

## Love Notes 3.0

### Centers for Disease Control - National Health Education Standards

GRADES 9, 10, 11, 12

<b>STANDARD 1</b> Students will comprehend concepts related to health promotion and disease prevention to enhance health.	
<b>COMPETENCY</b>	<b>LESSON</b>
1.12.1 Predict how healthy behaviors can affect health status.	1, 11, 12
1.12.2 Describe the interrelationships of emotional, intellectual, physical, and social health.	1, 6, 7, 8, 11
1.12.3 Analyze how environment and personal health are interrelated.	2
1.12.4 Analyze how genetics and family history can impact personal health.	2
1.12.5 Propose ways to reduce or prevent injuries and health problems.	13
1.12.7 Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.	1, 4, 6, 7, 11, 12, 13
1.12.8 Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors.	7 & 12
1.12.9 Analyze the potential severity of injury or illness if engaging in unhealthy behaviors.	7 & 12
<b>STANDARD 2</b> Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.	
<b>COMPETENCY</b>	<b>LESSON</b>
2.12.1 Analyze how the family influences the health of individuals.	1, 2, 7, 8, 13
2.12.2 Analyze how the culture supports and challenges health beliefs, practices and behaviors.	11, 12, 13
2.12.5 Evaluate the effect of media on personal and family health.	6
2.12.7 Analyze how the perceptions of norms influence healthy and unhealthy behaviors.	5, 6, 7, 11, 12

2.12.8	Analyze the influence of personal values and beliefs on individual health practices and behaviors.	3, 4, 6, 7
2.12.9	Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.	6, 8, 12
<b>STANDARD 3</b> Students will demonstrate the ability to access valid information, products, and services to enhance health.		
<b>COMPETENCY</b>		<b>LESSON</b>
3.12.1	Evaluate the validity of health information, products, and services.	12
3.12.2	Use resources from home, school, and community that provide valid health information.	12
3.12.3	Determine the accessibility of products and services that enhance health.	12
3.12.4	Determine when professional health services may be required.	12
3.12.5	Access valid and reliable health products and services.	12
<b>STANDARD 4</b> Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.		
<b>COMPETENCY</b>		<b>LESSON</b>
4.12.1	Use skills for communicating effectively with family, peers, and others to enhance health.	3, 7, 9, 10
4.12.2	Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.	7, 8, 9, 10, 12
4.12.3	Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.	9 & 10
4.12.4	Demonstrate how to ask for and offer assistance to enhance the health of self and others.	7 & 8
<b>STANDARD 5</b> Students will demonstrate the ability to use decision-making skills to enhance health.		
<b>COMPETENCY</b>		<b>LESSON</b>
5.12.1	Examine barriers that can hinder healthy decision-making.	2, 4, 7, 8
5.12.2	Determine the value of applying a thoughtful decision-making process in health-related situations.	6, 7, 8, 11, 12

5.12.4 Generate alternatives to health-related issues or problems.	12
5.12.6 Defend the healthy choice when making decisions.	5, 7, 8, 11, 12
<b>STANDARD 6</b> Students will demonstrate the ability to use goal-setting skills to enhance health.	
<b>COMPETENCY</b>	<b>LESSON</b>
6.12.2 Develop a plan to attain a personal health goal that addresses strengths, needs and risks.	8, 11, 12, 13
6.12.3 Implement strategies and monitor progress in achieving personal health goals.	8, 12, 13
6.12.4 Formulate an effective long-term personal health plan.	8, 12, 13
<b>STANDARD 7</b> Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	
<b>COMPETENCY</b>	<b>LESSON</b>
7.12.1 Analyze the role of individual responsibility for enhancing health.	8, 11, 12
7.12.2 Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.	6, 8, 11, 12
7.12.3 Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.	6, 7, 11, 12, 13
<b>STANDARD 8</b> Students will demonstrate the ability to advocate for personal, family, and community health.	
<b>COMPETENCY</b>	<b>LESSON</b>
8.12.1 Utilize accurate peer and societal norms to formulate a health-enhancing message.	4 & 11
8.12.2 Demonstrate how to influence and support others to make positive health choices.	4, 5, 6, 7, 8, 13