

# Grades 9, 10

Adopted 2010

Students will understand the concepts related to health promotion and disease prevention as a foundation for a healthy life.

1. Analyze how behavior can impact health maintenance and disease prevention.
2. Describe the interrelationships of mental, emotional, social and physical health throughout young adulthood.
3. Analyze the impact of personal health behaviors on the functioning of body systems.
4. Analyze how the family, peers, community and environment influence the health of individuals.

Students will demonstrate the ability to access valid health information and health promoting products and services.

1. Evaluate the validity of health information, products and services.
2. Analyze resources from home school and community that provide valid health information.
3. Evaluate media influences on the selection of health information and products.
4. Access school and community health services for self and others.
5. Analyze the cost and availability of health care products and services for individuals.
6. Analyze situations requiring professional health services.
7. Explain requirements for entering and pursuing specific health careers.

Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

1. Analyze the role of individual responsibility for enhancing health.
2. Evaluate personal health habits to determine strategies for health enhancement and risk reduction.
3. Analyze the short-term and long-term consequences of safe, risky and harmful behaviors.
4. Demonstrate strategies to improve or maintain personal, family and community health.

- 
5. Develop injury prevention and management strategies for personal, family and community health.
  6. Identify and demonstrate ways to avoid and reduce threatening situations.
  7. Research and evaluate strategies to manage stress in individuals.
- 

Students will analyze the influence of culture, media, technology and other factors on health.

1. Analyze how cultural diversity enriches and challenges health behaviors.
  2. Evaluate the effect of media and other factors on personal, family and community health.
  3. Evaluate the impact of technology on personal, family and community health.
  4. Analyze how information from the community influences health.
- 

Students will demonstrate the ability to use interpersonal communication skills to enhance health.

1. Demonstrate skills for communicating effectively with family, peers and others.
  2. Analyze how interpersonal communication affects relationships.
  3. Demonstrate healthy ways to express needs, wants and feelings.
  4. Demonstrate ways to communicate care, consideration and respect of self and others.
  5. Demonstrate strategies for solving interpersonal conflicts without harming self or others.
  6. Demonstrate refusal, negotiation and collaboration skills needed to avoid potentially-harmful situations.
  7. Analyze the possible causes of conflict in schools, families and communities.
  8. Demonstrate healthy strategies used to prevent conflict.
- 

Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.

1. Analyze the ability to use different strategies when making decisions related to health needs and risks of young adults.
  2. Analyze health concerns that require individuals to work together.
  3. Predict immediate and long-term impact of health decisions on the individual family and community.
  4. Describe how personal health goals are influenced by changes in information, abilities, priorities and responsibilities.
  5. Compare and contrast a variety of plans that address personal strengths, needs and health risks.
-

**Students will demonstrate the ability to advocate for personal, family, community and environmental health.**

- 1. Discuss accurate information and express opinions about health issues.**

---
- 2. Design methods for accurately expressing health information and ideas.**

---
- 3. Utilize strategies to overcome barriers when communicating information, ideas, feelings and opinions about health issues.**

---
- 4. Influence and support others in making positive health choices.**

---
- 5. Work cooperatively when advocating for healthy communities.**