

K-12 Health Standards/Benchmarks/Core Indicators

Health Standard 1:

1.0 Students will comprehend concepts related to health promotion and disease prevention.

Strand: Emotional, Social, and Personal Health

K-2 Benchmark:

1.1 Students will care for their bodies.

Kindergarten

K.1.1.1 Students will demonstrate correct hand washing techniques.

K.1.1.2 Students will name reasons for hand washing.

Second Grade

2.1.1.1 Students will demonstrate proper tooth brushing techniques.

2.1.1.2 Students will list at least three ways to keep teeth healthy.

2.1.1.3 Students will describe the function of the respiratory system.

2.1.1.4 Students will describe the function of the circulatory system.

3-5 Benchmark:

1.2 Students will learn and care for their body systems.

Third Grade

3.1.2.1 Students will describe the functions of the nervous system.

3.1.2.2 Students will describe the functions of the digestive system.

Fourth Grade

4.1.2.1 Students will describe the function of the skeletal system.

4.1.2.2 Students will name three parts of the skeletal system.

Fifth Grade

5.1.2.1 Students will name the glands of the endocrine system and their function.

5.1.2.2 Students will describe changes during puberty.

5.1.2.3 Students will label a basic diagram of the male/female reproductive system.

6-8 Benchmark:

1.3 Students will gain health knowledge.

Sixth Grade

6.1.3.1 Students will identify steps to access valid health information, products, and services.

6.1.3.2 Students will describe how to care for the changing adolescent body.

6.1.3.3 Students will list the benefits of being well-groomed.

6.1.3.4 Students will list ways to care for the skin, hair, and nails.

6.1.3.5 Students will discuss the emotional, intellectual, and social changes during adolescence.

Seventh Grade

7.1.3.1 Students will list good grooming habits for care of the skin, hair, and nails

Eighth Grade

- 8.1.3.1 Students will list ten life skills to help maintain and improve health.
- 8.1.3.2 Students will identify physical changes in puberty.
- 8.1.3.3 Students will describe how the body changes during puberty.
- 8.1.3.4 Students will discuss how the female reproductive system works.
- 8.1.3.5 Students will discuss how the male reproductive system works.
- 8.1.3.6 Students will discuss the emotional and social changes in adolescence.
- 8.1.3.7 Students will discuss accepting differences among adolescents.
- 8.1.3.8 Students will describe the structure and function of the female reproductive system.
- 8.1.3.9 Students will explain the menstrual cycle.

9-12 Benchmark:

- 1.4 Students will analyze factors that lead to healthy decisions.

FACS: Individuals and Families

- F.1.4.1 Students will research physical, emotional, social and intellectual development.
- F.1.4.2 Students will identify risk-taking behaviors.

H.S. Health

- H.1.4.1 Students will demonstrate the decision-making skills and strategies to reach personal health.
- H.1.4.2 Students will discuss the relationship between physical, mental, emotional, and social health.

Strand: Prevention and Control of Disease

3-5 Benchmark:

- 1.5 Students will recognize symptoms and get treatment for communicable diseases.

Fourth Grade

- 4.1.5.1 Students will define “communicable” and “non-communicable” diseases.
- 4.1.5.2 Students will give two examples of communicable and non-communicable diseases.

Fifth Grade

- 5.1.5.1 Students will list the four kinds of pathogens that cause communicable diseases.
- 5.1.5.2 Students will explain how to protect themselves from the pathogens.

6-8 Benchmark:

- 1.6 Students will choose behaviors to prevent the spread of pathogens.

Seventh Grade

- 7.1.6.1 Students will discuss the ways in which pathogens are spread.
- 7.1.6.2 Students will describe the immune system and how it responds to pathogens.
- 7.1.6.3 Students will list ways to keep the immune system healthy, including getting adequate rest.

9-12 Benchmark:

1.7 Students will choose behaviors to reduce risk of infection with communicable diseases.

FACS: Individuals and Families

F.1.7.1 Students will explain the causes, transmission, symptoms, and treatment of meningitis, hepatitis, and mononucleosis.

H.S. Health

H.1.7.1 Students will describe the body's chemical and physical defenses against infectious diseases.

H.1.7.2 Students will describe behaviors to get healthy and stay healthy.

K-12 Health Standards/Benchmarks/Core Indicators

Health Standard 2:

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

Strand: Family and Social Health

K-2 Benchmark:

2.1 Students will share feelings about family changes.

First Grade

1.2.1.1 Students will identify “family.”

Third Grade

3.2.1.1 Students will compare/contrast the roles and responsibilities among family members.

6-8 Benchmark:

2.2 Students will adjust to family changes in healthful ways.

Sixth Grade

6.2.2.1 Students will identify ways to adjust to family changes.

6.2.2.2 Students will describe ways to cope with abuse and violence.

Eighth Grade

8.2.2.1 Students will describe how family relationships can be harmful.

8.2.2.2 Students will summarize how dysfunctional families can be helped.

9-12 Benchmark:

2.3 Students will make healthful adjustments to family changes.

FACS: Individuals and Families

F.2.3.1 Students will evaluate strategies that will help individuals and families cope with a variety of disadvantaging conditions.

Strand: Safety And Survival

K-2 Benchmark:

2.4 Students will demonstrate ways to stay healthy and safe.

First Grade

1.2.4.1 Students will demonstrate how to call 911.

Second Grade

2.2.4.1 Students will know and practice guidelines for safe use of the Internet.

3-5 Benchmark:

2.5 Students will get help or take steps to remain healthy.

Third Grade

3.2.5.1 Students will practice safety around electricity and electrical hazards.

Fourth Grade

4.2.5.1 Students will make a diagram of a fire escape plan for their home.

4.2.5.2 Students will identify safety rules to employ when home alone.

6-8 Benchmark:

2.6 Students will seek assistance or take necessary steps to promote health.

Sixth Grade

6.2.6.1 Students will list ways to get help when harmed by violence.

6.2.6.2 Students will explain how to be prepared for any first aid emergency.

6.2.2.3 Students will explain how to take the initial steps of the first aid for all emergencies.

6.2.2.4 Students will recognize how and when to perform the Heimlich Maneuver.

6.2.2.5 Students will describe how to control bleeding and shock.

6.2.2.6 Students will describe how to give first aid for broken bones and sprains.

6.2.2.7 Students will explain how to recognize and treat burns and frostbite.

Eighth Grade

8.2.2.1 Students will describe how family relationships can be harmful.

8.2.2.2 Students will summarize how dysfunctional families can be helped.

9-12 Benchmark:

2.7 Students will seek information or take the necessary steps to promote health.

FACS: Individuals and Families

F.2.7.1 Students will analyze health messages, delivered through advertising and in the media.

H.2.7.1 Students will know how to develop an emergency action plan.

H.2.7.2 Students will list proper first aid procedures as needed in emergency situations.

Strand: Alcohol, Tobacco, Drugs, and Poisons (Substance Abuse and Nonuse)

K-2 Benchmark:

2.8 Students will learn the dangers of alcohol, tobacco, drugs, and poisons.

First Grade

1.2.8.1 Students will name home poisons.

1.2.8.2 Students will name ways to prevent accidental poisoning.

Second Grade

2.2.8.1 Students will describe how medications should be used safely.

3-5 Benchmark:

2.9 Students will learn the dangers of alcohol, tobacco, drugs, and poisons.

Fourth Grade

4.2.9.1 Students will identify ways that alcohol and tobacco harm the mind and body.

Fifth Grade

5.2.9.1 Students will explain strategies for saying "no" to illegal drug use.

6-8 Benchmark:

2.10 Students will not be involved in the use of tobacco, alcohol, and drugs.

Sixth Grade

6.2.10.1 Students will explain why alcohol and drug abuse are dangerous.

6.2.10.2 Students will discuss how to resist pressures to use alcohol, tobacco, and drugs.

Seventh Grade

7.2.10.1 Students will identify types of tobacco products and their harmful ingredients.

7.2.10.2 Students will identify harmful effects of using tobacco products.

7.2.10.3 Students will identify harmful effects of secondhand smoke.

7.2.10.4 Students will explain how to get treatment for tobacco misuse and abuse.

7.2.10.5 Students will identify types of alcohol products and their harmful ingredients.

7.2.10.6 Students will identify harmful effects of using alcohol products.

7.2.10.7 Students will explain how to get treatment for alcohol misuse or abuse.

7.2.10.8 Students will identify types of illegal drugs and their harmful ingredients.

7.2.10.9 Students will identify harmful effects of using illegal drugs.

7.2.10.10 Students will explain how to get treatment for drug misuse or abuse.

9-12 Benchmark:

2.11 Students will not be involved in the misuse or abuse tobacco, alcohol, and drugs.

FACS: Individuals and Families

F.2.11.1 Students will identify risks of substance abuse.

F.2.11.2 Students will explain how drugs enter and affect the body.

F.2.11.3 Students will describe the effects of alcohol on the mind and the body.

F.2.11.4 Students will explain the dangers and risks of illegal drugs and prescription drugs.

F.2.11.5 Students will describe the consequences of drinking and driving.

F.2.11.6 Students will understand the addiction cycle.

F.2.11.7 Students will be aware of the impact of illegal drugs in their community and globally.

H.S. Health

H.2.11.1 Students will list the risks of tobacco use and second-hand smoke.

H.2.11.2 Students will discuss the health benefits of quitting tobacco use immediately and continue throughout life.

H.2.11.3 Students will list the short and long term effects of alcohol on the body and on relationships.

H.2.11.4 Students will identify community sources of prevention and treatment of alcohol abuse.

H.2.11.5 Students will explain the abuse and misuse of both legal and illegal drugs.

H.2.11.6 Students will describe the effects of commonly abused drugs on the body.

H.2.11.7 Students will list treatment options for drug abusers.

Strand: Consumer and Community Health**3-5 Benchmark:**

2.12 Students will access health information.

Fourth Grade

4.2.12.1 Students will identify three different sources for obtaining consumer health information.

6-8 Benchmark:

2.13 Students will evaluate sources of health information.

Seventh Grade

7.2.13.1 Students will identify three different sources for obtaining consumer health information.

7.2.13.2 Students will identify reliable sources of health information.

7.2.13.3 Students will identify types of health care facilities.

Eighth Grade

8.2.13.1 Students will describe how to access valid health information.

9-12 Benchmark:

2.14 Students will evaluate management practices related to health resources.

FACS: Individuals and Families

F.2.14.1 Students will demonstrate management of individual and family resources.

F.2.14.2 Students will evaluate the impact of technology on individual and family resources.

F.2.14.3 Students will discriminate between situations that require personal prevention or intervention and those situations that require professional assistance.

F.2.14.4 Students will determine situations which require crisis intervention.

Strand: Environmental Health

3-5 Benchmark:

2.15 Students will learn ways to protect the environment.

Fourth Grade

4.2.15.1 Students will differentiate among the terms reduce, reuse, and recycle.

4.2.15.2 Students will identify the four types of pollution and their harmful effects.

9-12 Benchmark:

2.16 Students will be a health advocate for the environment.

FACS: Individuals and Families

F.2.16.1 Students will analyze the effects of individual responses to environment on human growth and development.

K-12 Health Standards/Benchmarks/Core Indicators

Health Standard 3:

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

Strand: Emotional, Social, and Personal Health

K-2 Benchmark:

3.1 Students will learn ways to take care of their health.

Kindergarten

K.3.1.1 Students will demonstrate positive caring, sharing, working, and playing with others in a positive manner.

First Grade

1.3.1.1 Students will demonstrate respectful behavior.

Second Grade

2.3.1.1 Students will complete a pre/post character traits observation checklist.

2.3.1.2 Students will practice the character traits of responsibility.

2.3.1.3 Students will describe how medications can be used safely.

3-5 Benchmark:

3.2 Students will take responsibility for their health.

Third Grade

3.3.2.1 Students will complete a pre/post character traits observation checklist.

3.3.2.2 Students will practice the character traits of fairness.

3.3.2.3 Students will identify feelings.

3.3.2.4 Students will describe positive changes in coping with emotions related to feelings.

Fourth Grade

4.3.2.1 Students will complete a pre/post character traits observation checklist.

4.3.2.2 Students will practice the character traits of trustworthiness.

4.3.2.3 Students will define the term "bully."

4.3.2.4 Students will list three or more appropriate reactions to bullying.

Fifth Grade

5.3.2.1 Students will practice the character traits of citizenship.

5.3.2.2 Students will list strategies for stress management.

6-8 Benchmark:

3.3 Students will choose behaviors that promote a healthy mind and/or body.

Sixth Grade

6.3.3.1 Students will describe ways to take responsibility for their health.

6.3.3.2 Students will demonstrate the six traits of good character.

6.3.3.3 Students will list ways to maintain a positive self-esteem.

6.3.3.4 Students will list the causes and signs of stress.

6.3.3.5 Students will design a plan to manage stress.

6.3.3.6 Students will describe healthy ways of dealing with depression and grief.

Seventh Grade

7.3.3.1 Students will distinguish between the three parts of health.

7.3.3.2 Students will identify the factors that affect health status.

7.3.3.3 Students will list the steps to follow to practice healthful behaviors.

7.3.3.4 Students will list the steps to follow in setting health goals.

7.3.3.5 Students will describe six values that build character and promote health.

7.3.3.6 Students will identify influences on character and actions.

7.3.3.7 Students will discuss how to use resistance skills to maintain good character.

7.3.3.8 Students will identify kinds of emotions and healthful ways to express them.

7.3.3.9 Students will examine the effects of stress on the body, mind, and relationships.

7.3.3.10 Students will describe different kinds of anxiety disorders.

7.3.3.11 Students will identify and change behaviors that lead to stress.

7.3.3.12 Students will explain how to cope with stress and be resilient.

Eighth Grade

8.3.3.1 Students will identify the ways risk behaviors affect overall health.

8.3.3.2 Students will discuss how the three parts of health are related.

8.3.3.3 Students will explain the importance of keeping a personal health record.

8.3.3.4 Students will explain how to demonstrate traits of good character.

8.3.3.5 Students will define and give examples of addictive behaviors.

8.3.3.6 Students will discuss how the body reacts to stressors.

8.3.3.7 Students will identify stress management skills.

8.3.3.8 Students will describe the five stages of grief and death and dying.

8.3.3.9 Students will describe how to comfort a grieving person.

8.3.3.10 Students will discuss steps to help teens who are depressed.

8.3.3.11 Students will list steps for suicide prevention.

9-12 Benchmark:

3.4 Students will analyze and select behaviors that promote a healthy mind and/or body.

FACS: Individuals and Family

F.3.4.1 Students will explain the impact of values, goals, character, and standards on relationships and health.

F.3.4.2 Students will identify the factors that affect health status.

F.3.4.3 Students will describe how life events affect physical and emotional development.

F.3.4.4 Students will compare/contrast approaches to conflict prevention and management.

F.3.4.5 Students will determine the roles of decision making and problem solving in reducing and managing conflict.

F.3.4.6 Students will define and choose effective responses to harassment.

F.3.4.7 Students will determine stress management for family, work, and community settings.

H.S. Health

H.3.4.1 Students will identify ways to achieve and maintain high self-esteem.

H.3.4.2 Students will give examples of positive and negative ways to use coping strategies.

H.3.4.3 Students will recognize the causes and effects stress has on your body.

- H.3.4.4 Students will identify ways to control stress.
- H.3.4.5 Students will recognize common mental disorders.
- H.3.4.6 Students will identify risks and treatments of eating disorders.
- H.3.4.7 Students will explain the relationship between depression and suicide.
- H.3.4.8 Students will be able to describe treatment options for mental illness.
- H.3.4.9 Students will explain how to care for and protect the nervous system.
- H.3.4.10 Students will discuss the function of the cardiovascular/respiratory systems.

- H.3.4.11 Students will describe behaviors to reduce risk of cardiovascular and respiratory diseases.

Strand: Family and Social Health

6-8 Benchmark:

- 3.5 Students will use resistance skills when appropriate.

Eighth Grade

- 8.3.5.1 Students will differentiate between positive and negative peer pressure.
- 8.3.5.2 Students will list ways to say “no” to negative peer pressure.
- 8.3.5.3 Students will discuss how to show self respect by protecting themselves from negative peer pressure
- 8.3.5.4 Students will list reasons why practicing abstinence is a reasonable decision.
- 8.3.5.5 Students will explain how to use resistance skills if there is pressure to be sexually active.
- 8.3.5.6 Students will identify behaviors that support the decision to practice abstinence.
- 8.3.5.7 Students will list steps teens who have been sexually active can take to change their behavior.

6-8 Benchmark:

- 3.6 Students will learn about the life cycle.

Eighth Grade

- 8.3.6.1 Students will identify the stages in the life cycle.
- 8.3.6.2 Students will discuss conception and pregnancy
- 8.3.6.3 Students will describe how a baby develops.
- 8.3.6.4 Students will discuss prenatal care.
- 8.3.6.5 Students will discuss the processes for labor and delivery.
- 8.3.6.6 Students will discuss the decisions about pregnancy that people make and the consequences that follow.
- 8.3.6.7 Students will discuss the short-term and long-term effects of alcohol on the body and the mind.
- 8.3.6.8 Students will list the risks associated with drinking alcohol during pregnancy.
- 8.3.6.9 Students will describe the effects alcohol, drugs, and tobacco have on decision-making, pregnancy, and the reproductive organs.

9-12 Benchmark:

- 3.7 Students will develop habits that promote healthy living throughout the life cycle.

FACS: Individuals and Family

- F.3.7.1 Students will identify the impact of heredity and environment on human growth and development.

- F.3.7.2 Students will compare/contrast the effects of gender, ethnicity, and culture on individual development.
- F.3.7.3 Students will demonstrate teamwork and leadership skills.
- F.3.7.4 Students will create an environment that encourages and respects the ideas, perspectives, and contributions of all group members.
- F.3.7.5 Students will demonstrate strategies to motivate and encourage group members.
- F.3.7.6 Students will demonstrate processes for cooperating, compromising, and collaborating.

- F.3.7.7 Students will evaluate the need for diversity/empathy in relationships.
- F.3.7.8 Students will apply communication skills in family, community, and workplace settings.

H.S. Health

- H.3.7.1 Students will identify ways to keep the reproductive system healthy.
- H.3.7.2 Students will list the role, heredity, environment, and behavior plays in reproductive health.

Strand: Nutrition

K-2 Benchmark:

- 3.8 Students will learn healthy eating habits.

First Grade

- 1.3.8.1 Students will classify foods into appropriate food groups.
- 1.3.8.2 Students will identify healthy vs. unhealthy foods.

3-5 Benchmark:

- 3.9 Students will learn to use the information from the Food Guide Pyramid.

Third Grade

- 3.3.9.1 Students will illustrate or list the six components of a balanced meal.
- 3.3.9.2 Students will use the food guide pyramid.

6-8 Benchmark:

- 3.10 Students will follow nutrition and wellness practices to be healthy.

Sixth Grade

- 6.3.10.1 Students will explain why people need to eat six nutrients.
- 6.3.10.2 Students will explain how to follow the Dietary Guidelines.
- 6.3.10.3 Students will discuss how to use the Food Guide Pyramid.
- 6.3.10.4 Students will identify ways healthful eating habits promote health.
- 6.3.10.5 Students will describe the benefits of rest and sleep.
- 6.3.10.6 Students will discuss how regular physical activity benefits the three areas of health.
- 6.3.10.7 Students will explain how one can achieve health-related fitness.
- 6.3.10.8 Students will describe lifestyle changes that can increase physical fitness.

Seventh Grade

- 7.3.10.1 Students will identify types and sources of nutrients.
- 7.3.10.2 Students will discuss ways physical activity improves health.
- 7.3.10.3 Students will describe common illnesses and injuries related to physical activity.
- 7.3.10.4 Students will identify ways to reduce risk of illness/injuries related to physical activity.
- 7.3.10.5 Students will identify eating disorders, anorexia, bulimia, and compulsive

over-eating.

7.3.10.6 Students will identify how obesity affects health.

9-12 Benchmark:

3.11 Students will practice nutrition and wellness practices that enhance individual and family well-being.

FACS: Individuals and Family

F.3.11.1 Students will research nutrition related conditions/diseases that affect health.

F.3.11.2 Students will describe the impact of food and diet fads, food addictions, and eating disorders on wellness.

F.3.11.3 Students will apply dietary guidelines to meet nutrition and wellness needs.

F.3.11.4 Students will analyze how regular physical activity will enhance and maintain health.

H.S. Health

H.3.11.1 Students will explain how the body obtains energy from food.

H.3.11.2 Students will explain how to plan a healthy diet.

H.3.11.3 Students will discuss the benefits of maintaining a healthy weight.

H.3.11.4 Students will develop a plan for achieving life-long fitness.

Strand: Safety and Survival

K-2 Benchmark:

3.12 Students will follow safety rules for home and away from home.

Kindergarten

K.3.12.1 Students will demonstrate the stop, drop, and roll technique.

K.3.12.2 Students will demonstrate what to do when approached by a stranger.

K.3.12.3 Students will identify the differences between a good touch and a bad touch.

First Grade

1.3.12.1 Students will explain safe techniques for crossing streets.

Second Grade

2.3.12.1 Students will identify rules for water, car, and bus safety.

3-5 Benchmark:

3.13 Students will follow safety rules for home and away from home.

Third Grade

3.3.13.1 Students will list ways to stay safe from strangers.

Fourth Grade

4.3.13.1 Students will list safety rule to employ while home alone.

Fifth Grade

5.3.13.1 Students will describe safety rules for bicycles, skateboards, roller blades,

6-8 Benchmark:

3.14 Students will practice protective factors to reduce the risk of accidents or violence.

Sixth Grade

6.3.14.1 Students will discuss ways to prevent injuries during physical activity.

6.3.14.2 Students will discuss how to stay safe when participating in activities outdoors.

6.3.14.3 Students will describe how to recognize and treat common injuries.

6.3.14.4 Students will identify factors that promote the risk of violence.

6.3.14.5 Students will list forms of violence.

6.3.14.6 Students will describe forms of and signs of abuse.

6.3.14.7 Students will identify warning signs of suicide.

6.3.14.8 Students will discuss responsible ways to manage anger.

6.3.14.9 Students will describe protective factors to reduce the risk of violence in schools and in the community.

6.3.14.10 Students will list ways schools and communities can promote safety.

Seventh Grade

7.3.14.1 Students will describe ways in which violence affects teens.

7.3.14.2 Students will identify factors that increase/decrease the risk of violence.

7.3.14.3 Students will explain how to prevent violence in the community.

7.3.14.4 Students will describe ways to prevent becoming a victim.

7.3.14.5 Students will identify ways to stay safe during natural disasters.

Eighth Grade

8.3.14.1 Students will identify protective factors against violence.

8.3.14.2 Students will describe forms and signs of abuse.

8.3.14.3 Students will describe forms of violence, including harassment, incest, and rape.

8.3.14.4 Students will list ways to avoid violence, including harassment, incest, and rape.

8.3.14.5 Students will list self-protection strategies to stay safe.

8.3.14.6 Students will identify universal precautions to stay healthy.

9-12 Benchmark:

3.15 Students will practice protective factors to reduce the risk of accidents or violence.

FACS: Individuals and Family

F.3.15.1 Students will identify behavior and strategies that enhance personal safety in relationships.

F.3.15.1 Students will create strategies for handling unhealthy relationships.

H.S. Health

H.3.15.1 Students will list the most effective ways to deal with school violence.

H.3.15.2 Students will demonstrate CPR techniques.

6-8 Benchmark:

3.16 Students will choose behaviors to reduce infection of sexually transmitted diseases.

Seventh Grade

7.3.16.1 Students will identify common sexually transmitted diseases and their effects.

7.3.16.2 Students will list ways to prevent and treat sexually transmitted diseases.

7.3.16.3 Students will explain how HIV is transmitted and develops into AIDS.

Eighth Grade

8.3.16.1 Students will describe facts and fallacies about how STDs are spread.

8.3.16.2 Students will discuss causes, symptoms and treatments of various STDs.

8.3.16.3 Students will discuss ways to prevent STDS by practicing abstinence/responsibility

8.3.16.4 Students will describe signs and ways HIV is spread.

9-12 Benchmark:

3.17 Students will choose behaviors to reduce infection of sexually transmitted diseases.

FACS: Individuals and Family

F.3.17.1 Students will identify the risks of early sexual activity.

F.3.17.2 Students will describe the symptoms and treatments for common STDs.

F.3.17.3 Students will describe how HIV affects and destroys the immune system.

F.3.17.4 Students will identify behaviors known to transmit HIV/AIDS.

F.3.17.5 Students will compare the relationship between unsafe behaviors and the rise of HIV/AIDS.

F.3.17.6 Students will explain the importance of abstinence as it relates to the prevention of STDs.

H.S. Health

H.3.17.1 Students will describe behaviors that prevent the spread of STDs.

H.3.17.2 Students will know when/where to find treatment for STDs.

H.3.17.3 Students will compare/contrast HIV and AIDS.

K-12 Health Standards/Benchmarks/Core Indicators

Health Standard 4:

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

Strand: Nutrition

6-8 Benchmark:

4.1 Students will identify the influences on body image and self-esteem.

Seventh Grade

7.4.1.1 Students will discuss what body image is and what influences it.

7.4.1.2 Students will identify signs and symptoms of eating disorders.

7.4.1.3 Students will describe the prevention and treatment for eating disorders.

9-12 Benchmark:

4.2 Students will analyze influences on food choices.

H.S. Health

H.4.2.1 Students will analyze food labels and make healthy choices for foods.

Strand: Consumer Health

3-5 Benchmark:

4.3 Students will describe the way media influence choices.

Fourth Grade

4.4.3.1 Students will evaluate three different sources for obtaining consumer health information.

6-8 Benchmark:

4.4 Students will check out ways technology, media, culture influence health choices.

Seventh Grade

7.4.4.1 Students will analyze media messages.

7.4.4.2 Students will discuss reasons to choose healthful entertainment.

7.4.4.3 Students will list factors to consider before purchasing something.

7.4.4.4 Students will describe how to exercise consumer rights.

Eighth Grade

8.4.4.1 Students will analyze the influences of culture family and media on decisions to not use tobacco, alcohol, and drugs.

9-12 Benchmark:

4.5 Students will check out ways technology, media, culture influence health choices.

FAC: Individuals and Family

F.4.5.1 Students will assess the use of technology and its impact on quality of life.

K-12 Health Standards/Benchmarks/Core Indicators

Health Standard 5:

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

Strand: Strand: Emotional, Social, and Personal Health

6-8 Benchmark:

5.1 Students will communicate in healthy ways.

Sixth Grade

6.5.1.1 Students will describe healthful ways to express emotions.

6.5.1.2 Students will list guidelines for telephone, internet, and written communication.

Eighth Grade

8.5.1.1 Students will discuss interpersonal communication, including the use of "I-messages."

8.5.1.2 Students will compare verbal and nonverbal communication.

8.5.1.3 Students will identify effective communication skills.

8.5.1.4 Students will list guidelines for telephone, Internet, and written communication.

8.5.1.5 Students will explain effective communication with different audiences.

8.5.1.6 Students will explain how to manage anger and deal with criticism.

9-12 Benchmark:

5.2 Students will demonstrate respectful and caring relationships in the family, workplace, and community.

FAC: Individuals and Family

F.5.2.1 Students will describe the role of the family as the basic unit of society.

F.5.2.2 Students will examine the processes for building and maintaining interpersonal relationships.

F.5.2.3 Students will research the role of support systems in meeting human growth and development needs.

F.5.2.4 Students will identify factors that contribute to healthy relationships.

F.5.2.5 Students will explain the effect of personal needs, self-esteem, and self-image on relationships.

F.5.2.6 Students will determine the impact of change and transitions over life's course.

F.5.2.7 Students will demonstrate verbal and nonverbal behaviors and attitudes that contribute to effective communication.

F.5.2.8 Students will demonstrate effective listening and feedback techniques.

K-12 Health Standards/Benchmarks/Core Indicators

Health Standard 6:

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

Strand: Emotional, Social, and Personal Health

6-8 Benchmark:

6.1 Students will make responsible decisions.

Sixth Grade

6.6.1.1 Students will discuss steps to follow to make responsible decisions.

6.6.1.2 Students will list steps to follow to resist negative peer pressure.

Seventh Grade

7.6.1.1 Students will discuss steps to follow to make responsible decisions.

7.6.1.2 Students will describe the benefits of making responsible decisions.

7.6.1.3 Students will explain how to take responsibility for unwise decisions.

Eighth Grade

8.6.1.1 Students will demonstrate how internal and external influences might affect decisions.

9-12 Benchmark:

6.2 Students will make responsible decisions.

FAC: Individuals and Family

F.6.2.1 Students will apply management principals to decisions about individual and family and housing and insurance.

Strand: Family and Social Health

6-8 Benchmark:

6.3 Students will develop skills to prepare for later life experiences.

Eighth Grade

8.6.3.1 Students will explain the importance of honoring commitments in marriage and other relationships.

8.6.3.2 Students will discuss the problems with teen marriage.

8.6.3.3 Students will discuss the problems of teen parenthood.

K-12 Health Standards/Benchmarks/Core Indicators

Health Standard 7:

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

Strand: Consumer Health

6-8 Benchmark:

7.1 Students will investigate health careers.

Seventh Grade

7.7.1.1 Students will discuss influences that affect your choice of a career.

7.7.1.2 Students will identify ways to learn more about careers..

9-12 Benchmark:

7.2 Students will evaluate management practices related to human, economic and environmental resources.

FAC: Individuals and Family

F.7.2.1 Students will analyze the potential impact of career path decisions on balancing work and family.

F.7.2.2 Students will apply management principals to individuals and family financial practices.

F.7.2.3 Students will examine how individuals and families make choices to satisfy wants and needs.



