 1: External Influences on Personal Health			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
PO 1. Identify how the family influences personal health practices and behaviors	PO 1. Describe how the family influences personal health practices and behaviors	PO 1. Examine how the family influences the health of adolescents	PO 1. Analyze how the family influences the health of individuals
PO 2. Recognize how culture influences health practices and behaviors	PO 2. Identify the influence of culture on health practices and behaviors	PO 2. Describe the influence of culture on health beliefs, practices, and behaviors	PO 2. Analyze how the culture supports and challenges health beliefs, practices, and behaviors
PO 3. Recognize how peers can influence healthy and unhealthy behaviors	PO 3. Describe how peers can influence healthy and unhealthy behaviors	PO 3. Analyze how peers influence healthy and unhealthy behaviors	PO 3. Evaluate how peers influence healthy and unhealthy behaviors
PO 4. Identify what the school can do to support personal health practices and behaviors	PO 4. Describe how the school and community can support personal health practices and behaviors	PO 4. Analyze how the school and community can affect personal health practices and behaviors	PO 4. Evaluate how the school and community can impact personal health practice and behaviors
PO 5. Describe how the media can influence health behaviors	PO 5. Explain how media influences thoughts, feelings, and health behaviors	PO 5. Analyze how messages from media influence health behaviors	PO 5. Evaluate the effect of media on personal and family health
PO 6. Recognize how technology can influence personal health	PO 6. Describe ways that technology can influence personal health	PO 6. Analyze the influence of technology on personal and family health	PO 6. Evaluate the impact of technology on personal, family, and community health

Concept 2: Internal Influences on Personal Health			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
		PO 1. Explain how the perceptions of norms influence healthy and unhealthy behaviors	PO 1. Analyze how the perceptions of norms influence healthy and unhealthy behaviors

STRAND 2: Analysis of Factors Affecting Health Behaviors

Concept 2: Internal Influences on Personal Health			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
		PO 2. Explain the influence of personal values and beliefs on individual health practices and behaviors	PO 2. Analyze the influence of personal values and beliefs on individual health practices and behaviors
		PO 3. Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors	PO 3. Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors

Concept 3: Influence of Public Policy on Health			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
		PO 1. Examine and explain how school and public health policies can influence health promotion and disease prevention	PO 1. Analyze how public health policies and government regulations can influence health promotion and disease prevention

STRAND 3: Access to Health Information, Products, and Services to Enhance Health

Concept 1: Knowledge of Sources of Help			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
PO 1. Identify trusted adults and professionals who can help promote health	PO 1. Identify characteristics of valid health information, products, and services	PO 1. Analyze the validity of health information, products, and services	PO 1. Evaluate the validity of health information, products, and services

Concept 2: Accessing Help			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
PO 1. Identify ways to locate school and community health helpers	PO 1. Locate resources from home, school, and community that provide valid health information	PO 1. Access valid health information from home, school, and community	PO 1. Use resources from home, school, and community that provide valid health information
		PO 2. Determine the accessibility of products that enhance health	PO 2. Determine the accessibility of products and services that enhance health.
		PO 3. Describe situations that may require professional health services	PO 3. Analyze a situation in which professional health services may be required
		PO 4. Locate valid and reliable health products and services	PO 4. Access valid and reliable health products and services

STRAND 4: Use of Interpersonal Communication Skills to Enhance Health

Concept 1: Communication to Enhance Help			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
PO 1. Demonstrate healthy ways to express needs, wants, and feelings	PO 1. Demonstrate effective verbal and nonverbal communication skills to enhance health	PO 1. Apply effective verbal and nonverbal communication skills to enhance health	PO 1. Utilize skills for communicating effectively with family, peers, and others to enhance health
PO 2. Demonstrate listening skills to enhance health	PO 2. Demonstrate refusal skills that avoid or reduce health risks	PO 2. Demonstrate refusal and negotiation skills that avoid or reduce health risks	PO 2. Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks

Concept 2: Self Protection and Dealing with Conflict			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
PO 1. Demonstrate ways to respond when in an unwanted, threatening, or dangerous situation	PO 1. Demonstrate nonviolent strategies to manage or resolve conflict	PO 1. Identify effective conflict management or resolution strategies	PO 1. Evaluate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others

Concept 3: Asking for Help			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
PO 1. Demonstrate ways to tell a trusted adult if threatened or harmed	PO 1. Demonstrate how to ask for assistance to enhance personal health	PO 1. Identify ways to ask for assistance to enhance the health of self and others	PO 1. Evaluate effective ways to ask for and offer assistance to enhance the health of self and others

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

STRAND 6: Use of Goal-Setting Skills to Enhance Health

Concept 1: Assessment of Health			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
		PO 1. Assess personal health practices	PO 1. Assess personal health practices and overall health status

Concept 2: Health-Related Goal Setting			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
PO 1. Identify a short-term personal health goal and take action toward achieving the goal	PO 1. Set a personal health goal and track progress toward its achievement	PO 1. Develop a goal to adopt, maintain, or improve a personal health practice	PO 1. Develop a plan to attain a personal health goal that addresses strengths, needs, and risks
PO 2. Identify who can help when assistance is needed to achieve a personal health goal	PO 2. Identify resources to assist in achieving a personal health goal	PO 2. Apply strategies and skills needed to attain a personal health goal	PO 2. Implement strategies and monitor progress in achieving a personal health goal
		PO 3. Describe how personal health goals can vary with changing abilities, priorities, and responsibilities	PO 3. Formulate an effective long-term personal health plan

STRAND 7: Ability to Practice Health-Enhancing Behaviors

Concept 1: Personal Responsibility for Health			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
	PO 1. Identify responsible personal health behaviors	PO 1. Explain the importance of assuming responsibility for personal health behaviors	PO 1. Analyze the role of individual responsibility in enhancing health

Concept 2: Healthy Practices and Behaviors			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
PO 1. Demonstrate healthy practices and behaviors to maintain or improve personal health	PO 1. Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health	PO 1. Demonstrate healthy practices and behaviors that will maintain or improve the health of-self and others	PO 1. Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others
PO 2. Demonstrate behaviors that avoid or reduce health risks	PO 2. Demonstrate a variety of behaviors that avoid or reduce health risks	PO 2. Demonstrate behaviors that avoid or reduce health risks to self and others	PO 2. Demonstrate a variety of behaviors that avoid or reduce health risks to self and others

STRAND 8: Ability to Advocate for Health

Concept 1: Personal Advocacy			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
PO 1. Make requests to promote personal health	PO 1. Express opinions and give accurate information about health issues	PO 1. State a health enhancing position on a topic and support it with accurate information	PO 1. Use accurate peer and societal norms to formulate a health-enhancing message
PO 2. Encourage family and peers to make positive health choices	PO 2. Encourage others to make positive health choices	PO 2. Demonstrate how to influence and support others to make positive health choices	PO 2. Influence and support others to make positive health choices

Concept 2: Collective Advocacy			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
		PO 1. Demonstrate how to work cooperatively to advocate for healthy individuals, families, and schools	PO 1. Work cooperatively as an advocate for improving personal, family, and community health

Concept 3: Tailoring Advocacy Message to Audience			
Grade Pre-K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
		PO 1. Identify ways in which health messages and communication techniques can be altered for different audiences	PO 1. Adapt health messages and communication techniques to a specific target audience