



# BROWNELL TALBOT

## Grades 6-8 Health Standards

### **1. Students will comprehend concepts related to health promotion and disease prevention to enhance health.**

- 1.1 Analyze the relationship between healthy behaviors and personal health.
- 1.2 Analyze how the environment affects personal health.
- 1.3 Describe ways to reduce or prevent injuries and other adolescent health problems.
- 1.4 Describe the benefits of and barriers to practicing healthy behaviors.
- 1.5 Examine the likelihood of injury or illness if engaging in unhealthy behaviors.
- 1.6 Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.

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

- 2.1 Examine how the family influences the health of adolescents.
- 2.2 Describe how peers influence healthy and unhealthy behaviors.
- 2.3 Analyze how the school and community can affect personal health practices and behaviors.
- 2.4 Analyze how messages from media influence health behaviors.
- 2.5 Explain how the perceptions of norms influence healthy and unhealthy behaviors.
- 2.6 Explain the influence of personal values and beliefs on individual health practices and behaviors.
- 2.7 Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.
- 2.8 Explain how school and public health policies can influence health promotion and disease prevention.

### **3. Students will demonstrate the ability to access valid information, products, and services to enhance health.**

- 3.1 Analyze the valid health information from home, school, and community.
- 3.2 Access valid health information from home, school, and community.

### **4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

- 4.1 Apply effective verbal and nonverbal communication skills to enhance health.
- 4.2 Demonstrate refusal and negotiation skills that avoid or reduce health risks.
- 4.3 Demonstrate how to ask for assistance to enhance the health of self and others.

### **5. Students will demonstrate the ability to use decision making skills to enhance health.**

- 5.1 Identify circumstances that can help or hinder healthy decision making.
- 5.2 Distinguish when individual or collaborative decision making is appropriate.
- 5.3 Choose healthy alternatives over unhealthy alternatives when making a decision.

**6. Students will demonstrate the ability to use goal-setting skills to enhance health.**

6.1 Develop a goal to adopt, maintain, or improve a personal health practice.

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

7.1 Explain the importance of assuming responsibility for personal health behaviors.

7.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

7.3 Demonstrate behaviors to avoid or reduce health risks to self and others.

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

8.1 Demonstrate how to influence and support others to make positive health choices.

8.2 Work cooperatively to advocate for healthy individuals, families, and schools.

8.3 Identify ways that health messages and communication techniques can be altered for different audiences.