

In addition to the content standards, Health Education teachers must instill health literacy skills (HESK) into classroom activities. The six HESK have a two-fold benefit. First, they promote personal, family, and community health. Second, they teach essential and transferable skills that include accessing data, analyzing information, setting goals, and communicating ideas.

Strand:

HESK Health Literacy Skills

The student applies health literacy skills in concert with health concepts to enhance personal, family and community health; that is, the student will:

Standards:

- HESK1:** access valid health information;
- HESK2:** practice health-enhancing behavior;
- HESK3:** analyze influences on health;
- HESK4:** use interpersonal communications skills to enhance health;
- HESK5:** use goal setting and decision making skills to enhance health; and
- HESK6:** advocate for health.

Strand:

HE1 Personal and Community Health

The student understands the basic concepts of hygiene, health habits, and health promotion; that is, the student will:

Standards:

- HE1a:** evaluate the impact of technology on personal, family, and community health;
- HE1b:** analyze how family, peers, and community influence the health of the individual;
- HE1c:** evaluate health practices that delay the onset or reduce the risk of health problems during adulthood;
- HE1d:** examine environmental health risks in the community;
- HE1e:** evaluate claims made by promoters of health-related products and services; and
- HE1f:** analyze personal and community health careers in relation to personal interests and skills.

Strand:

HE2 Safety and Injury Prevention

The student demonstrates understanding of basic concepts related to safety, injury prevention or sudden illness, and prevention of child abuse and child neglect; that is, the student will:

Standards:

- HE2a:** evaluate the prevalence of risk taking behaviors related to accidents, unintentional injuries and violence among adolescents and young adults;
- HE2b:** analyze short- and long-term consequences of safe, risky, and harmful behaviors;
- HE2c:** demonstrate personal safety strategies for preventing/avoiding unsafe and violent situations in the home, at school, and in the community;
- HE2d:** describe symptoms of potential suicide and recommended preventive actions;
- HE2e:** Demonstrate steps for CPR and the Heimlich maneuver;
- HE2f:** analyze choices related to driving and transportation safety; and

HE2g: analyze careers related to safety and injury prevention in relation to personal interests and skills.

Strand:

HE3 Nutrition and Physical Activity

The student understands how healthful nutrition and physical activity contribute to growth and energy and help prevent chronic diseases such as heart disease, cancer, and diabetes; that is, the student will:

Standards:

HE3a: analyze physical inactivity and obesity trends in children, adolescents, and adults in the United States since 1995;

HE3b: analyze the complexity of internal and external influences on food choices and eating habits;

HE3c: compare and contrast school, family, and community sources for maintaining balanced nutrition; and

HE3d: report on careers related to physical activity and nutrition in relation to personal interests and skills.

Strand

HE4 Mental Health

The student understands how mental health contributes to general well-being; that is, the student will:

Standards:

HE4a: identify signs and symptoms of physical and emotional stress, potential suicide, eating disorders, clinical depression, and mental illness;

HE4b: analyze verbal and nonverbal skills needed to develop and maintain healthful interpersonal relationships;

HE4c: describe the influences of group identity on development of self-esteem and relationships with others;

HE4d: analyze message tactics and protective strategies to manage and diminish bullying, harassment, and other aggressive behaviors;

HE4e: evaluate personal coping strategies that address deployments and military community life;

HE4f: evaluate community mental health resources; and

HE4g: analyze careers related to mental health in relation to personal interests and skills.

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HE5 Alcohol, Tobacco, and Other Drugs

The student understands licit and illicit drugs and how to prevent abuse and access intervention and treatment resources; that is, the student will:

Standards:

HE5a: analyze recent statistics for trends related to teenage alcohol, tobacco, and substance use and abuse;

HE5b: explain the importance of taking medicinal drugs in the dosage and duration as prescribed;

HE5c: identify local alcohol and other drug-related laws, including driving-related laws;

HE5d: evaluate local community resources for alcohol, tobacco, and other drug-related interventions and treatments available to teenagers and adults;

HE5e: Set personal goals for resisting peer pressure to use alcohol when underage and any use of tobacco or other illicit drugs;

- HE5f:** demonstrate avoidance strategies useful when pressured to use alcohol, tobacco, and other illicit drugs; and
- HE5g:** report on careers related to alcohol, tobacco, and other drug-related intervention and treatment in relation to personal interests and skills.

Strand

HE6 Family Life and Human Sexuality

The student understands the developmental changes that occur as he or she grows and matures through childhood to young adulthood and how these changes prepare one for adult roles in the family and society; that is, the student will:

Standards:

- HE6a:** analyze the anatomy and physiology of the human reproductive system;
- HE6b:** analyze roles and responsibilities of family members as they relate to the dynamics of total family health (e.g., external influences, media, job pressures, finances, and loss of family members);
- HE6c:** analyze issues related to healthful sexual relationships (e.g., respecting the individual's romantic/sexual limits, sexual abuse prevention);
- HE6d:** analyze routine preventive health practices (e.g., breast and testicular self-examination, and use of barriers to prevent contact with body fluids);
- HE6e:** analyze how interpersonal communications affect relationships;
- HE6f:** evaluate the effectiveness of various methods of family planning;
- HE6g:** describe strategies for preventing and reporting sexual discrimination, assault, harassment, and rape;
- HE6h:** analyze consequences of teenage pregnancy from different viewpoints;
- HE6i:** evaluate HIV and STD prevention, treatment, and control strategies; and
- HE6j:** research careers related to family life and human sexuality based on personal interests and skills.