



Health Education Goals

CTHSS PROGRAM OF STUDIES

“Students must understand and develop behaviors that promote lifelong health and wellness, and recognize the importance of and participate in physical activities and learning designed to maintain and enhance healthy lifestyles.”

KNOWLEDGE

Goal 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Big Idea: Your health is dependent on many factors.

Essential question: How do choices or actions affect your health during your lifetime?

Goal 4: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health.

Big Idea: Your health choices are influenced by multiple sources.

Essential questions: How are the choices you make reflective of their influence?
Why do the people in your life influence the decisions you make regarding your health and well-being?
How do the images projected in the media affect your perception of reality?

SKILLS

Goal 2: Students will demonstrate the ability to access valid health information, products, and services.

Big Idea: Gathering accurate information from reliable sources will enable you to make the best decision for your health.

Essential questions: How would you determine the information is accurate?
Where would you obtain accurate information to make a positive health decision?

Goal 3: Students will demonstrate the ability to practice health-enhancing behaviors to avoid and reduce health risks.

Big Idea: There are specific behaviors that will enhance your overall health.

Essential questions: What strategies and safety techniques would enable one to reduce their personal health risks?
How would one determine which strategy and safety technique is appropriate in reducing risk(s)?

Goal 5: Students will demonstrate their ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Big Idea: Articulation will enable one to resolve conflict, sustain, and maintain healthful relationships.

Essential questions: How does your ability to communicate enable one to resolve conflicts?
Why is effective communication the foundation of healthy, successful relationships?

Goal 6: Students will demonstrate the ability to use decision making skills to enhance health.

Big Idea: Your ability to make sound choices will affect your health throughout your lifetime.

Essential questions: What are the pros and cons of abstaining from negative choices?
How does applying the steps in the decision-making process help to clarify appropriate, healthful choices?
How do the decisions that you make effect the people in your life?

Goal 7: Students will use goal-setting skills to enhance health.

Big Idea(s): Setting realistic and obtainable personal goals will provide for a healthy lifestyle. Working toward and achieving your goals will develop health-enhancing behaviors.

Essential question: Why is setting a personal goal not enough to achieve a healthy lifestyle?

Goal 8: Students will demonstrate the ability to advocate for personal, family and community health.

Big Idea: A healthy life is contingent upon advocating for the health and well-being of oneself and others.

Essential questions: How do your behaviors encourage or discourage others to be healthy?
Why is it critical to be able to support and defend various health information, choices, or skills?
How does one access community resources to support their health or the health of others?