

Standard 1: Knows the availability and effective use of health services, products and information

HE10-12.1.1 Knows how to access various resources from school and the community that present valid health information, products and services

- Knows how to determine whether various resources from home, school and the community present valid health information, products and services

HE10-12.1.2 Knows situations that require professional health services in the areas of prevention, treatment and rehabilitation

- Persistent depression & other mental/emotional illnesses
- Prenatal and perinatal care
- Treatment or management of disease
- Treatment of alcohol or drug related problems
- Neglect and child abuse

Standard 2: Knows environmental and external factors that affect individual and community health

HE10-12.2.1 Knows how the health of individuals can be influenced by the community (e.g., information offered through community organizations; volunteer work at hospitals, food banks, child care centers)

HE 10-12.2.2 Understands how peer relationships affect health.

HE 10-12.2.3 Knows how individuals can improve or maintain community health

- Advocating for community
- Advocating for self

Standard 3: Understands the relationship of family health to individual health

HE10-12.3.1 Knows the effects of teenage pregnancy on teenagers, their children, their parents and society

HE10-12.3.2 Understands the responsibilities inherent in dating relationships, marriage and parenthood

Standard 4: Knows how to maintain mental and emotional health

HE10-12.4.1 Knows strategies for prevention of stress and or stress related illnesses

- Causes of stress
- Eustress/distress

HE10-12.4.2 Understands how the body responds to stress and the relationship between stress and illness

HE10-12.4.3 Able to recognize signs of various mental/emotional problems

Standard 5: Knows essential concepts and practices concerning injury prevention and safety

HE10-12.5.1 Knows strategies for solving interpersonal conflicts.

- 1st aid/safety
- Personal Harm (e.g. cutting, suicide)

Standard 6: Understands essential concepts about nutrition and diet

HE10-12.6.1 Understands how nutrient and energy needs vary in relation to activity level and stage of life cycle

HE10-12.6.2 Understands the reliability and validity of various sources of food and nutrition information

- Dietary supplements
- Diet aids
- Fad diets
- Food labels

HE 10-12.6.3 Able to analyze the nutritional content of food and be able to make informed nutritional decisions.

- Nutrients
- Cholesterol
- My Pyramid

Standard 7: Knows how to maintain and promote personal health

HE10-12.7.1 Knows how personal behaviors relate to health and well-being and how these behaviors can be modified if necessary to promote achievement of health goals throughout life

- Following a personal nutrition plan to reduce the risk of disease
- Annual check ups

HE10-12.7.2 Understands influences which affect health choices and behaviors.

HE10-12.7.3 Knows and understand how to maintain ones reproductive health

- Demonstrates the ability to promote a lifestyle of abstinence

Standard 8: Knows essential concepts about the prevention and control of disease

HE10-12.8.1 Understands methods of Sexually Transmitted Infection and Sexually Transmitted Disease prevention

- Bacterial, parasitic and viral
 - Modes of transmission
 - Treatment
 - Complications
 - Abstinence
 - Contraception

HE10-12.8.2 Understands the importance of regular examinations in detecting and treating diseases .

- Sexually transmitted infections and sexually transmitted diseases
- Mammograms, Testicular self-exam, Breast self-exam
- Prostate Check
- Pap Test

HE10-12.8.3 Understands the importance of prenatal and perinatal care to both the mother and the child

- Signs of pregnancy
- Stages/Trimesters
- Alcohol, tobacco and drug use

Standard 9: Understands aspects of substance use and abuse

HE10-12.9.1 Knows the short and long-term effects associated with the use of alcohol, tobacco, and other drugs

- Effects on reproduction
- Effects on pregnancy
- Effects on overall health
- Effects on children

HE10-12.9.2 Knows how the abuse of alcohol, tobacco, and other drugs often plays a role in dangerous behavior and can have adverse consequences on the community

- Motor vehicle crashes
- Domestic violence
- Date rape
- Transmission of diseases through needle sharing or sexual activity

HE10-12.9.3 Understands that alcohol, tobacco and other drug dependencies are treatable diseases/conditions

- Signs and symptoms of dependency
- Signs and symptoms of abuse
- Signs and symptoms of tolerance

Standard 10: Understands the fundamental concepts of growth and development

HE10-12.10.1 Understands how physical, mental, social, and cultural factors influence attitudes and behaviors regarding sexuality

- Accepting and recognizing diversities in sexual orientation
 - Lesbian, Gay, Bisexual, Transgender, Questioning
- Implications of stereotyping and bullying

Standard 11: Understands ways to promote health, prevent disease and be able to demonstrate and practice positive healthy behaviors.

HE 10-12.11.1 Demonstrates the ability to recognize healthy versus un-healthy relationships

- Components of a healthy relationship
 - Intimacy, passion, commitment
- Refusal lines to respond to pressure
- Dating rights
- Expression of morals, values and beliefs

HE 10-12-11.2 Able to identify criteria to measure the accuracy, reliability and validity of health care products and services

- Availability and effectiveness of contraception and disease prevention methods
 - IUD, Implant, Shot, Ring, Pill, Patch, Male condom, Diaphragm, Female condom, Cervical cap, Sponge, Spermicide
- Consequences and responsibilities of unplanned pregnancy