

Health Education: Grades 9–12

Health Literacy Skills

- Accesses valid health information
- Practices health-enhancing behaviors
- Analyzes influences on health
- Uses interpersonal communications skills to enhance health
- Uses goal-setting and decision-making skills to enhance health
- Advocates for health

Personal and Community Health

- Evaluates impact of technology on personal, family, and community health
- Investigates environmental health risks in the community
- Evaluates claims of health-related products and services

Safety and Injury Prevention

- Evaluates prevalence of risk-taking behaviors among adolescents and young adults
- Demonstrates CPR and Heimlich maneuver
- Analyze choices related to driving and transportation safety

Nutrition and Physical Activity

- Analyzes physical inactivity and obesity trends in children, adolescents, and adults in the U.S. since 1995
- Investigates school, family, and community sources for maintaining balanced nutrition
- Explains the relationship among eating behaviors, physical activity, and emotional health

Mental Health

- Identifies signs and symptoms of mental illness
- Evaluates personal coping strategies that address deployments and military community life
- Evaluates community mental health resources

Alcohol, Tobacco, and Other Drugs

- Summarizes local alcohol and other drug-related laws, including driving laws
- Sets personal goals for resisting peer pressure
- Demonstrates positive coping strategies to avoid the use of alcohol, tobacco and other illicit drugs

Family Life and Human Sexuality

- Explains the anatomy and physiology of the human reproductive system
- Analyzes how interpersonal communications affect relationships
- Determines responsibilities of healthful pregnancy and parenting
- Analyzes consequences of teenage pregnancy from different viewpoints

*A DoDEA standards reference tool for teachers of grades PK–12. Complete standards for Health Education are listed at the DoDEA web site: <http://www.dodea.edu> (Standards & Curriculum—PK–12 Standards & Curriculum—Content Standards)