

Curriculum Framework– Health Education – High School

Health literacy is the ability to access, understand, appraise, apply and advocate for health information and services in order to maintain or enhance one’s own health and the health of others. The goal of health education is to develop health literate individuals. Health literate individuals can implement seven health skills while understanding multiple health areas to maintain or improve their own health and the health of others.

HE.900.11: Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- 900.11.01 Discuss ways family members influence decision making concerning sexual behavior.
- 900.11.02 Identify the influence of power and cultural differences on interpersonal relationships.
- 900.11.03 Analyze the impact of media influences on harassing and intimidating behaviors.
- 900.11.04 Examine the influence of peer groups as they relate to harassing and intimidating behaviors

HE.900.12: Accessing Information: Students will demonstrate the ability to access valid information and products and services to enhance health.

- 900.12.01 Investigate local resources that support the prevention of suicide and self-injury.
- 900.12.02 Investigate stigma associated with mental health problems.
- 900.12.03 Investigate Maryland laws related to driving a motor vehicle while under the influence of alcohol or other drugs.
- 900.12.04 Identify Maryland's Good Samaritan Law and the impact on contacting emergency services.

HE.900.13: Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 900.13.01 Practice effective communication to request that bullying and sexual harassment stop.
- 900.13.02 Analyze the effectiveness of communicating and respecting clear expectations, boundaries, personal safety strategies, clear limits, and affirmative consent on sexual behaviors.

HE.900.14: Decision Making: Students will demonstrate the ability to use decision-making skills to enhance health.

- 900.14.01 Demonstrate the ability to utilize strategies when making decisions related to health needs and risks of young adults.

HE.900.15: Goal Setting: Students will demonstrate the ability to use goal-setting skills to enhance health.

- 900.15.01 Implement strategies, including self-monitoring, to achieve a personal mental and emotional health goal.
- 900.15.02 Assess personal practices and behaviors related to alcohol and other drug use.
- 900.15.03 Design a realistic goal to remain alcohol- and other drug-free, to quit using alcohol or other drugs, or to not ride in or on a motor vehicle with a driver who is under the influence of alcohol or other drugs.
- 900.15.04 Assess personal health and wellness-related practices and behaviors.
- 900.15.05 Formulate a realistic goal to improve a personal health and wellness-related practice.
- 900.15.06 Assess personal practices and behaviors related to sexual health.
- 900.15.07 Design a realistic personal goal to avoid or reduce the risk of pregnancy and transmission of HIV and other STIs.

HE.900.16: Self-Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- 900.16.01 Analyze the role of individual responsibility in enhancing personal health and wellness.
- 900.16.02 Propose a commitment to practice positive personal health and wellness-related behaviors.
- 900.16.03 Assess personal mental and emotional health practices and behaviors.
- 900.16.04 Analyze the role of individual responsibility in enhancing personal mental and emotional health.
- 900.16.05 Evaluate personal mental and emotional health practices that reduce or prevent health risks.
- 900.16.06 Analyze the role of individual responsibility for being alcohol- and other drug-free.
- 900.16.07 Evaluate personal practices and behaviors that reduce or prevent alcohol and other drug use.
- 900.16.08 Demonstrate alcohol-use prevention behaviors and practices to improve the health of oneself and others

- 900.16.09 Identify strategies to avoid riding in a motor vehicle with a driver who is under the influence of alcohol and other drugs
- 900.16.10 Analyze the role of individual responsibility for sexual health.
- 900.16.11 Evaluate personal practices and behaviors that reduce or prevent sexual risk behaviors.
- 900.16.12 Make a commitment to practice healthy sexual behaviors.

HE.900.17: Advocacy: Students will demonstrate the ability to advocate for personal, family, and community health.

- 900.17.01 Relate peer and societal norms, based on accurate health information, to formulate positive personal health and wellness-related messages.
- 900.17.02 Persuade community leaders about the importance of ensuring there are safe, accessible, equitable and affordable opportunities, products and mental health services to improve the health of oneself and others.
- 900.17.03 Compose a message to inform students about utilizing Acknowledge, Care, and Tell related to suicide.
- 900.17.04 Consider positive peer and societal norms, based on accurate health information, to formulate mental and emotional health-enhancing messages.
- 900.17.05 Persuade and support others to make positive mental and emotional health choices.
- 900.17.06 Adapt mental and emotional health messages and communication techniques for a specific target audience.
- 900.17.07 Persuade and support others to be alcohol- and other drug-free.
- 900.17.08 Persuade community leaders about the importance of ensuring safe, accessible, and affordable alcohol- and other drug-use prevention and treatment services.
- 900.17.09 Adapt alcohol- or other drug-free health messages and communication techniques for a specific target audience.
- 900.17.10 Integrate peer and societal norms, based on accurate health information, to formulate a message that promotes being alcohol- and other drug-free.
- 900.17.11 Collaborate with others to advocate for personal, family and community alcohol- and other drug- use prevention.
- 900.17.12 Collaborate with others to advocate for improving personal, family, and community sexual health.
- 900.17.13 Persuade and support others to make positive and healthy choices about relationships.
- 900.17.14 Advocate abstinence from sexual intercourse as the most effective and healthy means for preventing pregnancy and STIs.
- 900.17.15 Persuade and support others to avoid or reduce risky sexual behaviors.

- 900.17.16 Persuade school and community environments to promote the health of others, without regard to aspects of their sexuality (such as sexual activity, sexual abstinence, sexual orientation, gender expression, or gender identity).
- 900.17.17 Adapt sexual health messages and communication techniques for reach a specific target audience.
- 900.17.18 Relate peer and societal norms, based on accurate health information, to formulate a message that promotes healthy eating.
- 900.17.19 Adapt healthy eating messages and communication techniques to reach a specific target audience
- 900.17.20 Persuade and support others to prevent violence.
- 900.17.21 Collaborate with others to advocate for preventing personal, family and community violence.

HE.900.21 Mental and Emotional Health: Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.

- 900.21.01 Summarize personal stressors at home, in school, and with friends.
- 900.21.02 Explain the body's physical and psychological responses to stressful situations.
- 900.21.03 Evaluate effective strategies for dealing with stress
- 900.21.04 Adapt healthy practices and behaviors to improve the health and wellness of oneself and others
- 900.21.05 Analyze the causes, symptoms, and effects of depression.
- 900.21.06 Analyze the causes, symptoms, and effects of anxiety.
- 900.21.07 Differentiate between a positive and negative body image.

HE 900.22 Alcohol, Tobacco and Other Drugs: Students will demonstrate the ability to use drug knowledge, decision-making skills, and health enhancing strategies to address the non-use, use and abuse of medications, alcohol, tobacco and other drugs.

- 900.22.01 Create a lifelong plan for appropriate use of prescription and OTC medications.
- 900.22.02 Compare use, misuse, and abuse of prescription and OTC medications.
- 900.22.03 Identify negative short- and long-term physical, psychological, and social effects of opioid and fentanyl use.
- 900.22.04 Identify the impact of opioid use on relationships with others; the community; health of the user; other risky behaviors; academic success; and future goals, including finances and career opportunities.
- 900.22.05 Investigate the contents of e-cigarettes and other vapor-based smoking devices.
- 900.22.06 Identify the myths and misconceptions related to e-cigarettes and other vapor-based smoking devices.

HE 900.23 Personal and Consumer Health: Students will demonstrate the ability to use knowledge, skills, and strategies to develop sound personal and consumer health practices involving the use of healthcare products, services, and community resources.

- 900.23.01 Investigate the complexity of eating disorders and how they affect oral health
- 900.23.02 Analyze how nutrition and frequency of snacking affects oral health.
- 900.23.03 Identify the danger of oral piercings in relation to oral health.

HE.900.24 Family Life and Human Sexuality: Students will demonstrate the ability to use human development knowledge, social skills, and health enhancing strategies to promote positive relationships and healthy growth and development throughout the life cycle.

- 900.24.01 Identify the stigmas related to sexual minority youth.
- 900.24.02 Identify the difference between attraction, identity, and behavior and how they relate to sexual orientation.
- 900.24.03 Describe fertilization, fetal development, and the birth process.
- 900.24.04 Identify the most prevalent congenital and hereditary conditions that affect the fetus.
- 900.24.05 Examine resources to maintain or promote reproductive health.
- 900.24.06 Investigate factors that may contribute to a healthy relationship.
- 900.24.07 Compare the effectiveness of various contraceptive methods in preventing pregnancy and STIs.
- 900.24.08 Define and identify affirmative consent, sexual coercion and situations when an individual can and cannot give consent.

HE.900.25 Safety and Injury Prevention: Students will demonstrate the ability to apply prevention and intervention knowledge, skills, and processes to promote safe living in the home, school, and community.

- 900.25.01 Distinguish between emergency and non-emergency situations.
- 900.25.02 Demonstrate skills related to cardiopulmonary resuscitation (CPR) and external defibrillators (AED).
- 900.25.03 Identify multiple ways to report bullying, sexual harassment, and other violent behaviors.
- 900.25.04 Distinguish between healthy and unhealthy verbal and/or non-verbal interactions.
- 900.25.05 Differentiate between healthy and unhealthy use of technology including social media, messaging and telephone/cell phones as it relates to harassment and intimidating behaviors.
- 900.25.06 Describe strategies to use social media and technology safely and respectfully.

- 900.25.07 Describe examples of harassment and other intimidating behaviors in media.
- 900.25.08 Assess ways to deter bullying and sexual harassment.
- 900.25.09 Demonstrate ways in which a positive bystander could respond to a situation when they or someone else is being sexually mistreated, groomed, harassed, abused, assaulted and/or exploited.
- 900.25.10 Advocate for safe environments that encourage dignified and respectful and appropriate self-behavior.
- 900.25.11 Analyze how physical, social, cultural, and emotional environments may contribute to sexual violence.
- 900.25.12 Investigate community resources for victims of sexual violence.
- 900.25.13 Explain why a person who has been sexually mistreated, groomed, harassed, abused, assaulted, or exploited is not at fault.
- 900.25.14 Identify multiple ways to report sexual mistreatment, grooming, harassment, abuse, assault, exploitation, and human trafficking.
- 900.25.15 Analyze laws, policies, and consequences related to sexual mistreatment, grooming, harassment, abuse, assault, exploitation, child sexual abuse images (child pornography), and human trafficking that are designed to protect young people.
- 900.25.16 Relate peer and societal norms, based on accurate health information, to formulate messages to avoid or reduce violence.

HE.900.26 Nutrition and Fitness: Students will demonstrate the ability to use nutrition and fitness knowledge, skills, and strategies to promote a healthy lifestyle.

- 900.26.01 Assess personal eating practices and behaviors.
- 900.26.02 Assess the barriers to achieving a personal goal to improve healthy eating behaviors.
- 900.26.03 Analyze the role of individual responsibility in enhancing healthy eating behaviors.
- 900.26.04 Evaluate personal healthy eating practices and behaviors that reduce or prevent health risks.
- 900.26.05 Develop a plan to attain a personal goal to improve healthy eating behaviors.

HE 900.27 Disease Prevention and Control: Students will demonstrate the ability to apply prevention and treatment knowledge, skills and strategies to reduce susceptibility and manage disease.

- 900.27.01 Describe the relationship between poor personal health and wellness habits and chronic diseases such as heart disease, cancer, diabetes, hypertension, and osteoporosis.

- 900.27.02 Explain how sexual behaviors and practices including abstinence, use of condoms, sexual activity, and multiple partners influence contraction of HIV/AIDS and STIs.
- 900.27.03 Explain how other behaviors and practices, such as drug use, sharing needles (piercing, drugs, tattoos), mother to child, and occupational exposure influence contraction of HIV/AIDS, STIs, and Hepatitis.