2019 Health Education Standards

**Health Concepts**

**HTH.1 Students will comprehend concepts related to health promotion and disease prevention to enhance health.**

HTH.1.1 Recognize that a positive relationship with God is essential to wellness. (2.12.8)

HTH.1.2 Understand the relationship between access to health care and health status. (1.12.6)

HTH.1.3 Recognize health principles and laws as tools to improve everyday life.(1.12.1)

HTH.1.4 Understand proper safety and first aid procedures. (1.12.5)

HTH.1.5 Apply SDA Christian principles on health issues (Choice, Rest, Environment, Activity, Trust, Interpersonal Relationships, Outlook, Nutrition). (1.12.7)

HTH.1.6 Analyze how genetics and family history can impact personal health. (1.12.4)

**Health Environment**

**HTH.2 Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.**

HTH.2.1 Acknowledge God as the Author of all health principles and the body as His temple.

HTH.2.2 Recognize the influence family, peers, school, community, and culture have on health behaviors. (2.12.1) (2.12.2) (2.12.3) ( 2.12.4) (5.12.1)

HTH.2.3 Apply Biblical principles of Christian morality, integrity, and ethical behavior to all aspects of life.

HTH.2.4 Compare and contrast how the perceptions of norms influence healthy and unhealthy behaviors. (2.12.7)

HTH.2.5 Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors.(1.12.8)

HTH.2.6 Evaluate how various media forms and technology affect environment. (2.12.5) (2.12.6)

**Health Information**

**HTH.3 Students will demonstrate the ability to access valid information, products, and services to enhance health.**

HTH.3.1 Read, write, and interpret health documents.

HTH.3.2 Conduct research in the content area.

HTH.3.3 Utilize a variety of technological resources to evaluate health information. (2.12.10) (3.12.2)

HTH.3.4 Use appropriate terminology regarding health practices.

HTH.3.5 Evaluate the validity of health information, products, and services. (3.12.1)

HTH.3.6 Determine when professional health services may be required. (3.13.4) (4.12.4)

**Interpersonal Skills**

**HTH.4 Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

HTH.4.1 Utilize the principles and methodologies of cooperative learning. (5.12.3)

HTH.4.2 Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks. (4.12.2)

HTH.4.3 Practice appropriate communication and conflict resolution skills. (4.12.1) (4.12.3)

**Decision-Making Skills**

**HTH.5 Students will demonstrate the ability to use decision-making skills to enhance health.**

HTH.5.1 Identify positive and negative consequences of health choices. (5.12.2)

HTH.5.2 Predict the potential short-term and long-term consequences of choices on self and others. (5.12.5)

HTH.5.3 Develop critical and creative thinking skills (analysis, evaluation, divergent questioning, modeling). (5.12.4) (5.12.7)

HTH.5.4 Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors. (2.12.9)

**Goal Setting Skills**

**HTH.6 Students will demonstrate the ability to use goal-setting skills to enhance health.**

HTH.6.1 Assess personal health practices and overall health status. (6.12.1)

HTH.6.2 Develop goal-setting skills to enhance health. (6.12.2) (6.12.4)

HTH.6.3 Implement strategies and monitor progress in achieving a personal health goal. (6.12.3)

**Health-Enhancing Behaviors**

**HTH.7 Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

HTH.7.1 Demonstrate the ability to practice health-enhancing behaviors to avoid/reduce health risks. (5.12.6) (7.12.1) (7.12.3) (7.12.4)

HTH.7.2 Implement SDA Christian principles in the pursuit of wellness (spiritual, mental, physical, social). (1.12.2)

**Advocacy**

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

HTH.8.1 Develop stewardship and service attitudes towards health, life, and environment. (1.12.3) (8.12.3)

HTH.8.2 Utilize a variety of approaches to promote wellness (writing, speaking, modeling, etc.). (8.12.1) (8.12.4)

HTH.8.3 Demonstrate the ability to advocate for the reduction and avoidance of health risks among peers, family, and community in a global society. (8.12.2)