

GRADES K-4

Health Education Standard 1:

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

PERFORMANCE INDICATORS As a result of health instruction in Grades K-4, students will:	HEALTH PROMOTION WAVE covers performance indicators for Standard 1 in the following segments				
	K	1	2	3	4
1. describe relationships between personal health behaviors and individual well being.	Personal & Mental Health, Family Life, Human Growth, Drugs and Alcohol, Disease Prevention	Personal & Mental Health, Family Life, Drugs and Alcohol, Human Growth, Disease Prevention	Personal & Mental Health, Family Life, Drugs and Alcohol	Drugs and Alcohol, Personal and Mental Health, Nutrition and Fitness, Human Growth	Personal & Mental Health, Safety & Injury Prevention, Drugs and Alcohol, Human Growth
2. identify indicators of mental, emotional, social, and physical health during childhood.	Personal & Mental Health, Family Life, Human Growth	Personal & Mental Health, Family Life, Human Growth	Personal & Mental Health, Family Life, Human Growth	Personal & Mental Health, Human Growth	Personal & Mental Health, Family Life, Human Growth
3. describe the basic structure and functions of the human body systems.	Human Growth, Personal & Mental Health	Human Growth, Personal & Mental Health	Human Growth, Drugs and Alcohol	Human Growth	Human Growth, Nutrition & Fitness
4. describe how the family influences personal health.	Family Life, Drugs and Alcohol	Family Life, Drugs and Alcohol	Family Life, Personal & Mental Health, Drugs and Alcohol	Family Life, Drugs and Alcohol, Human Growth	Family Life, Personal & Mental Health
5. describe how physical, social, and emotional environments influence personal health.	Personal & Mental Health	Personal & Mental Health	Personal & Mental Health	Personal & Mental Health, Human Growth, Drugs and Alcohol	Personal & Mental Health, Family Life, Human Growth, Drugs & Alcohol, Community & Environmental Health
6. identify common health problems of children.	Disease Prevention, Human Growth	Disease Prevention, Human Growth	Personal & Mental Health, Disease Prevention	Human Growth, Disease Prevention, Nutrition & Fitness	Personal & Mental Health, Disease Prevention
7. identify health problems that should be detected and treated early.	Disease Prevention	Disease Prevention	Personal & Mental Health, Human Growth, Disease Prevention	Human Growth, Disease Prevention	Disease Prevention
8. explain how childhood injuries and illnesses can be prevented or treated.	Personal & Mental Health, Disease Prevention, Safety & Injury Prevention	Safety & Injury Prevention, Disease Prevention, Human Growth	Safety & Injury Prevention, Disease Prevention, Human Growth	Safety & Injury Prevention, Human Growth, Disease Prevention,	Safety & Injury Prevention, Disease Prevention, Human Growth

GRADES K-4

Health Education Standard 2:

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

PERFORMANCE INDICATORS As a result of health instruction in Grades K-4, students will:	HEALTH PROMOTION WAVE covers performance indicators for Standard 2 in the following segments				
	K	1	2	3	4
1. identify characteristics of valid health information and health-promoting products and services.	Drugs and Alcohol, Disease Prevention	Drugs and Alcohol, Disease Prevention	Nutrition and Fitness	Nutrition and Fitness, Drugs and Alcohol	Nutrition and Fitness, Drugs and Alcohol
2. demonstrate the ability to locate resources from home, school, and community that provide valid information.	Drugs and Alcohol, Disease Prevention	Drugs and Alcohol, Disease Prevention, Human Growth	Drugs and Alcohol, Disease Prevention	Safety & Injury Prevention, Nutrition and Fitness	Community and Environmental Health, Safety and Injury Prevention
3. explain how media influences the selection of health information, products, and services.	Nutrition and Fitness	Nutrition and Fitness	Nutrition and Fitness, Drugs and Alcohol	Nutrition and Fitness, Drugs and Alcohol	Nutrition and Fitness, Drugs and Alcohol
4. demonstrate the ability to locate school and community health helpers.	Community and Environmental Health, Drugs and Alcohol	Drugs and Alcohol	Drugs and Alcohol, Family Life, Disease Prevention	Safety & Injury Prevention, Drugs and Alcohol, Disease Prevention	Safety & Injury Prevention, Community and Environmental Health

GRADES K-4

Health Education Standard 3:

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

PERFORMANCE INDICATORS As a result of health instruction in Grades K-4, students will:	HEALTH PROMOTION WAVE covers performance indicators for Standard 3 in the following segments				
	K	1	2	3	4
1. identify responsible health behaviors.	Nutrition and Fitness, Drugs and Alcohol, Safety & Injury Prevention, Disease Prevention	Drugs and Alcohol, Safety and Injury Prevention, Disease Prevention, Nutrition and Fitness	Disease Prevention, Safety & Injury Prevention, Personal & Mental Health, Nutrition & Fitness, Drugs and Alcohol	Safety & Injury Prevention, Disease Prevention, Drugs and Alcohol, Nutrition and Fitness, Personal and Mental Health	Personal & Mental Health, Safety & Injury Prevention, Family Life, Human Growth, Disease Prevention, Drugs and Alcohol
2. identify personal health needs.	Personal & Mental Health, Nutrition & Fitness	Personal & Mental Health, Drugs and Alcohol, Family Life	Family Life, Personal & Mental Health, Drugs and Alcohol	Personal & Mental Health, Nutrition & Fitness	Personal & Mental Health, Drugs and Alcohol, Family Life
3. compare behaviors that are safe to those that are risky or harmful.	Safety & Injury Prevention, Drugs and Alcohol, Disease Prevention	Safety & Injury Prevention, Drugs and Alcohol, Disease Prevention	Disease Prevention, Drugs and Alcohol, Safety and Injury Prevention	Safety & Injury Prevention, Drugs and Alcohol, Disease Prevention	Safety & Injury Prevention, Drugs and Alcohol, Disease Prevention
4. demonstrate strategies to improve or maintain health.	Personal & Mental Health, Family Life, Human Growth, Safety & Injury Prevention, Drugs and Alcohol, Disease Prevention	Family Life, Safety & Injury Prevention, Personal & Mental Health, Drugs and Alcohol, Disease Prevention, Human Growth	Personal & Mental Health, Nutrition and Fitness, Safety and Injury Prevention, Drugs and Alcohol, Disease Prevention, Human Growth	Personal & Mental Health, Nutrition and Fitness, Drugs and Alcohol, Disease Prevention, Family Life	Personal & Mental Health, Nutrition and Fitness, Safety and Injury Prevention, Drugs and Alcohol, Disease Prevention
5. develop injury prevention and management strategies for personal health.	Safety & Injury Prevention, Personal & Mental Health	Personal & Mental Health, Safety & Injury Prevention	Personal & Mental Health, Safety & Injury Prevention	Personal & Mental Health, Safety & Injury Prevention	Personal & Mental Health, Safety & Injury Prevention
6. demonstrate ways to avoid and reduce threatening situations.	Safety & Injury Prevention, Drugs and Alcohol	Drugs and Alcohol, Safety & Injury Prevention	Drugs and Alcohol, Safety & Injury Prevention	Safety & Injury Prevention, Drugs and Alcohol	Drugs and Alcohol, Safety & Injury Prevention, Stress Management
7. apply skills to manage stress	Family Life, Personal & Mental Health	Personal & Mental Health, Family Life	Personal & Mental Health, Family Life	Family Life, Personal & Mental Health	Family Life, Personal & Mental Health, Stress Management

GRADES K-4

Health Education Standard 4:

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

PERFORMANCE INDICATORS As a result of health instruction in Grades K-4, students will:	HEALTH PROMOTION WAVE covers performance indicators for Standard 4 in the following segments				
	K	1	2	3	4
1. describe the influence of cultural beliefs on health behaviors and the use of health services.	Family Life, Nutrition & Fitness, Drugs and Alcohol	Nutrition & Fitness, Family Life, Drugs and Alcohol	Nutrition & Fitness, Family Life, Drugs and Alcohol	Family Life, Nutrition & Fitness, Drugs and Alcohol	Community and Environmental Health, Family Life, Nutrition and Fitness
2. analyze how messages from the media and other sources influences health behaviors.	Nutrition & Fitness, Drugs and Alcohol	Nutrition & Fitness, Drugs and Alcohol	Nutrition & Fitness, Drugs and Alcohol	Drugs and Alcohol, Nutrition and Fitness	Nutrition & Fitness, Drugs and Alcohol
3. analyze the influence of technology on personal and family health.	Family Life	Family Life	Family Life	Family Life	Family Life
4. analyze how information from peers influence health.	Personal & Mental Health, Family Life, Drugs and Alcohol, Safety and Injury Prevention	Personal & Mental Health, Drugs and Alcohol, Safety & Injury Prevention, Family Life	Personal & Mental Health, Family Life, Drugs and Alcohol, Safety and Injury Prevention	Family Life, Drugs and Alcohol, Safety and Injury Prevention, Personal & Mental Health	Personal & Mental Health, Family Life, Stress Management, Drugs and Alcohol

GRADES K-4

Health Education Standard 5:

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

PERFORMANCE INDICATORS As a result of health instruction in Grades K-4, students will:	HEALTH PROMOTION WAVE covers performance indicators for Standard 5 in the following segments				
	K	1	2	3	4
1. distinguish between verbal and non-verbal communication.	Personal & Mental Health, Family Life	Personal & Mental Health, Family Life	Family Life, Personal & Mental Health	Personal & Mental Health, Family Life	Personal & Mental Health, Family Life, Stress Management
2. describe characteristics needed to be a responsible friend and family member.	Personal & Mental Health, Family Life, Human Growth	Family Life, Personal & Mental Health, Human Growth	Personal & Mental Health, Family Life, Human Growth	Personal & Mental Health, Family Life, Human Growth	Personal & Mental Health, Family Life, Stress Management
3. demonstrate healthy ways to express needs, wants, and feelings.	Personal & Mental Health, Family Life, Drugs and Alcohol	Personal & Mental Health, Family Life, Drugs and Alcohol	Family Life, Drugs and Alcohol, Human Growth	Personal & Mental Health, Family Life, Stress Management	Personal & Mental Health, Family Life, Stress Management
4. demonstrate ways to communicate care, consideration, and respect for self and others.	Personal & Mental Health, Family Life, Human Growth	Personal & Mental Health, Family Life, Human Growth	Family Life, Personal & Mental Health, Human Growth	Personal & Mental Health, Family Life, Human Growth	Personal & Mental Health, Family Life, Human Growth, Stress Management
5. demonstrate attentive listening skills to build and maintain healthy relationships.	Personal & Mental Health, Family Life, Human Growth	Personal & Mental Health, Family Life, Human Growth	Personal & Mental Health, Family Life, Human Growth	Family Life, Human Growth	Personal & Mental Health, Drugs and Alcohol, Stress Management
6. demonstrate refusal skills to enhance health.	Safety & Injury Prevention, Drugs and Alcohol, Disease Prevention	Safety & Injury Prevention, Drugs and Alcohol, Disease Prevention	Safety & Injury Prevention, Drugs and Alcohol	Safety & Injury Prevention, Drugs and Alcohol	Safety & Injury Prevention, Stress Management, Drugs and Alcohol
7. differentiate between negative and positive behaviors used in conflict situations.	Family Life, Drugs and Alcohol	Drugs and Alcohol, Family Life	Family Life, Drugs and Alcohol	Family Life, Safety & Injury Prevention	Stress Management, Family Life, Drugs and Alcohol
8. demonstrate non-violent strategies to resolve conflict.	Family Life, Personal & Mental Health, Drugs and Alcohol	Personal & Mental Health, Safety & Injury Prevention, Drugs and Alcohol	Family Life, Safety & Injury Prevention, Personal & Mental Health	Family Life, Safety & Injury Prevention	Personal & Mental Health, Stress Management

GRADES K-4

Health Education Standard 6:

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

PERFORMANCE INDICATORS As a result of health instruction in Grades K-4, students will:	HEALTH PROMOTION WAVE covers performance indicators for Standard 6 in the following segments				
	K	1	2	3	4
1. demonstrate the ability to apply a decision-making process to health issues and problems.	Nutrition & Fitness, Safety and Injury Prevention, Drugs and Alcohol, Disease Prevention	Safety & Injury Prevention, Disease Prevention, Drugs and Alcohol, Nutrition & Fitness	Family Life, Drugs and Alcohol, Disease Prevention, Safety & Injury Prevention	Family Life, Drugs and Alcohol, Safety & Injury Prevention, Disease Prevention	Community and Environmental Health, Stress Management, Drugs and Alcohol, Nutrition and Fitness
2. explain when to ask for assistance in making health-related decisions and setting health goals.	Safety & Injury Prevention, Drugs and Alcohol, Family Life	Drugs and Alcohol, Safety and Injury Prevention, Family Life	Safety & Injury Prevention, Drugs and Alcohol, Family Life	Personal & Mental Health, Safety & Injury Prevention, Drugs and Alcohol	Personal & Mental Health, Stress Management, Drugs and Alcohol
3. predict outcomes of positive health decisions.	Personal & Mental Health, Drugs and Alcohol, Disease Prevention	Drugs and Alcohol, Disease Prevention, Personal & Mental Health	Drugs and Alcohol, Disease Prevention, Personal & Mental Health	Personal & Mental Health, Safety & Injury Prevention, Nutrition & Fitness	Personal & Mental Health, Stress Management, Drugs and Alcohol
4. set a personal health goal and track progress toward its achievement.	Personal & Mental Health, Nutrition & Fitness	Nutrition & Fitness, Personal & Mental Health	Nutrition & Fitness, Personal & Mental Health	Personal & Mental Health, Nutrition & Fitness	Personal & Mental Health, Community and Environmental Health, Nutrition & Fitness

GRADES K-4

Health Education Standard 7:

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

PERFORMANCE INDICATORS As a result of health instruction in Grades K-4, students will:	HEALTH PROMOTION WAVE covers performance indicators for Standard 7 in the following segments				
	K	1	2	3	4
1. describe a variety of methods to convey accurate health information and ideas.	Nutrition & Fitness, Disease Prevention	Disease Prevention, Drugs and Alcohol, Nutrition & Fitness	Nutrition & Fitness, Disease Prevention	Disease Prevention, Nutrition & Fitness	Nutrition & Fitness, Disease Prevention, Drugs and Alcohol
2. express information and opinions about health issues.	Personal & Mental Health, Drugs and Alcohol, Nutrition & Fitness	Nutrition & Fitness, Drugs and Alcohol, Human Growth	Personal & Mental Health, Drugs and Alcohol, Human Growth	Personal & Mental Health, Human Growth, Disease Prevention	Community and Environmental Health, Personal and Mental Health
3. identify community agencies that advocate for healthy individuals, families, and communities.	Community and Environmental Health, Drugs and Alcohol, Disease Prevention	Drugs and Alcohol, Disease Prevention	Community and Environmental Health, Drugs and Alcohol, Disease Prevention	Personal & Mental Health, Family Life, Drugs and Alcohol	Community and Environmental Health, Stress Management, Drugs and Alcohol, Disease Prevention, Nutrition and Fitness
4. demonstrate the ability to influence and support others in making positive health choices.	Drugs and Alcohol, Family Life, Personal & Mental Health, Nutrition & Fitness	Drugs and Alcohol, Nutrition & Fitness, Family Life	Personal & Mental Health, Nutrition & Fitness, Drugs and Alcohol	Personal & Mental Health, Family Life, Drugs and Alcohol, Human Growth	Personal & Mental Health, Drugs and Alcohol, Stress Management, Nutrition & Fitness

GRADES 5-8

Health Education Standard 1:

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

PERFORMANCE INDICATORS As a result of health instruction in Grades 5-8, students will:	HEALTH PROMOTION WAVE covers performance indicators for Standard 1 in the following segments			
	5	6	7	8
1. explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.	Personal & Mental Health, Safety and Injury Prevention, Drugs and Alcohol, Disease Prevention	Personal & Mental Health, Safety and Injury Prevention, Stress Management, Drugs and Alcohol, Human Growth, Disease Prevention	Disease Prevention, Personal & Mental Health, Stress Management	Disease Prevention, Personal & Mental Health, Safety and Injury Prevention
2. describe the interrelationship of mental, emotional, social, and physical health during adolescence.	Personal & Mental Health, Human Growth, Stress Management	Personal & Mental Health, Stress Management, Human Growth, Family Life, Disease Prevention	Personal & Mental Health, Nutrition and Fitness, Stress Management	Personal & Mental Health, Nutrition and Fitness, Stress Management
3. explain how health is influenced by the interaction of body systems.	Human Growth, Nutrition and Fitness, Drugs & Alcohol	Stress Management, Human Growth, Drugs and Alcohol, Disease Prevention, Nutrition & Fitness	Human Growth, Nutrition & Fitness, Drugs & Alcohol	Disease Prevention, Human Growth
4. describe how family and peers influence the health of adolescents.	Personal & Mental Health, Family Life, Stress Management	Family Life, Personal & Mental Health, Drugs and Alcohol, Nutrition and Fitness	Family Life, Stress Management, Drugs and Alcohol	Personal & Mental Health, Family Life, Stress Management, Drugs and Alcohol,
5. analyze how environment and personal health are interrelated.	Drugs and Alcohol	Community and Environmental Health, Drugs and Alcohol	Community and Environmental Health	Drugs and Alcohol
6. describe ways to reduce risks related to adolescent health problems.	Disease Prevention, Safety and Injury Prevention, Human Growth	Safety and Injury Prevention, Human Growth, Drugs and Alcohol	Safety and Injury Prevention, Disease Prevention, Drugs and Alcohol	Personal & Mental Health, Drugs and Alcohol, Safety and Injury Prevention
7. explain how appropriate health care can prevent premature death.	Personal & Mental Health, Disease Prevention, Human Growth	Personal & Mental Health, Disease Prevention	Personal & Mental Health, Human Growth, Disease Prevention	Disease Prevention
8. describe how lifestyle, pathogens, family history, and other risk factors are related to the cause or prevention of disease.	Disease Prevention, Human Growth, Drugs and Alcohol	Disease Prevention, Drugs and Alcohol, Safety & Injury Prevention	Disease Prevention, Drugs and Alcohol, Safety & Injury Prevention	Human Growth, Disease Prevention, Drugs and Alcohol, Safety & Injury Prevention

GRADES 5-8

Health Education Standard 2:

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

PERFORMANCE INDICATORS As a result of health instruction in Grades 5-8, students will:	HEALTH PROMOTION WAVE covers performance indicators for Standard 2 in the following segments			
	5	6	7	8
1. analyze the validity of health information, products and services.	Drugs and Alcohol, Nutrition & Fitness	Nutrition & Fitness, Drugs and Alcohol, Community and Environmental Health	Disease Prevention, Nutrition & Fitness	Disease Prevention, Drugs and Alcohol, Nutrition & Fitness
2. demonstrate the ability to utilize resources from home, school, and community that provide valid health information.	Stress Management, Drugs and Alcohol	Community and Environmental Health, Drugs and Alcohol, Safety and Injury Prevention, Nutrition & Fitness	Community and Environmental Health, Drugs and Alcohol, Disease Prevention	Safety and Injury Prevention, Nutrition and Fitness, Drugs & Alcohol
3. analyze how media influences the selection of health information and products.	Nutrition and Fitness, Disease Prevention	Drugs and Alcohol, Nutrition & Fitness	Disease Prevention, Drugs & Alcohol, Human Growth, Nutrition & Fitness	Nutrition & Fitness, Disease Prevention, Drugs & Alcohol
4. demonstrate the ability to locate health products and services.	Nutrition & Fitness, Drugs and Alcohol	Drugs and Alcohol, Disease Prevention, Nutrition & Fitness	Nutrition & Fitness, Disease Prevention	Disease Prevention, Drugs & Alcohol
5. compare the costs and validity of health products.	Drugs and Alcohol, Nutrition & Fitness	Nutrition & Fitness, Drugs and Alcohol	Nutrition & Fitness, Drugs and Alcohol	Nutrition & Fitness, Drugs and Alcohol
6. describe situations requiring professional health services.	Disease Prevention, Stress Management, Safety and Injury Prevention	Drugs and Alcohol, Disease Prevention, Human Growth	Human Growth, Disease Prevention	Drugs and Alcohol, Disease Prevention, Human Growth

GRADES 5-8

Health Education Standard 3:

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

PERFORMANCE INDICATORS As a result of health instruction in Grades 5-8, students will:	HEALTH PROMOTION WAVE covers performance indicators for Standard 3 in the following segments			
	5	6	7	8
1. explain the importance of assuming responsibility for personal health behaviors.	Personal & Mental Health, Family Life, Stress Management, Drugs and Alcohol, Human Growth, Disease Prevention	Family Life, Safety & Injury Prevention, Nutrition and Fitness, Drugs and Alcohol, Disease Prevention, Human Growth	Personal & Mental Health, Family Life, Safety and Injury Prevention, Human Growth, Disease Prevention, Community and Environmental Health	Personal & Mental Health, Family Life, Safety and Injury Prevention, Drugs and Alcohol, Disease Prevention, Human Growth
2. analyze a personal health assessment to determine health strengths and risks.	Personal & Mental Health, Human Growth, Disease Prevention	Nutrition and Fitness, Personal and Mental Health, Disease Prevention, Stress Management	Drugs and Alcohol, Stress Management, Personal & Mental Health	Personal & Mental Health, Human Growth, Disease Prevention
3. distinguish between safe and risky or harmful behaviors in relationships.	Safety & Injury Prevention, Stress Management	Human Growth, Safety & Injury Prevention, Stress Management, Drugs and Alcohol	Stress Management, Drugs and Alcohol, Human Growth	Human Growth, Safety & Injury Prevention
4. demonstrate strategies to improve or maintain personal and family health.	Personal & Mental Health, Family Life	Family Life, Personal & Mental Health	Family Life, Personal & Mental Health	Human Growth, Family Life, Personal & Mental Health
5. develop injury prevention and management strategies for personal and family health.	Safety & Injury Prevention, Drugs and Alcohol, Stress Management	Safety & Injury Prevention, Drugs and Alcohol	Safety & Injury Prevention, Drugs and Alcohol	Safety & Injury Prevention, Drugs and Alcohol
6. demonstrate ways to avoid and reduce threatening situations.	Safety and Injury Prevention, Stress Management	Safety and Injury Prevention, Drugs and Alcohol, Stress Management, Disease Prevention	Drugs and Alcohol, Stress Management	Drugs and Alcohol, Human Growth, Safety and Injury Prevention
7. demonstrate strategies to manage stress.	Stress Management	Stress Management, Family Life	Stress Management	Stress Management, Safety and Injury Prevention

GRADES 5-8

Health Education Standard 4:

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

PERFORMANCE INDICATORS As a result of health instruction in Grades 5-8, students will:	HEALTH PROMOTION WAVE covers performance indicators for Standard 4 in the following segments			
	5	6	7	8
1. describe the influence of cultural beliefs on health behaviors and the use of health services.	Personal & Mental Health, Nutrition & Fitness	Nutrition & Fitness, Drugs and Alcohol, Disease Prevention	Personal & Mental Health, Nutrition & Fitness	Human Growth, Nutrition & Fitness
2. analyze how messages from media and other sources influence health behaviors.	Drugs and Alcohol, Disease Prevention, Nutrition & Fitness	Nutrition & Fitness, Drugs and Alcohol, Human Growth	Human Growth, Disease Prevention	Human Growth, Drugs and Alcohol, Nutrition & Fitness
3. analyze the influence of technology on personal and family health.	Personal & Mental Health, Family Life	Nutrition & Fitness, Drugs and Alcohol, Disease Prevention	Drugs and Alcohol, Disease Prevention	Drugs and Alcohol
4. analyze how information from peers influences health.	Personal & Mental Health, Family Life, Stress Management, Drugs and Alcohol	Drugs and Alcohol, Nutrition & Fitness, Stress Management, Personal & Mental Health, Disease Prevention, Safety & Injury Prevention, Family Life	Drugs and Alcohol, Stress Management, Safety & Injury Prevention, Disease Prevention	Personal & Mental Health, Family Life, Drugs and Alcohol, Human Growth, Disease Prevention

GRADES 5-8

Health Education Standard 5:

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

PERFORMANCE INDICATORS As a result of health instruction in Grades 5-8, students will:	HEALTH PROMOTION WAVE covers performance indicators for Standard 5 in the following segments			
	5	6	7	8
1. demonstrate effective verbal and non-verbal communication skills to enhance health.	Personal & Mental Health, Family Life, Stress Management	Stress Management, Drugs and Alcohol, Human Growth	Family Life, Human Growth, Stress Management	Family Life, Personal & Mental Health, Human Growth, Stress Management
2. describe how the behavior of family and peers affects interpersonal communication.	Family Life, Stress Management	Family Life, Personal & Mental Health, Drugs and Alcohol, Stress Management	Stress Management, Family Life	Family Life, Drugs and Alcohol, Human Growth
3. demonstrate healthy ways to express needs, wants, and feelings.	Personal & Mental Health, Family Life	Personal & Mental Health, Family Life, Drugs and Alcohol	Stress Management, Personal & Mental Health, Family Life	Personal & Mental Health, Family Life, Human Growth, Drugs and Alcohol
4. demonstrate ways to communicate care, consideration, and respect for self and others.	Personal & Mental Health, Family Life, Human Growth	Family Life, Personal & Mental Health, Drugs and Alcohol, Human Growth, Stress Management	Stress Management, Family Life, Personal & Mental Health, Drugs and Alcohol	Drugs and Alcohol, Stress Management, Family Life,
5. demonstrate communication skills to build and maintain healthy relationships.	Personal & Mental Health, Stress Management, Family Life	Personal & Mental Health, Family Life, Stress Management, Human Growth	Stress Management, Family Life, Personal & Mental Health	Human Growth, Personal & Mental Health, Family Life, Stress Management
6. demonstrate refusal and negotiation skills to enhance health.	Stress Management, Family Life, Safety & Injury Prevention	Drugs and Alcohol, Personal & Mental Health, Stress Management	Safety and Injury Prevention, Drugs and Alcohol, Nutrition & Fitness	Human Growth, Drugs and Alcohol
7. analyze the possible causes of conflict among youth in schools and communities.	Stress Management, Safety & Injury Prevention	Safety & Injury Prevention, Stress Management, Community and Environmental Health	Stress Management, Family Life, Personal & Mental Health	Stress Management, Safety & Injury Prevention
8. demonstrate strategies to manage conflict in healthy ways.	Stress Management, Family Life	Stress Management, Drugs and Alcohol, Family Life	Stress Management, Family Life, Personal & Mental Health	Stress Management, Safety & Injury Prevention

GRADES 5-8

Health Education Standard 6:

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

PERFORMANCE INDICATORS As a result of health instruction in Grades 5-8, students will:	HEALTH PROMOTION WAVE covers performance indicators for Standard 6 in the following segments			
	5	6	7	8
1. demonstrate the ability to apply a decision-making process to health issues and problems individually and collaboratively.	Stress Management, Family Life, Drugs and Alcohol, Safety & Injury Prevention	Family Life, Stress Management, Drugs and Alcohol, Personal & Mental Health	Family Life, Stress Management, Drugs and Alcohol	Family Life, Stress Management, Human Growth, Drugs and Alcohol
2. analyze how health-related decisions are influenced by individuals, family, and community values.	Personal & Mental Health, Family Life, Drugs and Alcohol, Disease Prevention	Family Life, Personal & Mental Health, Drugs and Alcohol, Community and Environmental Health, Human Growth	Community and Environmental Health, Personal & Mental Health, Family Life, Drugs and Alcohol	Human Growth, Family Life, Personal & Mental Health, Drugs and Alcohol
3. predict how decisions regarding health behaviors have consequences for self and others.	Drugs and Alcohol, Safety and Injury Prevention, Stress Management	Personal & Mental Health, Drugs and Alcohol, Safety and Injury Prevention, Community and Environmental Health	Drugs and Alcohol, Safety and Injury Prevention, Stress Management, Community and Environmental Health	Drugs and Alcohol, Human Growth, Family Life, Stress Management
4. apply strategies and skills needed to attain personal health goals.	Personal & Mental Health, Drugs and Alcohol	Nutrition & Fitness, Personal & Mental Health	Personal & Mental Health, Community and Environmental Health	Disease Prevention, Human Growth, Drugs and Alcohol
5. describe how personal health goals are influenced by changing information, abilities, priorities, and responsibilities.	Personal & Mental Health, Nutrition & Fitness	Personal & Mental Health, Family Life, Drugs and Alcohol	Personal & Mental Health, Drugs and Alcohol	Personal & Mental Health, Human Growth, Drugs and Alcohol
6. develop a plan that addresses strengths, needs, and health risks.	Personal & Mental Health, Nutrition & Fitness, Disease Prevention	Drugs and Alcohol, Nutrition & Fitness, Personal & Mental Health	Personal & Mental Health, Community and Environmental Health	Nutrition & Fitness, Human Growth

GRADES 5-8

Health Education Standard 7:

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

PERFORMANCE INDICATORS As a result of health instruction in Grades 5-8, students will:	HEALTH PROMOTION WAVE covers performance indicators for Standard 7 in the following segments			
	5	6	7	8
1. analyze various communication methods to accurately express health information and ideas.	Personal & Mental Health, Family Life, Stress Management	Personal & Mental Health, Family Life, Stress Management, Drugs and Alcohol	Family Life, Drugs and Alcohol, Stress Management	Personal & Mental Health, Family Life, Drugs and Alcohol, Stress Management
2. express information and opinions about health issues.	Personal & Mental Health, Drugs and Alcohol, Nutrition and Fitness	Personal & Mental Health, Family Life, Stress Management	Family Life, Personal & Mental Health, Stress Management	Human Growth, Family Life, Stress Management
3. identify barriers to effective communication of information, ideas, feelings, and opinions about health issues.	Family Life, Stress Management	Family Life, Drugs and Alcohol, Personal & Mental Health, Stress Management	Personal & Mental Health, Drugs and Alcohol, Stress Management	Family Life, Stress Management, Human Growth
4. demonstrate the ability to influence and support others in making positive health choices.	Personal & Mental Health, Family Life, Stress Management, Human Growth, Drugs and Alcohol, Disease Prevention	Personal & Mental Health, Stress Management, Family Life, Drugs and Alcohol, Nutrition & Fitness, Disease Prevention	Safety and Injury Prevention, Drugs and Alcohol, Community and Environmental Health, Disease Prevention	Family Life, Drugs and Alcohol, Disease Prevention
5. demonstrate the ability to work cooperatively when advocating for healthy individuals, families, and schools.	Drugs and Alcohol, Community and Environmental Health	Community and Environmental Health, Personal & Mental Health, Drugs and Alcohol, Family Life, Safety & Injury Prevention	Personal & Mental Health, Community and Environmental Health, Drugs and Alcohol	Personal & Mental Health, Human Growth, Disease Prevention

GRADES 9-12

Health Education Standard 1:

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

<p>PERFORMANCE INDICATORS As a result of health instruction in Grades 9-12, students will:</p>	<p>HEALTH PROMOTION WAVE covers performance indicators for Standard 1 in the following segments</p>
	<p>Combined High School</p>
<p>1. analyze how behavior can impact health maintenance and disease prevention.</p>	<p>Personal & Mental Health, Stress Management, Safety and Injury Prevention, Drugs and Alcohol, Nutrition and Fitness, Human Growth, Disease Prevention</p>
<p>2. describe the interrelationship of mental, emotional, social, and physical health throughout adulthood.</p>	<p>Personal & Mental Health, Family Life, Stress Management, Human Growth</p>
<p>3. explain the impact of personal health behaviors on the functioning of the body systems.</p>	<p>Stress Management, Human Growth, Drugs and Alcohol, Disease Prevention</p>
<p>4. analyze how the family, peers, and the community influence the health of individuals.</p>	<p>Family Life, Personal & Mental Health, Community and Environmental Health, Stress Management, Drugs and Alcohol</p>
<p>5. analyze how the environment influences the health of the community.</p>	<p>Community and Environmental Health</p>
<p>6. describe how to delay onset and reduce risks of potential health problems during adulthood.</p>	<p>Nutrition and Fitness, Human Growth, Disease Prevention</p>
<p>7. analyze how public health policies and government regulations influence health promotion and disease prevention.</p>	<p>Community and Environmental Health, Drugs and Alcohol, Disease Prevention</p>
<p>8. analyze how the prevention and control of health problems are influenced by research and medical advances.</p>	<p>Community and Environmental Health, Disease Prevention, Human Growth, Drugs and Alcohol, Nutrition and Fitness</p>

GRADES 9-12

Health Education Standard 2:

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

<p>PERFORMANCE INDICATORS As a result of health instruction in Grades 9-12, students will:</p>	<p>HEALTH PROMOTION WAVE covers performance indicators for Standard 2 in the following segments</p>
<p>Combined High School</p>	
<p>1. evaluate the validity of health information, products, and services.</p>	<p>Nutrition and Fitness, Drugs and Alcohol, Disease Prevention, Human Growth</p>
<p>2. demonstrate the ability to evaluate resources from home, school, and community that provide valid health information.</p>	<p>Community and Environmental Health, Drugs and Alcohol, Safety and Injury Prevention, Nutrition and Fitness</p>
<p>3. evaluate factors that influence personal selection of health products and services.</p>	<p>Drugs and Alcohol, Nutrition and Fitness, Disease Prevention</p>
<p>4. demonstrate the ability to access school and community health services for self and others.</p>	<p>Community and Environmental Health, Drugs and Alcohol, Stress Management, Safety and Injury Prevention, Disease Prevention</p>
<p>5. analyze the cost and accessibility of health care services.</p>	<p>Disease Prevention, Family Life, Nutrition and Fitness, Human Growth</p>
<p>6. analyze situations requiring professional health services.</p>	<p>Stress Management, Safety and Injury Prevention, Disease Prevention, Human Growth, Drugs and Alcohol</p>

GRADES 9-12

Health Education Standard 3:

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

<p>PERFORMANCE INDICATORS As a result of health instruction in Grades 9-12, students will:</p>	<p>HEALTH PROMOTION WAVE covers performance indicators for Standard 3 in the following segments</p>
<p>1. analyze the role of individual responsibility for enhancing health.</p>	<p>Combined High School</p> <p>Personal and Mental Health, Family Life, Stress Management, Safety and Injury Prevention, Nutrition and Fitness, Human Growth, Drugs and Alcohol, Disease Prevention, Community and Environmental Health</p>
<p>2. evaluate a personal health assessment to determine strategies for health enhancement and risk reduction.</p>	<p>Personal and Mental Health, Nutrition and Fitness, Human Growth, Disease Prevention, Drugs and Alcohol</p>
<p>3. analyze the short-term and long-term consequences of safe, and risky or harmful behaviors.</p>	<p>Safety and Injury Prevention, Stress Management, Drugs and Alcohol, Human Growth, Disease Prevention</p>
<p>4. develop strategies to improve or maintain personal, family, and community health.</p>	<p>Personal and Mental Health, Family Life, Community and Environmental Health, Nutrition and Fitness, Disease Prevention, Human Growth, Stress Management</p>
<p>5. develop injury prevention and management strategies for personal, family, and community health.</p>	<p>Safety and Injury Prevention, Community and Environmental Health, Family Life, Personal and Mental Health</p>
<p>6. demonstrate ways to avoid and reduce threatening situations.</p>	<p>Safety and Injury Prevention, Stress Management, Drugs and Alcohol, Human Growth</p>
<p>7. evaluate strategies to manage stress.</p>	<p>Stress Management, Safety and Injury Prevention, Human Growth, Personal and Mental Health</p>

GRADES 9-12

Health Education Standard 4:

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

PERFORMANCE INDICATORS As a result of health instruction in Grades 9-12, students will:	HEALTH PROMOTION WAVE covers performance indicators for Standard 4 in the following segments
1. analyze how cultural diversity enriches and challenges health behaviors.	Combined High School Family Life, Stress Management, Human Growth, Nutrition and Fitness
2. evaluate the effect of media and other factors on personal, family, and community health.	Personal and Mental Health, Nutrition and Fitness, Drugs and Alcohol, Safety and Injury Prevention, Community and Environmental Health
3. evaluate the impact of technology on personal, family, and community health.	Personal and Mental Health, Family Life, Community and Environmental Health
4. analyze how information from the community influences health.	Community and Environmental Health, Drugs and Alcohol, Disease Prevention

GRADES 9-12

Health Education Standard 5:

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

<p>PERFORMANCE INDICATORS As a result of health instruction in Grades 9-12, students will:</p>	<p>HEALTH PROMOTION WAVE covers performance indicators for Standard 5 in the following segments</p>
<p>Combined High School</p>	
<p>1. demonstrate skills for communicating effectively with family, peers, and others.</p>	<p>Personal and Mental Health, Family Life, Stress Management, Drugs and Alcohol, Human Growth</p>
<p>2. analyze how interpersonal communication affects relationships.</p>	<p>Personal and Mental Health, Family Life, Stress Management, Human Growth</p>
<p>3. demonstrate healthy ways to express needs, wants, and feelings.</p>	<p>Personal and Mental Health, Family Life, Stress Management, Drugs and Alcohol, Human Growth</p>
<p>4. demonstrate ways to communicate care, consideration, and respect for self and others.</p>	<p>Personal and Mental Health, Family Life, Stress Management, Safety and Injury Prevention, Human Growth, Drugs and Alcohol, Disease Prevention, Community and Environmental Health</p>
<p>5. demonstrate strategies for solving interpersonal conflicts without harming self and others.</p>	<p>Stress Management, Personal and Mental Health, Safety and Injury Prevention, Drugs and Alcohol</p>
<p>6. demonstrate refusal, negotiation, and collaboration skills to avoid potentially harmful situations.</p>	<p>Stress Management, Safety and Injury Prevention, Drugs and Alcohol, Disease Prevention</p>
<p>7. analyze the possible causes of conflict in schools, families, and communities.</p>	<p>Personal and Mental Health, Stress Management, Safety and Injury Prevention, Drugs and Alcohol</p>
<p>8. demonstrate strategies used to prevent conflict.</p>	<p>Personal and Mental Health, Stress Management, Safety and Injury Prevention, Drugs and Alcohol</p>

GRADES 9-12

Health Education Standard 6:

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

<p>PERFORMANCE INDICATORS As a result of health instruction in Grades 9-12, students will:</p>	<p>HEALTH PROMOTION WAVE covers performance indicators for Standard 6 in the following segments</p>
	<p style="text-align: center;">Combined High School</p>
<p>1. demonstrate the ability to utilize various strategies when making decisions related to health needs and risks of young adults.</p>	<p>Personal and Mental Health, Stress Management, Safety and Injury Prevention, Drugs and Alcohol, Human Growth, Disease Prevention, Nutrition and Fitness</p>
<p>2. analyze health concerns that require collaborative decision making.</p>	<p>Family Life, Human Growth, Community and Environmental Health, Drugs and Alcohol, Disease Prevention</p>
<p>3. predict immediate and long-term impact of health decisions on the individual, family, and community.</p>	<p>Personal and Mental Health, Family Life, Stress Management, Drugs and Alcohol, Community and Environmental Health, Human Growth, Disease Prevention, Nutrition and Fitness</p>
<p>4. implement a plan for attaining a personal health goal.</p>	<p>Personal and Mental Health, Nutrition and Fitness, Drugs and Alcohol, Community and Environmental Health</p>
<p>5. evaluate progress toward achieving personal health goals.</p>	<p>Personal and Mental Health, Family Life, Stress Management, Safety and Injury Prevention, Community and Environmental Health, Nutrition and Fitness, Drugs and Alcohol, Disease Prevention</p>
<p>6. formulate an effective plan for lifelong health.</p>	<p>Personal and Mental Health, Disease Prevention, Drugs and Alcohol</p>

GRADES 9-12

Health Education Standard 7:

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

<p>PERFORMANCE INDICATORS As a result of health instruction in Grades 9-12, students will:</p>	<p>HEALTH PROMOTION WAVE covers performance indicators for Standard 7 in the following segments</p>
<p>Combined High School</p>	
<p>1. evaluate the effectiveness of communication methods for accurately expressing health information and ideas.</p>	<p>Personal and Mental Health, Nutrition and Fitness, Disease Prevention, Drugs and Alcohol, Safety and Injury Prevention, Stress Management</p>
<p>2. express information and opinions about health issues.</p>	<p>Personal and Mental Health, Nutrition and Fitness, Disease Prevention, Drugs and Alcohol, Safety and Injury Prevention, Stress Management</p>
<p>3. utilize strategies to overcome barriers when communicating information, ideas, feelings, and opinions about health issues.</p>	<p>Personal and Mental Health, Family Life, Stress Management</p>
<p>4. demonstrate the ability to influence and support others in making positive health choices.</p>	<p>Personal and Mental Health, Nutrition and Fitness, Disease Prevention, Drugs and Alcohol, Safety and Injury Prevention, Stress Management, Human Growth, Family Life</p>
<p>5. demonstrate the ability to work cooperatively when advocating for healthy communities.</p>	<p>Community and Environmental Health, Drugs and Alcohol, Stress Management</p>
<p>6. demonstrate the ability to adapt health messages and communication techniques to the characteristics of a particular audience.</p>	<p>Community and Environmental Health, Stress Management, Nutrition and Fitness, Drugs and Alcohol, Human Growth, Personal and Mental Health</p>