Health Promotion
Students comprehend concepts related to health promotion and disease prevention.

Students demonstrate the previous and following skills/knowledge:

• describe the interrelationship of mental, emotional, social, and physical health during adolescence. (CH1-E2)
• describe how family and peers influence the health of adolescents. (CH1-E4)
• describe ways to reduce risks related to adolescent health problems. (CH1-E6)

Health Information Access
Students demonstrate the ability to access accurate health information.

Students demonstrate the previous and following skills/knowledge:

• describe how media influences the selection of health information and products (CH2-E2)

Health-Enhancing Behaviors
Students demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

Students demonstrate the previous and following skills/knowledge:

• explain the importance of assuming responsibility for personal health behaviors. (CH3-E1)
• distinguish between responsible and risky/harmful behaviors (e.g., responsible: exercise, sleep, safety equipment, and nutrition; risky: alcohol, tobacco, drugs). (CH3-E3)
• develop injury prevention and management strategies for personal and family health including ways to avoid and reduce threatening situations. (CH3-E4)

Health Influencing Factors
Students analyze the influence of culture, media, technology, and other factors on health.

Students demonstrate the previous and following skills/knowledge:

• describe health behaviors and the use of health services in different cultures and explaining the factors which are responsible for the differences. (CH4-E1)
• analyze how messages from media and other sources influence health behaviors. (CH4-E2)
• analyze how information from peers influences health. (CH4-E4)
Interpersonal Skills
Students demonstrate the ability to use interpersonal communication skills to enhance health.
*Students demonstrate the previous and following skills/knowledge:*
- demonstrate ways to communicate care, consideration, and respect of self and others. (CH5-E1)
- analyze the causes of conflict among youth in schools and communities and demonstrate refusal and negotiation skills to enhance health. (CH5-E2)

Goal Setting and Decision Making
Students demonstrate the ability to use goal settings and decision-making skills to enhance health.
*Students demonstrate the previous and following skills/knowledge:*
- apply a sound decision-making process to resolve health issues and problems individually or collaboratively, that includes an examination of alternatives and consequences and determines a course of action. (CH6-E1)
- predict how decisions regarding health behaviors have consequences for self and others. (CH6-E2)

Health Advocate
Students demonstrate the ability to advocate for personal, family and community health.
*Students demonstrate the previous and following skills/knowledge:*
- analyze various media for language, subject matter and visual techniques used to influence health-related information and decision making. (CH7-E1)
- demonstrate the ability to support others in making positive health choices. (CH7-E4)