

Health Education Course 2 Essential Curriculum – High School

HE.902.11 Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

902.11.01 Analyze the influence of personal values and beliefs on individual health practices and behaviors

902.11.02 Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.

902.11.03 Analyze how public health policies and government regulations can influence health promotion and disease prevention.

902.11.04 Identify the influence of power and cultural differences on interpersonal relationships.

HE.902.12 Accessing Information: Students will demonstrate the ability to access valid information and products and services to enhance health.

902.12.01 Determine when professional health services may be required

902.12.02 Access valid and reliable health products and services.

HE.902.13 Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

902.13.01 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.

902.13.02 Demonstrate how to ask for and offer assistance to enhance the health of self and others.

902.13.03 Describe effective ways to communicate consent, personal boundaries, intimacy, and sexual limits.

HE.902.14 Decision Making: Students will demonstrate the ability to use decision-making skills to enhance health.

902.14.01 Generate alternatives to health-related issues or problems.

902.14.02 Predict the potential short and long-term impact of each alternative on self and others.

902.14.03 Defend the healthy choice when making decisions.

902.14.04 Evaluate the effectiveness of health-related decisions.

HE.902.15 Goal Setting: Students will demonstrate the ability to use goal-setting skills to enhance health.

902.15.01 Implement strategies and monitor progress in achieving a personal health goal.

902.15.02 Formulate an effective long-term personal health plan.

HE.902.16 Self-Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

902.16.01 Demonstrate a variety of behaviors that avoid or reduce health risks to self and others.

902.16.02 Make a commitment to practice healthy sexual behaviors.

HE.902.17 Advocacy: Students will demonstrate the ability to advocate for personal, family, and community health.

902.17.01 Work cooperatively as an advocate for improving personal, family, and community health.

902.17.02 Adapt health messages and communication techniques to a specific target audience.  
902.17.03 Advocate for the innocence of a person who has been sexually mistreated, groomed, harassed, abused, assaulted, or exploited.

HE.902.21 Mental and Emotional Health: Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.

902.21.01 Analyze how mental and emotional health can affect health-related behaviors.

902.21.02 Analyze impulsive behaviors and strategies for managing them.

902.21.03 Differentiate between a positive and negative body image.

902.21.04 Summarize the importance of a positive body image and its implications on mental and physical wellness.

902.21.05 Analyze the interrelationship of physical, mental, emotional, social, environmental, and spiritual health.

902.21.06 Analyze characteristics of a mentally and emotionally healthy person.

902.21.07 Summarize the negative impact of stigma on health-seeking behaviors.

902.21.08 Analyze the causes, symptoms, and effects of depression.

902.21.09 Analyze the causes, symptoms, and effects of anxiety.

902.21.10 Summarize the signs and symptoms of people who are in danger of hurting themselves or others and demonstrate how to tell a trusted adult.

902.21.11 Summarize the benefits of seeking a trusted adult or professional guidance related to one's dimensions of wellness.

902.21.12 Identify trusted adults and resources specific to a variety of needs.

902.21.13 Analyze strategies for managing and reducing interpersonal conflicts.

902.21.14 Apply strategies to improve personal wellness.

902.21.15 Explain the effects of eating disorders on health.

HE.902.22 Substance Use Prevention: 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.

902.22.01 Analyze the risks associated with and dangers of driving while under the influence of alcohol, opioids, marijuana products, performance-enhancing substances, and other trending drugs or substances.

902.22.02 Analyze situations that could lead to the use of alcohol, opioids, nicotine products, marijuana products, performance-enhancing substances, and other trending drugs or substances.

902.22.03 Evaluate situations that could lead to the use of alcohol, opioids, nicotine products, marijuana products, performance-enhancing substances, and other trending drugs or substances.

902.22.04 Differentiate between proper use and abuse of over-the-counter and prescription medicines.

902.22.05 Identify sources of support for people who suffer from addiction.

902.22.06 Analyze the harmful short- and long-term physical, psychological, and social effects of using alcohol, nicotine products, marijuana products, performance enhancing substances, opioids (including the lethal effects of fentanyl), and other trending drugs or substances.

HE.902.23 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.

- 902.23.01 Identify factors that can influence the ability to give and receive sexual consent.
- 902.23.02 Describe effective ways to communicate consent, personal boundaries, and preferences as they relate to sexual behavior.
- 902.23.03 Define and identify affirmative consent, sexual coercion, boundary violations, and situations when an individual can and cannot give consent.
- 902.23.04 Define sexual identity and explain a range of identities related to sexual orientation.
- 902.23.05 Identify how school and community programs and policies can promote dignity and respect for people of all sexual orientations and gender identities and expressions.
- 902.23.06 Explain federal and state laws that prohibit the creation, sharing, and viewing of sexually explicit media that includes minors.
- 902.23.07 Identify sexual behaviors, including solo, vaginal, oral, and anal sex, that impact the risk of unintended pregnancy and potential transmission of STIs, including HIV.
- 902.23.08 Compare and contrast types of contraceptive and disease-prevention methods.
- 902.23.09 Evaluate community services and resources related to sexual and reproductive health

HE.902.24 Safety and Violence 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.

- 902.24.01 Demonstrate the skills related to hands-only cardiopulmonary resuscitation (CPR) and the use of the automated external defibrillators (AED).
- 902.24.02 Identify multiple ways to report bullying, sexual harassment, racism, and other violent behaviors.
- 902.24.03 Compare and contrast characteristics of healthy and unhealthy relationships.
- 902.24.04 Differentiate between healthy and unhealthy use of technology including social media, messaging and phones as it relates to harassment and intimidating behaviors.
- 902.24.05 Describe strategies to use social media and technology safely and respectfully.
- 902.24.06 Describe examples of discrimination, intimidating behaviors, and harassment in media.
- 902.24.07 Assess ways to deter bullying, sexual harassment, and racism.
- 902.24.08 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.
- 902.24.09 Analyze how physical, social, cultural, and emotional environments may contribute to violence.
- 902.24.10 Investigate community resources for victims of sexual violence.
- 902.24.11 Explain why a person who has been sexually mistreated, groomed, harassed, abused, assaulted, or exploited is not at fault.
- 902.24.12 Identify multiple ways to report sexual mistreatment, grooming, harassment, abuse, assault, exploitation, and human sex trafficking.
- 902.24.13 Analyze laws, policies, and consequences related to sexual mistreatment, grooming, harassment, abuse, assault, exploitation, child sexual abuse images (child pornography), and human sex trafficking that are designed to protect young people.
- 902.24.14 Analyze the impact of media influences on discrimination, intimidating behaviors, and violence.
- 902.24.15 Examine the influence of peer groups as they relate to harassing and intimidating behaviors.

902.24.16 Practice effective communication to request that bullying, sexual harassment, and racism stop.

902.24.17 Summarize situations and behaviors that constitute sexual mistreatment, grooming, harassment, abuse, assault, exploitation, and trafficking.

902.24.18 Advocate for the innocence of a person who has been sexually mistreated, groomed, harassed, abused, assaulted, or exploited.

902.24.19 Analyze the consequences of prejudice, discrimination, racism, sexism, and hate crimes.

902.24.20 Analyze how involvement in gangs and hate crimes contribute to violence.

902.24.21 Advocate for safe environments that encourage dignified, respectful, and appropriate behavior.

HE.902.25 Healthy Eating: Students will demonstrate the ability to use nutrition and fitness knowledge, skills, and strategies to promote a healthy lifestyle.

902.25.01 Explain how to incorporate eating a variety of nutrient-dense foods to meet daily nutrient requirements.

902.25.02 Analyze various eating patterns and their impact on personal health.

902.25.03 Distinguish between foods and beverages that provide key nutrients versus those that contain few essential nutrients.

902.25.04 Describe the impact of food production and preparation methods on food nutrient value.

902.25.05 Describe the benefits of limiting the consumption of sugar-sweetened beverages.

902.25.06 Investigate how food access impacts food choices and health outcomes.

902.25.07 Demonstrate the ability to read and compare nutrition facts labels.

902.25.08 Distinguish between foods and beverages that provide key nutrients versus those that contain few essential nutrients.

902.25.09 Describe the relationship between personal eating behaviors and overall personal health.

902.25.10 Summarize the importance of balanced eating and physical activity in optimizing personal health.

902.25.11 Utilize the U.S. Dietary Guidelines for Americans to plan a balanced eating routine.

902.25.12 Summarize how to make balanced food selections when dining out.

902.25.13 Analyze how food choices impact the environment.

902.25.14 Evaluate the role of community food access and determine community-level support or action.

902.25.15 Examine the harmful effects of using certain weight-loss measures.

HE.902.26 Disease Prevention and Control: Students will demonstrate the ability to apply prevention and treatment knowledge, skills and strategies to reduce susceptibility and manage disease.

902.26.01 Evaluate the roles of the individual and society in disease prevention.

902.26.02 Summarize the potential health and social consequences of popular fads or trends such as tanning beds, body piercing, and tattooing.

902.26.03 Analyze choices related to organ donation.

902.26.04 Examine the impact of human-induced environmental change on health and wellbeing.

902.26.05 Summarize how infectious diseases, including HIV, STIs, foodborne illnesses, and common illnesses, are transmitted and prevented.

902.26.06 Analyze the factors that contribute to the major chronic diseases such as heart disease, cancer, diabetes, hypertension, osteoporosis, and skin cancer.

902.26.07 Evaluate important health screenings and assessments, immunizations, checkups, and examinations to maintain good health.

902.26.08 Explain why it is important to know the STI/HIV status of oneself and of a potential sexual partner.

902.26.09 Explain the importance of STI and HIV testing and counseling if one is sexually active.