

# Health Core Standards

**Standard 1** Students will demonstrate the ability to use knowledge, skills, and strategies related to mental and emotional health to enhance self-concept and relationships with others.

- I can develop strategies for a healthy self-concept.
- I can identify strategies that enhance mental and emotional health.
- I can examine mental illness.
- I can develop and maintain healthy relationships.

**Standard 2** Students will use nutrition and fitness information, skills, and strategies to enhance health.

- I can describe the components and benefits of proper nutrition.
- I can analyze how physical activity benefits overall health.
- I can recognize the importance of a healthy body image and develop appropriate weight management behaviors.

**Standard 3** Students will demonstrate health-promoting and risk-reducing behaviors to prevent substance abuse.

- I can examine the consequences of drug use, misuse, and abuse.
- I can analyze the risk and protective factors that influence the use and abuse of alcohol, tobacco, and other drugs.
- I can access information for treatment of addictive behaviors.

**Standard 4** Students will demonstrate the ability to apply prevention and intervention knowledge, skills, and processes to promote safety in the home, school, and community.

- I can identify personal behaviors that contribute to a safe or unsafe environment.
- I can recognize emergencies and respond appropriately.
- I can identify and respond appropriately to harassment and violent behaviors.
- I can examine the dangers of inappropriate use of current technology.

**Standard 5** Students will understand and summarize concepts related to health promotion and the prevention of communicable and non-communicable diseases.

- I can explain the transmission and prevention of communicable diseases.
- I can identify the effects of non-communicable diseases.
- I can analyze the impact of sexually transmitted diseases including human immuno-deficiency virus (HIV) and acquired immune deficiency syndrome (AIDS) on self and others.

I can examine the impact of disease on self and society.

**Standard 6** Students will demonstrate knowledge of human development, social skills, and strategies to encourage healthy relationships and healthy growth and development throughout life.

- I can describe physical, mental, social, and emotional changes that occur throughout the life cycle.
- I can describe the interrelationship of mental, emotional, social, and physical health during adolescence.
- I can explain the processes of conception, prenatal development, birth, and the challenges created by teen and unwanted pregnancies.