

- Standards:
- HLH301HE2a:** evaluate the prevalence of risk taking behaviors related to accidents, unintentional injuries, bullying, and violence among adolescents and young adults;
 - HLH301HE2b:** analyze short- and long-term consequences of safe, risky, and harmful behaviors;
 - HLH301HE2c:** demonstrate personal safety strategies for preventing/avoiding unsafe and violent situations in the home, at school, and in the community;
 - HLH301HE2d:** demonstrate steps for CPR and the Heimlich maneuver;
 - HLH301HE2e:** analyze choices related to driving and transportation safety; and
 - HLH301HE2f:** distinguish risk factors that are controllable and uncontrollable for the student’s age group.

Strand:

HE3 Nutrition and Physical Activity

Essential Understanding: **HLH301HE3** Healthful nutrition and physical activity contribute to growth and energy and prevent chronic diseases.

The student will:

- Standards:
- HLH301HE3a:** analyze physical inactivity and obesity trends in children, adolescents, and adults in the United States since 1995;
 - HLH301HE3b:** analyze internal and external influences on food choices and eating habits;
examples are:
 - personal likes and dislikes
 - media advertisements
 - government regulations (FDA, USDA)
 - HLH301HE3c:** determine the relationships among food purchase, storage, and preparation practices to food safety and nutritional value; and
 - HLH301HE3d:** investigate school, family, and community sources for maintaining balanced nutrition,
examples are:
 - school cafeteria, restaurant and fast food menus
 - family pantry and grocery list
 - HLH301HE3e:** explain the relationship among eating behaviors, physical activity and emotional health.

Strand:

HE4 Mental Health

Essential Understanding: **HLH301HE4** Mental health is essential to general well-being

The student will:

- Standards:
- HLH301HE4a:** identify signs and symptoms of mental illness (physical and emotional stress, eating disorders, clinical depression) and potential suicide;
 - HLH301HE4b:** analyze verbal and nonverbal skills needed to develop and maintain healthful interpersonal relationships;
 - HLH301HE4c:** describe the influences of group identity on development of self-esteem and relationships with others;

- HLH301HE4d:** analyze strategies to manage and diminish aggressive behaviors; including bullying, harassment, hazing and gangs;
HLH301HE4e: evaluate personal coping strategies that address deployments and military community life; and
HLH301HE4f: evaluate community mental health resources.

Strand:

HE5 Alcohol, Tobacco, and Other Drugs

Essential Understanding: **HLH301HE5** Drug use can be helpful or harmful. Misuse has consequences that may require intervention and treatment.

The student will:

- Standards:
- HLH301HE5a:** distinguish valid sources of information on recent trends related to teenage alcohol, tobacco, and other drug use;
HLH301HE5b: determine the importance of taking medicinal drugs in the dosage and duration as prescribed;
HLH301HE5c: summarize local alcohol and other drug-related laws, including driving-related laws;
HLH301HE5d: evaluate local community resources for alcohol, tobacco, and other drug-related interventions and treatments available to teenagers and adults;
HLH301HE5e: set personal goals for resisting negative peer pressure;
HLH301HE5f: demonstrate positive coping strategies to avoid the use of alcohol, tobacco, and other illicit drugs; and
HLH301HE5g: assess preconceptions regarding the use of alcohol, tobacco and other drugs among adolescents

Strand:

HE6 Family Life and Human Sexuality

Essential Understanding: **HLH301HE6** Developmental changes prepare one for adult roles in the family and society.

The student will:

- Standards:
- HLH301HE6a:** explain the anatomy and physiology of the human reproductive system;
HLH301HE6b: determine responsibilities of healthful pregnancy and parenting.
HLH301HE6c: investigate relationship issues that promote expectations for healthful sexual relationships;
 examples are:
 - respecting the individual's romantic/sexual limits,
 - sexual abuse prevention;**HLH301HE6d:** explain routine preventive health practices;
 examples are:
 - breast and testicular self-examination,
 - use of barriers to prevent contact with body fluids;**HLH301HE6e:** analyze how interpersonal communications affect relationships;
HLH301HE6f: evaluate the effectiveness of various methods of contraception,
 examples are:
 - abstinence,
 - barrier methods,

- other contraceptive methods;
- HLH301HE6g:** recognize that there are individual differences in growth and development, body image, gender roles and sexual orientation;
- HLH301HE6h:** describe strategies for preventing and reporting sexual discrimination, assault, harassment, and rape;
- HLH301HE6i:** analyze consequences of teenage pregnancy from different viewpoints; and
- HLH301HE6j:** evaluate HIV and STD prevention, treatment, and control strategies.