



Power Standards for Health Education **Grade 10**

Health Education

Wellness

- *6.1 Demonstrate various strategies when making decisions to enhance health.
- *7.1 Demonstrate various strategies when making goal-setting decisions to enhance health.

Nutrition/Fitness

- *1.1 Analyze how behaviors can affect health maintenance and disease prevention.

Alcohol, Tobacco and Other Drugs

- *1.1 Analyze how behaviors can affect health maintenance and disease prevention.
- *2.2 Demonstrate the ability to access and evaluate resources from home, school and community that provide valid health information and services for themselves and others.

Mental Health

- *5.2 Apply and evaluate characteristics needed to be responsible individual within their peer group, school, family, and community.

Disease Prevention

- *2.4 Analyze medically accurate information about comprehensive sexuality education from family, school personnel, health professionals and other responsible adults.
- *5.2 Apply and evaluate characteristics needed to be responsible individual within their peer group, school, family, and community.
- *8.7 Analyze the power of choice with personal relationships and examine the responsibility and consequences regarding actions/behaviors related to sexuality.

Human Growth and Development

- *1.1 Analyze how behaviors can affect health maintenance and disease prevention.

Grade 9-Health Education	Grade 11-Health Education
<p>Wellness *1.6 Use and evaluate appropriate strategies to promote well-being, delay onset and reduce risks of potential health problems during adulthood. *3.4 Apply and assess strategies to improve or maintain personal, family, and community health by examining influences, rules and legal responsibilities that affect decisions. *5.9 Demonstrate strategies used to prevent, manage and resolve conflict in health ways and identify adults and peers and community resources that might assist, when appropriate. *8.7 Analyze the power of choice with personal relationships and examine the responsibility and consequences regarding actions/behaviors related to sexuality.</p> <p>Alcohol, Tobacco and Other Drugs *1.1 Analyze how behaviors can affect health maintenance and disease prevention. *1.6 Use and evaluate appropriate strategies to promote well-being, delay onset and reduce risks of potential health problems during adulthood. *5.9 Demonstrate strategies used to prevent, manage and resolve conflict in health ways and identify adults and peers and community resources that might assist, when appropriate. *6.1 Demonstrate various strategies when making decisions to enhance health.</p> <p>Nutrition/Fitness *1.1 Analyze how behaviors can affect health maintenance and disease prevention. *2.2 Demonstrate the ability to access and evaluate resources from home, school and community that provide valid health information and services for themselves and others. *7.1 Demonstrate various strategies when making goal-setting decisions to enhance health. *8.1 Evaluate the effectiveness of methods for accurately expressing health information, concepts and skills.</p> <p>Disease Prevention *1.1 Analyze how behaviors can affect health maintenance and disease prevention. *2.4 Analyze medically accurate information about comprehensive sexuality education from family, school personnel, health professionals and other responsible adults. *3.5 Use and evaluate safety techniques to avoid and reduce injury and prevent disease. *4.3 Evaluate how information from family, school, peers, and the community influences personal health.</p> <p>Human Growth and Development *1.1 Analyze how behaviors can affect health maintenance and disease prevention. *1.10 Describe and analyze the physical, mental, emotional and sexual changes that occur over a lifetime from birth to death. *3.5 Use and evaluate safety techniques to avoid and reduce injury and prevent disease.</p>	<p>Wellness *4.3 Evaluate how information from family, school, peers and the community influences personal health. *5.6 Prioritize and demonstrate strategies for maintaining healthy relationships and solving interpersonal conflicts. *5.9 Demonstrate strategies used to prevent, manage and resolve conflict in healthy ways and identify adults and peers and community resources that might assist, when appropriate.</p> <p>Nutrition/Fitness *1.1 Analyze how behaviors can affect health maintenance and disease prevention. *1.6 Use and evaluate appropriate strategies to promote well-being, delay onset and reduce risks of potential health problems during adulthood. *2.2 Demonstrate the ability to access and evaluate resources from home, school and community that provide valid health information and services for themselves and others. *6.1 Demonstrate various strategies when making decisions to enhance health.</p> <p>Alcohol, Tobacco and Other Drugs *1.6 Use and evaluate appropriate strategies to promote well-being, delay onset and reduce risks of potential health problems during adulthood. *2.2 Demonstrate the ability to access and evaluate resources from home, school and community that provide valid health information and services for themselves and others. *6.1 Demonstrate various strategies when making decisions to enhance health. *7.1 Demonstrate various strategies when making goal-setting decisions to enhance health.</p> <p>Disease Prevention *1.1 Analyze how behaviors can affect health maintenance and disease prevention. *1.6 Use and evaluate appropriate strategies to promote well-being, delay onset and reduce risks of potential health problems during adulthood. *2.2 Demonstrate the ability to access and evaluate resources from home, school and community that provide valid health information and services for themselves and others. *3.5 Use and evaluate safety techniques to avoid and reduce injury and prevent disease.</p> <p>Human Growth and Development *1.1 – Analyze how behaviors can affect health maintenance and disease prevention *3.5 – Use and evaluate safety techniques to avoid and reduce injury and prevent disease *1.2 – Describe the interrelationship of mental, emotion, social and physical health throughout adulthood *1.6 - Use and evaluate appropriate strategies to promote well-being, delay onset and reduce risks of potential health problems during adulthood *1.10 - Describe and analyze the physical, mental, emotional and sexual changes that occur over a lifetime from birth to death *5.6 – Prioritize and demonstrate strategies for maintaining healthy relationships and solving interpersonal conflicts *8.7 – Analyze the power of choice with personal relationships and examine the responsibility and consequences regarding actions/behaviors related to sexuality</p> <p>Mental Health *3.4 – Apply and assess strategies to improve or maintain personal, family, and community health by examining influences, rules and legal responsibilities that affect decisions *5.6 – Prioritize and demonstrate strategies for maintaining healthy relationships and solving interpersonal conflicts *5.9 – Demonstrate strategies used to prevent, manage and resolve conflict in healthy ways and identify adults and peers and community resources that might assist, when appropriate *8.7 – Analyze the power of choice with personal relationships and examine the responsibility and consequences regarding actions/behaviors related to sexuality.</p>

*The numbered power standards above represent essential and enduring core knowledge and skills. View entire curriculum at www.cttech.org.