

Health:
Standards and Benchmarks

Standard 1: Knows and understands how to maintain and promote wellness (Physical, Mental/Emotional & Social)

Benchmarks:

- 1.1 Students will know how to locate and use community health services that provide valid health information.
- 1.2 Students will understand personal health strengths and weaknesses and how to apply strategies and skills to improve their health.
- 1.3 Students will know how to apply responsible decision making strategies to maintain or improve their health.
- 1.4 Students will understand how various messages from the media, technology, and other sources impact health practices.
- 1.5 Students will recognize the relationship between physical, mental and social health.
- 1.6 Students will understand the benefit of healthy lifestyle choices.

Standard 2: Knows and understands how to maintain and promote physical health

Benchmarks:

- 2.1 Students will recognize healthy nutrition and physical activity concepts in order to maintain and improve health.
- 2.2 Students will understand the physical effects of the use of tobacco, alcohol and other substances.
- 2.3 Students will understand that unprotected sex may result in pregnancy and or STD's
- 2.4 Students will understand which methods of birth and STD control are the most reliable.
- 2.5 Students will recognize an emergency and apply appropriate First Aid/CPR responses.

Standard 3: Knows and understands how to maintain and promote emotional and mental health

Benchmarks:

- 3.1 Students will understand how changing information, abilities, priorities and responsibilities influence personal goals.
- 3.2 Students will understand how positive self-concept can positively influence health.
- 3.3 Students will understand how peer relationships can affect health.
- 3.4 Students will understand the benefit of healthy decision making skills.
- 3.5 Students will understand the relationship between stress, depression and suicide.
- 3.7 Students will understand the psychological effects of the use of tobacco, alcohol and other substances.

Standard 4: Knows and understands how to maintain and promote social health

Benchmarks:

- 4.1 Students will understand benefits of maintaining positive relationships.
- 4.2 Students will understand the benefit of refusal and negotiation skills.
- 4.3 Students will understand that communication and honesty are essential to understanding self and others.
- 4.4 Students will understand the social effects/pressures of the use of tobacco, alcohol and other substances.
- 4.5 Students will understand the social pressures involved in eating disorders.
- 4.6 Students will understand the social pressures involved in stress, depression and suicide.
- 4.7 Students will identify ways to positively deal with social pressures (friends, family, media, culture, etc.)
- 4.8 Students will understand the social implications of sexual relationships.