

# **Health (2011)**

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## **Health**

### Grades N - 12

Standard 1: Understands that group and cultural influences contribute to human development, identity, and behavior

- 1.1 understands that cultural beliefs strongly influence the values and behavior of the people who grow up in the culture
- 1.2 understands that family, gender, ethnicity, nationality, institutional affiliations, socioeconomic status, and other group and cultural influences contribute to the shaping of a person's identity

Standard 2: Understands various meanings of social group, general implications of group membership, and different ways that groups function

- 2.1 understands that groups have patterns for preserving and transmitting culture even as they adapt to environmental and/or social change
- 2.2 understands that social groups may have patterns of behavior, values, beliefs, and attitudes that can help or hinder cross-cultural understanding

Standard 3: Understands conflict, cooperation, and interdependence among individuals, groups, and institutions

- 3.1 knows possible causes of conflicts in schools, families, and communities, and strategies to prevent conflict in these situations
- 3.2 knows strategies for solving interpersonal conflicts by using cooperation and/or negotiations
- 3.3 knows how refusal, negotiation, and collaboration skills can be used to avoid potentially harmful situations
- 3.4 understands that conflict between people or groups may arise from competition over ideas, resources, power, and/or status

Standard 4

(no benchmarks)

- Understands the relationship of family and friends' health to an individual's health

Standard 5: Knows environmental and external factors that affect individual and community health

- 5.1 knows how the health of individuals can be influenced by the community
- 5.2 knows how individuals can improve or maintain community health (e.g., becoming active in environmental and economic issues that affect health)
- 5.3 understands how the environment influences the health of the community

Standard 6: Knows how to maintain mental and emotional health

- 6.1 knows skills used to communicate effectively with family, friends, and others, and the effects of open and honest communication
- 6.2 knows strategies for coping with and overcoming feelings of rejection, social isolation, and other forms of stress
- 6.3 understands and knows how to deal with stress, eustress, and distress

**Standard 7: Knows the availability and effective use of health services, products, and information (Consumer Health)**

- 7.1 knows factors that influence personal selection of health-care resources, products, and services (e.g., cost, benefits)
- 7.2 knows how to determine whether various resources from home, school, and the community present valid health information, products, and services
- 7.3 knows situations that require professional health services in the areas of prevention, treatment, and rehabilitation

**Standard 8: Knows essential concepts and practices concerning injury prevention and safety**

- 8.1 knows injury prevention strategies for personal, family, and community health (e.g., neighborhood safety, traffic safety, safe driving)
- 8.2 understands the short-and long-term consequences of safe, risky, and harmful behaviors
- 8.3 knows age appropriate first aid procedures and safe practices

**Standard 9: Understands essential concepts about nutrition and diet**

- 9.1 understands the food pyramid in balancing one's diet
- 9.2 knows the benefits to the body of the major food groups
- 9.3 understands the "food traps" and misconceptions relating to foods and diets
- 9.4 understands how nutrient and energy needs vary in relation to gender, activity level, and stage of life cycle
- 9.5 understands the reliability and validity of various sources of food and nutrition information (e.g., dietary supplements, diet aids, fad diets, food labels)

**Standard 10: Knows how to maintain and promote personal physical health**

- 10.1 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 one's life
- 10.2 understands the impact of personal health behaviors on the functioning of body systems
- 10.3 understands the importance of balancing the components of wellness / health

**Standard 11: Knows essential concepts about the prevention and control of disease**

- 11.1 understands the basics of good hygiene
- 11.2 understands how the immune system functions to prevent or combat disease
- 11.3 understands the importance of regular examinations in detecting and treating diseases early
- 11.4 understands the social, economic, and political effects of disease on individuals, families, and communities

**Standard 12: Understands aspects of and the consequences from substance use and abuse**

- 12.1 knows the short- and long-term effects associated with the use of alcohol, tobacco, and other drugs
- 12.2 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
- 12.3 understands that alcohol, tobacco, and other drug dependencies are treatable diseases/conditions
- 12.4 understands that substance use and abuse affects family and friends as well as the

abuser

Standard 13: Understands the fundamental concepts of growth and development

- 13.1 understands how physical, mental, social, and cultural factors influence attitudes and behaviors
- 13.2 knows sound health practices in the prenatal period that are important to the health of the fetus and young child (e.g., diet, refraining from cigarette smoking or use of alcohol or other drugs)
- 13.2 understands the importance of prenatal and perinatal care to both the mother and the child

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