

## National Health Education Standards Performance Indicators Grades 9-11

- addresses the standard directly
- somewhat addresses standard
- C can be used as a context

<b>Students will comprehend concepts related to health promotion and disease prevention</b>	
Analyze how behavior can impact health maintenance and disease prevention.	●
Describe the interrelationships of mental, emotional, social, and physical health throughout adulthood.	●
Explain the impact of personal health behaviors on the functioning of body system.	●
Analyze how the family, peers, and community influence the health of individual.	●
Analyze how the environment influences the health of the community.	●
Describe how to delay onset and reduce risks of potential health problems during adulthood.	●
Analyze how public health policies and government regulations influence health promotion and disease prevention.	●
Analyze how the prevention and control of health problems are influenced by research and medical advances.	●
<b>Students will demonstrate the ability to access valid health information and health-promoting products and services</b>	
Evaluate the validity of health information, products, and services.	●
Demonstrate the ability to evaluate resources from home, school, and community that provide valid health information.	●
Evaluate factors that influence personal selection of health products and service.	○
Demonstrate the ability to access school and community health services for self and others.	●
Analyze the cost and accessibility of health care services.	○
Analyze situations requiring professional health services.	●
<b>Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks</b>	
Analyze the role of individual responsibility for enhancing health.	●
Evaluate a personal health assessment to determine strategies for health enhancement and risk reduction.	○
Analyze the short-term and long-term consequences of safe, and risky or harmful behaviors.	●
Develop strategies to improve or maintain personal, family, and community health.	●
Develop injury prevention and management strategies for personal, family, and community health.	●
Demonstrate ways to avoid and reduce threatening situations.	●
Evaluate strategies to manage stress.	●

<b>Students will analyze the influence of culture, media, technology, and other factors on health.</b>	
Analyze how cultural diversity enriches and challenges health behaviors.	C
Evaluate the effect of media and other factors on personal, family, and community health.	●
Evaluate the impact of technology on personal, family, and community health.	●
Analyze how information from the community influences health.	●
<b>Students will demonstrate the ability to use interpersonal communication skills to enhance health</b>	
Demonstrate skills for communicating effectively with family, peers, and others.	●
Analyze how interpersonal communication affects relationships.	●
Demonstrate healthy ways to express needs, wants, and feelings.	●
Demonstrate ways to communicate care, consideration, and respect of self and others.	●
Demonstrate strategies for solving interpersonal conflicts without harming self or others.	●
Demonstrate refusal, negotiation, and collaboration skills to avoid potentially harmful situation.	●
Analyze the possible causes of conflict in schools, families, and communities.	●
Demonstrate strategies used to prevent conflict.	●
<b>Students will demonstrate the ability to use goal setting and decision-making skills to enhance health</b>	
Demonstrate the ability to apply a decision-making process to health issues and problems individually and collaboratively.	●
Analyze health concerns that require collaborative decision making.	●
Predict immediate and long-term impact of health decisions on the individual, family, and community.	●
Implement a plan for attaining a personal health goal.	C
Evaluate progress toward achieving personal health goals.	○
Formulate an effective plan for lifelong health.	○
<b>Students will demonstrate the ability to advocate for personal, family, and community health</b>	
Evaluate the effectiveness of communication methods for accurately expressing health information and ideas.	●
Express information and opinions about health issues.	●
Utilize strategies to overcome barriers when communicating information, ideas, feelings, and opinions about health issues.	●
Demonstrate the ability to influence and support others in making positive health choices.	●
Demonstrate the ability to work cooperatively when advocating for healthy communities.	●
Demonstrate the ability to adapt health messages and communication techniques to the characteristics of a particular audience.	○

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**National Health Education Standards  
Performance Indicators  
Grades 5-8**

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<b>Students will comprehend concepts related to health promotion and disease prevention.</b>	
Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.	●
Describe the interrelationship of mental, emotional, social, and physical health during adolescence.	●
Explain how health is influenced by the interaction of body systems.	●
Describe how family and peers influence the health of adolescents.	●
Analyze how environment and personal health are interrelated.	●
Describe ways to reduce risks related to adolescent health problems.	●
Explain how appropriate health care can prevent premature death and disability.	●
Describe how lifestyle, pathogens, family history, and other risk factors are related to the cause or prevention of disease and other health problems.	●
<b>Students will demonstrate the ability to access valid health information and health-promoting products and services.</b>	
Analyze the validity of health information, products, and service.	●
Demonstrate the ability to utilize resources from home, school, and community that provide valid health information.	●
Analyze how media influences the selection of health information and products.	●
Demonstrate the ability to locate health products and services.	●
Compare the costs and validity of health products.	○
Describe situations requiring professional health service.	●
<b>Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.</b>	
Explain the importance of assuming responsibility for personal health behaviors.	●
Analyze a personal health assessment to determine health strengths and risk.	○
Distinguish between safe and risky or harmful behaviors in relationships.	●
Demonstrate strategies to improve or maintain personal and family health.	●
Develop injury prevention and management strategies for personal and family health.	●
Demonstrate ways to avoid and reduce threatening situations.	●

Demonstrate strategies to manage stress.	●
<b>Students will analyze the influence of culture, media, technology, and other factors on health.</b>	
Analyze how cultural diversity enriches and challenges health behaviors.	C
Evaluate the effect of media and other factors on personal, family, and community health.	●
Evaluate the impact of technology on personal, family, and community health.	●
Analyze how information from the community influences health.	●
<b>Students will demonstrate the ability to use interpersonal communication skills to enhance health.</b>	
Demonstrate effective verbal and non-verbal communication skills to enhance health.	●
Describe how the behavior of family and peers affects interpersonal communication.	●
Demonstrate healthy ways to express needs, wants, and feelings.	●
Demonstrate ways to communicate care, consideration, and respect of self and others.	●
Demonstrate communication skills to build and maintain healthy relationships.	●
Demonstrate refusal and negotiation skills to enhance health.	●
Analyze the possible causes of conflict among youth in schools and communities.	●
Demonstrate strategies to manage conflict in healthy way.	●
<b>Students will demonstrate the ability to use goal setting and decision-making skills to enhance health.</b>	
Demonstrate the ability to apply a decision-making process to health issues and problems individually and collaboratively.	●
Analyze how health-related decisions are influenced by individuals, family, and community values.	●
Predict how decisions regarding health behaviors have consequences for self and other.	●
Apply strategies and skills needed to attain personal health goals.	●
Describe how personal health goals are influenced by changing information, abilities, priorities, and responsibilities.	○
Develop a plan that addresses personal strengths, needs, and health risks.	C
<b>Students will demonstrate the ability to advocate for personal, family, and community health.</b>	
Analyze various communication methods to accurately express health information and ideas.	●
Express information and opinions about health issues.	○
Identify barriers to effective communication of information, ideas, feelings, and opinions about health issues.	●
Demonstrate the ability to influence and support others in making positive health choices.	●
Demonstrate the ability to work cooperatively when advocating for healthy individuals, families, and schools.	●

## National Health Education Standards Performance Indicators

### Grades K-4

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<b>Students will comprehend concepts related to health promotion and disease prevention.</b>	
Describe relationships between personal health behaviors and individual well being.	●
Identify indicators of mental, emotional, social, and physical health during childhood.	●
Describe the basic structure and functions of the human body systems.	●
Describe how the family influences personal health.	●
Describe how physical, social, and emotional environments influence personal health.	●
Identify common health problems of children.	●
Identify health problems that should be detected and treated early.	●
Explain how childhood injuries and illnesses can be prevented or treated.	●
<b>Students will demonstrate the ability to access valid health information and health-promoting products and services.</b>	
Identify characteristics of valid health information and health-promoting products and services.	●
Demonstrate the ability to locate resources from home, school, and community that provide valid health information.	●
Explain how media influences the selection of health information, products, and services.	●
Demonstrate the ability to locate school and community health helpers.	●
<b>Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.</b>	
Identify responsible health behaviors.	●
Identify personal health needs.	●
Compare behaviors that are safe to those that are risky or harmful.	●
Demonstrate strategies to improve or maintain personal health.	●
Develop injury prevention and management strategies for personal health.	●

Demonstrate ways to avoid and reduce threatening situations.	●
Apply skills to manage stress.	●
<b>Students will analyze the influence of culture, media, technology, and other factors on health.</b>	
Describe how culture influences personal health behaviors.	C
Explain how media influences thoughts, feelings, and health behaviors.	●
Explain how information from school and family influences health.	●
<b>Students will demonstrate the ability to use interpersonal communication skills to enhance health.</b>	
Distinguish between verbal and non-verbal communication.	●
Describe characteristics needed to be a responsible friend and family member.	●
Demonstrate healthy ways to express needs, wants, and feelings.	●
Demonstrate ways to communicate care, consideration, and respect of self and others.	●
Demonstrate attentive listening skills to build and maintain healthy relationships.	●
Demonstrate refusal skills to enhance health.	●
Differentiate between negative and positive behaviors used in conflict situations.	●
Demonstrate non-violent strategies to resolve conflicts.	●
<b>Students will demonstrate the ability to use goal setting and decision-making skills to enhance health.</b>	
Demonstrate the ability to apply a decision-making process to health issues and problems.	●
Explain when to ask for assistance in making health-related decisions and setting health goals.	●
Predict outcomes of positive health decisions.	●
Set a personal health goal and track progress toward its achievement.	○
<b>Students will demonstrate the ability to advocate for personal, family, and community health.</b>	
Describe a variety of methods to convey accurate health information and ideas.	●
Express information and opinions about health issues.	●
Identify community agencies that advocate for healthy individuals, families, and communities.	●
Demonstrate the ability to influence and support others in making positive health choices.	●

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