GRADE 6

HEALTH LITERACY - CONCEPTS

STANDARD 1: COMPARE CONCEPTS RELATED TO HEALTH PREVENTION AND DISEASE PREVENTION TO ENHANCE HEALTH

HE.6.C.1.1 Identify the effects of healthy and unhealthy behaviors on personal health.

HE.6.C.1.2 Describe how the physical, mental, emotional, social and intellectual dimensions of health are interrated.

HE.6.C.1.3 Identify environmental factors that affect personal health.

HE.6.C.1.4 Recognize how heredity can affect personal health.

HE.6.C.1.5 Identify health problems and concerns common to adolescents including reproductive development.

HE.6.C.1.6 Examine how appropriate health care can promote personal health.

HE.6.C.1.7 Examine the likelihood of injury or illness if engaging in unhealthy/risky behavior.

HE.6.C.1.8 Explain how body systems are impacted by hereditary factors and infectious agents.

STANDARD 2: ANALYZE THE INFLUENCES OF FAMILY, PEERS, CULTURE, MEDIA, TECHNOLOGY, AND OTHER FACTORS ON HEALTH BEHAVIORS

HE.6.C.2.1 Examine how family influences the health of adolescents.

HE.6.C.2.2 Examine how peers influence the health of adolescents.

HE.6.C.2.3 Identify health information conveyed to students by the school and community.

HE.6.C.2.4 Investigate school and public health policies that influence health problems and disease prevention.

HE.6.C.2.5 Examine how media influences peer and community health behaviors.
HE.6.C.2.6 Propose ways that technology can influence peer and community health behaviors.

HE.6.C.2.7 Predict the short and long term consequences of engaging in health risk behaviors.

HE.6.C.2.8 Determine how social norms may impact healthy and unhealthy behaviors.

HE.6.C.2.9 Investigate cultural changes related to health beliefs and behaviors.

HE.6.C.2.10 Explain the influence of personal values and beliefs on individual health practices and behaviors.

HEALTH LITERACY - RESPONSIBLE BEHAVIORS

STANDARD 1: DEMONSTRATE THE ABILITY TO ACCESS VALID HEALTH INFORMATION, PRODUCTS, AND SERVICES TO ENHANCE HEALTH.

HE.6.B.1.1 Examine the validity of health information, products, and services.

HE.6.B.1.2 Describe valid health information from home, school, and community.

HE.6.B.1.3 Examine the accessibility of products and services that enhance health.

HE.6.B.1.4 Describe situations when professional health services may be required.

HE.6.B.1.5 Determine valid and reliable health products and services.

HE.6.B.1.6 Determine the cost of health products and services in order to assess value.

HE.6.B.1.7 Investigate a variety of technologies to gather health information.

STANDARD 2: DEMONSTRATE THE ABILITY TO USE INTERPERSONAL COMMUNICATION SKILLS TO ENHANCE HEALTH AND AVOID OR REDUCE HEALTH RISKS.

HE.6.B.2.1 Determine strategies to improve effective verbal and nonverbal communication skills to enhance health.
HE.6.B.2.2 Practice refusal skills to reduce health risks.
HE.6.B.2.3 Demonstrate effective conflict management and/or resolution strategies.
HE.6.B.2.4 Compile ways to ask for assistance to enhance the health of self and others.

**STANDARD 3: DEMONSTRATE THE ABILITY TO USE DECISION-MAKING SKILLS TO ENHANCE HEALTH.**

HE.6.B.3.1 Investigate health-related situations that require the application of a thoughtful decision-making process.
HE.6.B.3.2 Investigate circumstances that can help or hinder healthy decision-making.
HE.6.B.3.3 Discriminate between the need for individual or collaborative decision-making.
HE.6.B.3.4 Investigate healthy and unhealthy alternatives to health-related issues or problems.
HE.6.B.3.5 Specify the potential outcomes of each option when making a health-related decision.
HE.6.B.3.6 Choose healthy alternatives over unhealthy alternatives when making a decision.
HE.6.B.3.7 Assess the outcomes of a health-related decision.

**STANDARD 4: DEMONSTRATE THE ABILITY TO USE GOAL-SETTING SKILLS TO ENHANCE HEALTH.**

HE.6.B.4.1 Use various methods to measure personal health status.
HE.6.B.4.2 Develop an individual goal to adopt, maintain, or improve a personal health practice.
HE.6.B.4.3 Determine strategies and skills needed to attain a personal health goal.
HE.6.B.4.4 Monitor progress toward attaining a personal health goal.
HEALTH LITERACY- PROMOTION

**STANDARD 1:** DEMONSTRATE THE ABILITY TO PRACTICE ADVOCACY, HEALTH-ENHANCING BEHAVIORS AND AVOIDANCE OR REDUCTION OF HEALTH RISKS FOR ONESELF.

HE.6.P.1.1 Examine the importance of assuming responsibility for personal health behavior.

HE.6.P.1.2 Demonstrate healthy practices and behaviors that will maintain or improve personal health.

HE.6.P.1.3 Examine a variety of behaviors that avoid or reduce health risks.

**STANDARD 2:** DEMONSTRATE THE ABILITY TO ADVOCATE FOR INDIVIDUAL, PEER, SCHOOL, FAMILY, AND COMMUNITY HEALTH

HE.6.P.2.1 State a health-enhancing position on a topic and support it with accurate information.

HE.6.P.2.2 Practice how to influence and support others when making positive health choices.

HE.6.P.2.3 Work cooperatively to advocate for healthy individuals, families and schools.

HE.6.P.2.4 Identify ways health messages and communication techniques can be targeted for different audiences.
GRADE 7

HEALTH LITERACY - CONCEPTS

**STANDARD 1:** COMPREHEND CONCEPTS RELATED TO HEALTH PROMOTION AND DISEASE PREVENTION TO ENHANCE HEALTH.

HE.7.C.1.1. Compare and contrast the effects of healthy and unhealthy behaviors on personal health including reproductive health.

HE.7.C.1.2 Explain how physical, mental/emotional, social and intellectual dimensions of health are interrelated.

HE.7.C.1.3 Analyze how environmental factors affect personal health.

HE.7.C.1.4 Describe how heredity can affect personal health.

HE.7.C.1.5 Describe was to reduce or prevent injuries and adolescent health problems.

HE.7.C.1.6 Explain how appropriate health care can promote personal health.

HE.7.C.1.7 Explain the likelihood of injury or illness if engaging in unhealthy/risky behaviors.

**STANDARD 2:** ANALYZE THE INFLUENCES OF FAMILY, PEERS, CULTURE, MEDIA, TECHNOLOGY, AND OTHER FACTORS ON HEALTH BEHAVIORS.

HE.7.C.2.1 Examine how family health behaviors influence health of adolescents.

HE.7.C.2.2 Examine how peers may influence the health behaviors of adolescents.

HE.7.C.2.3 Examine how the school and community may influence the health behaviors of adolescents.

HE.7.C.2.4 Explain how school and public health policies can influence health promotion, and disease prevention.

HE.7.C.2.5 Analyze how messages from media influence health behaviors.

HE.7.C.2.6 Evaluate the influences of technology in locating valued health information.

HE.7.C.2.7 Evaluate how changes in social norms import healthy and unhealthy behaviors.

HE.7.C.2.8 Determine how cultural changes related to health beliefs and behavior impact personal health.
HEALTH LITERACY - RESPONSIBLE BEHAVIOR

STANDARD 1: DEMONSTRATE THE ABILITY TO ACCESS VALID HEALTH INFORMATION, PRODUCTS, AND SERVICES TO ENHANCE HEALTH.

HE.7.B.1.1 Analyze the validity of health information, products and services.
HE.7.B.1.2 Access valid health information from home, school, and community.
HE.7.B.1.3 Determine the accessibility of products and services that enhance health.
HE.7.B.1.4 Differentiate professional health services that may be required.
HE.7.B.1.5 Access valid and reliable health products and services.
HE.7.B.1.6 Compute the cost of health products and services in order to assess value.
HE.7.B.1.7 Access a variety of technologies to gather health information.

STANDARD 2: DEMONSTRATE THE ABILITY TO USE INTERPERSONAL COMMUNICATION SKILLS TO ENHANCE AND AVOID OR REDUCE HEALTH RISKS.

HE.7.B.2.1 Use skills for communicating effectively with family, peers, and others to enhance health.
HE.7.B.2.2 Demonstrate refusal, negotiation, and collaborative skills to enhance health and reduce health risks.
HE.7.B.2.3 Articulate the possible causes of conflict among youth in school and communities.
HE.7.B.2.4 Demonstrate how to ask for assistance to enhance the health of self and others.

STANDARD 3: DEMONSTRATE THE ABILITY TO USE DECISION-MAKING SKILLS TO ENHANCE HEALTH.

HE.7.B.3.1 Predict when health-related situations require the application of a thoughtful decision-making process
HE.7.B.3.2 Compare circumstances that can help or hinder healthy decision-making.
HE.7.B.3.3 Determine when individual or collaborative decision-making is appropriate.
HE.7.B.3.4 Distinguish between healthy and unhealthy alternatives to health-related issues or problems.

HE.7.B.3.5 Propose the potential outcome of each option when making health-related decisions.

HE.7.B.3.6 Select healthy alternatives over unhealthy alternatives when making a decision.

HE.7.B.3.7 Critique the potential outcomes of a health-related decision.

**STANDARD 4: DEMONSTRATE THE ABILITY TO USE GOAL-SETTING SKILLS TO ENHANCE HEALTH.**

HE.7.B.4.1 Analyze personal beliefs as they relate to health practices.

HE.7.B.4.2 Devise an individual goal to adopt, maintain, or improve a personal health practice.

HE.7.B.4.3 Explain strategies and skills needed to attain/maintain a personal health goal.

HE.7.B.4.4 Assess progress toward attaining a personal health goal.

**HEALTH LITERACY- PROMOTION**

**STANDARD 1: DEMONSTRATE THE ABILITY TO PRACTICE ADVOCACY, HEALTH-ENHANCING BEHAVIORS AND AVOIDANCE OR REDUCTION OF HEALTH RISKS FOR ONESELF.**

HE.7.P.1.1 Examine the importance of assuming responsibility for personal health behaviors.

HE.7.P.1.2 Analyze healthy practices and behaviors that will maintain or improve personal health.

HE.7.P.1.3 Differentiate a variety of behaviors that avoid or reduce health risks.
**STANDARD 2:** DEMONSTRATE THE ABILITY TO ADVOCATE FOR INDIVIDUAL, PEER, SCHOOL, FAMILY AND COMMUNITY HEALTH

HE.7.P.2.1 Articulate a position on a topic and support it with accurate health information.

HE.7.P.2.2 Utilize others influence and support to promote positive health choices.

HE.7.P.2.3 Work cooperatively to advocate for healthy individuals, peers, and families.

HE.7.P.2.4 Analyze ways health messages and communication techniques can be targeted for different audiences.
GRADE 8

HEALTH LITERACY- CONCEPTS

**STANDARD 1:** COMPREHEND CONCEPTS RELATED TO HEALTH PROMOTION AND DISEASE PREVENTION TO ENHANCE HEALTH

HE.8.C.1.1 Analyze the relationship between healthy and unhealthy behaviors and personal health.

HE.8.C.1.2 Analyze the interrelationship between healthy behaviors and the dimensions of health: physical, mental/emotional, social, and intellectual.

HE.8.C.1.3 Predict how environmental factors affect personal health.

HE.8.C.1.4 Explore how heredity and family history can affect personal health.

HE.8.C.1.5 Investigate strategies to reduce or prevent injuries and other adolescent health problems.

HE.8.C.1.6 Analyze how appropriate health care can promote personal health.

HE.8.C.1.7 Anticipate the likelihood of injury or illness if engaging in unhealthy/risky behavior.

HE.8.C.1.8 Identify major chronic diseases that impact human body systems

**STANDARD 2:** ANALYZE THE INFLUENCE OF FAMILY, PEERS, CULTURE, MEDIA, TECHNOLOGY, AND OTHER FACTORS ON HEALTH BEHAVIORS.

HE.8.C.2.1 Assess the role of family health beliefs on the health of adolescents.

HE.8.C.2.2 Assess how the health beliefs of peers may influence adolescent health.

HE.8.C.2.3 Analyze how the school and community may influence adolescent health.

HE.8.C.2.4 Critique school and public health policies that influence health promotion and disease prevention.

HE.8.C.2.5 Research marketing strategies behind health-related media messages.
HE.8.C.2.6 Analyze the influence of technology on personal and family health.

HE.8.C.2.7 Describe the consequences of following the influences of family, peers, and culture related to adolescent health behaviors.

HE.8.C.2.8 Explain the perception of norms influence healthy and unhealthy behavior.

HE.8.C.2.9 Describe the influence of culture on health beliefs, practices, and behaviors.

HEALTH LITERACY- RESPONSIBLE BEHAVIOR

**STANDARD 1:** DEMONSTRATE THE ABILITY TO ACCESS VALID HEALTH INFORMATION, PRODUCTS, AND SERVICES TO ENHANCE HEALTH.

HE.8.B.1.1 Evaluate the validity of health information, products and service.

HE.8.B.1.2 Analyze valid health information from home, school, and community

HE.8.B.1.3 Analyze the accessibility of products and services that enhance health.

HE.8.B.1.4 Determine situations when specific professional health services or providers may be required.

HE.8.B.1.5 Compare valid and reliable health products and services.

HE.8.B.1.6 Compare the cost of health products and services in order to assess value.

HE.8.B.1.7 Recommend a variety of technologies to gather health information.

**STANDARD 2:** DEMONSTRATE THE ABILITY TO USE INTERPERSONAL COMMUNICATION TO ENHANCE HEALTH AND AVOID OR REDUCE HEALTH RISKS.

HE.8.B.2.1 Illustrate skills necessary for effective communication with family, press, and others to enhance health.

HE.8.B.2.2 Illustrate refusal, negotiation, and collaborative skills to enhance health and avoid or reduce health risks

HE.8.B.2.3 Examine the possible causes of conflict among youth in schools and communities.
HE.8.B.2.4  Compare and contrast ways to ask for and offer assistance to enhance the health of self and others.

**STANDARD 3:** DEMONSTRATE THE ABILITY TO USE DECISION-MAKING SKILLS TO ENHANCE HEALTH.

HE.8.B.3.1  Determine when health-related situations require the application of a thoughtful prepared plan of action.

HE.8.B.3.2  Explain circumstances that can help or collaborative decision-making is appropriate.

HE.8.B.3.3  Distinguish when individual or collaborative decision-making is appropriate.

HE.8.B.3.4  Categorize healthy and unhealthy alternatives to health-related issues or problems.

HE.8.B.3.5  Compile the potential outcomes of each option when making a health-related decision.

HE.8.B.3.6  Adopt healthy alternatives over unhealthy alternatives when making a decision.

HE.8.B.3.7  Evaluate the outcomes of a health-related decision.

**STANDARD 4:** DEMONSTRATE THE ABILITY TO USE GOAL-SETTING SKILLS TO ENHANCE HEALTH

HE.8.B.4.1  Assess personal health check.

HE.8.B.4.2  Design a individual goal to adopt, maintain, or improve a personal health practice.

HE.8.B.4.3  Apply strategies and skills needed to attain a personal health goal.

HE.8.B.4.4  Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.
HEALTH LITERACY - PROMOTIONS

STANDARD 1: DEMONSTRATE THE ABILITY TO PRACTICE ADVOCACY, HEALTH-ENHANCING BEHAVIORS, AND AVOIDANCE OR REDUCTION OF HEALTH RISKS FOR ONESELF.

HE.8.P.1.1 Assess the importance of assuming responsibility for personal health behaviors, including sexual behavior.

HE.8.P.1.2 Generate healthy practices and behaviors that will maintain or improve personal health.

HE.8.P.1.3 Propose a variety of behaviors that avoid or reduce health risks.

STANDARD 2: DEMONSTRATE THE ABILITY TO ADVOCATE FOR INDIVIDUAL, PEER, SCHOOL, FAMILY, AND COMMUNITY HEALTH.

HE.8.P.2.1 Justify a health-enhancing position on a topic and support it with accurate information.

HE.8.P.2.2 Promote positive health choices with the influence and support of others.

HE.8.P.2.3 Work cooperatively to advocate for healthy individual, peers, families, and schools.

HE.8.P.2.4 Evaluate ways health messages and communication techniques can be targeted for different audiences.