



HEALTH
HIGH SCHOOL
17.01100

High School Health Education Standards

17.01100

Students in high school demonstrate comprehensive health knowledge and skills. Their behaviors reflect a conceptual understanding of the issues associated with maintaining good personal health. They serve the community through the practice of health-enhancing behaviors that promote wellness throughout life.

HE HS.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Description: Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. High school students will demonstrate patterns of healthy behaviors to prevent or reduce the risk of injury and/or illness throughout their lifespan. Students will describe the interrelationships of emotional, physical, social, and intellectual health and how each aspect of health can be impacted by their surroundings. Students will evaluate established health behavior theories and models.

- a. Predict how health behaviors can affect health status.
- b. Describe the interrelationships of emotional, intellectual, physical, and social health.
- c. Analyze how environment and personal health are interrelated.
- d. Analyze how genetics and family history can affect personal health.
- e. Propose ways to reduce or prevent injuries and health problems.
- f. Analyze the relationship between access to health care and health status.
- g. Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.
- h. Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors.
- i. Analyze the potential consequences of having unprotected sex on physical, emotional, and social health.

HE HS.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Description: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. High school students will analyze a variety of positive and negative influences within society. Students will identify the diverse internal and external factors that influence health practices and behaviors among youth including personal values, beliefs, and perceived norms. Students will analyze how policies and regulations influence health promotion and risk reduction.

- a. Analyze how the family influences the health of individuals.
- b. Analyze how the culture supports and challenges health beliefs, practices, and behaviors.
- c. Analyze how peers influence healthy and unhealthy behaviors.
- d. Evaluate how the school and community can affect personal health practices and behaviors.
- e. Evaluate the effect of media on personal and family health.
- f. Evaluate the impact of technology on personal, family, and community health.
- g. Analyze how the perceptions of norms influence healthy and unhealthy behaviors.

- h. Analyze the influence of personal values and beliefs on individual health practices and behaviors.
- i. Analyze how some health risk behaviors can influence the likelihood of engaging in additional unhealthy behaviors.
- j. Analyze how public health policies and government regulations can influence health promotion and disease prevention.

HE HS.3: Students will demonstrate the ability to access valid information and products and services to enhance health.

Description: The students will access valid health information and health-promoting products and services. High school students will critique the validity of health information, health promoting products, and services to prevent and detect health problems. Using critical thinking and analysis skills, high school students will be able to assess the validity of health information and products and services used in the prevention, early detection, and treatment of health problems.

- a. Critique the validity of health information, products, and services.
- b. Investigate the accessibility of products and services that enhance health.
- c. Utilize resources from school and community that provide valid health information.
- d. Determine when professional health services may be required.

HE HS.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Description: The student will use effective communication skills to enhance personal, family, and community health. High school students will demonstrate effective verbal and nonverbal communication skills to develop and maintain healthy relationships. Students will demonstrate the ability to organize and convey information and feelings as the basis for strengthening interpersonal interactions and reducing or avoiding conflict.

- a. Use skills for communicating effectively with family, peers, and others to enhance health.
- b. Demonstrate strategies to prevent, manage, or resolve conflicts without harming self or others.
- c. Summarize how to ask for and offer assistance to enhance the health of self and others.

HE HS.5: Students will demonstrate the ability to use decision-making skills to enhance health.

Description: Students will use decision-making skills to identify, apply, and maintain health-enhancing behaviors. High school students will apply comprehensive decision-making processes in a variety of situations to enable them to collaborate with others to improve their quality of lives now and in the future.

- a. Determine the barriers to making a positive, healthy decision.
- b. Develop and apply a decision-making process to a health-related situation.
- c. Justify when individual or collaborative decision making is appropriate.

- d. Describe alternative choices to health-related issues or problems.
- e. Analyze the potential short-term and long-term impact of each decision on self and others.
- f. Justify the health-enhancing choices when making decisions.
- g. Compare and contrast the effectiveness of health-related decisions.
- h. Justify the reasons for remaining sexually abstinent.

HE HS.6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Description: Students will use goal-setting skills to identify, apply, and maintain health-enhancing behaviors. High school students will construct short-term and long-term health goals based on personal needs. In addition, they will design, implement, and evaluate critical steps to achieve these goals.

- a. Evaluate personal health and health practices.
- b. Design a personal health plan that addresses personal strengths, needed improvements, and risky behaviors.
- c. Monitor personal progress in achieving short-term and long-term personal health goals.

HE HS.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Description: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. High school students will model health-enhancing behaviors to prevent injuries, diseases, and disorders. Students will practice strategies for reducing harmful and risk taking behaviors now and in the future.

- a. Demonstrate individual responsibility for improving personal health.
- b. Choose a variety of healthy practices and behaviors that will maintain or improve health.
- c. Model behaviors to avoid or reduce health risks.

HE HS.8: Students will demonstrate the ability to advocate for personal, family, and community health.

Description: The students will demonstrate the ability to advocate for personal, family, and community health by creating health enhancing messages and encourage others to adopt healthy behaviors. High school students will act as a health resource by communicating valid information about health issues. Students will demonstrate advocacy skills to encourage others to acquire health-enhancing behaviors.

- a. Demonstrate accurate peer and societal norms to create a health-enhancing message.
- b. Model how to influence and support others to make positive health choices.
- c. Coordinate with others to advocate for improving personal, family, and community health.
- d. Create health messages and communication techniques to target specific audiences.