



BROWNELL TALBOT

Grades 9-12 Health Standards

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

1.1 Propose ways to reduce or prevent injuries and health problems.

1.2 Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.

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

2.1 Analyze how the family influences the health of individuals.

2.2 Analyze how peers influence healthy and unhealthy behaviors.

2.3 Evaluate how the school and community can affect personal health practice and behaviors.

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

3.1 Use resources from home, school, and community that provide valid health information.

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

4.1 Use skills for communicating effectively with family, peers, and others to enhance health.

4.2 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.

4.3 Demonstrate how to ask for and offer 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 Examine barriers that can hinder healthy decision making.

5.2 Defend the healthy choice when making decisions.

5.3 Evaluate the effectiveness of health-related decisions.

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

6.1 Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.

6.2 Implement strategies and monitor progress in achieving a personal health goal.

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

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

7.2 Demonstrate a variety of 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.