

Relationship Smarts PLUS 4.0

Centers for Disease Control - National Health Education Standards

GRADES 9, 10, 11, 12

STANDARD 1 Students will comprehend concepts related to health promotion and disease prevention to enhance health.	
COMPETENCY	LESSON
1.12.8 Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors.	10
1.12.9 Analyze the potential severity of injury or illness if engaging in unhealthy behaviors.	10
STANDARD 2 Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.	
COMPETENCY	LESSON
2.12.1 Analyze how the family influences the health of individuals.	1
2.12.2 Analyze how the culture supports and challenges health beliefs, practices and behaviors.	2
2.12.3 Analyze how peers influence healthy and unhealthy behaviors.	1
2.12.5 Evaluate the effect of media on personal and family health.	13
2.12.6 Evaluate the impact of technology on personal, family, and community health.	13
2.12.7 Analyze how the perceptions of norms influence healthy and unhealthy behaviors.	3, 4, 5
2.12.8 Analyze the influence of personal values and beliefs on individual health practices and behaviors.	2, 4, 6, 10
2.12.9 Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.	10

STANDARD 3 Students will demonstrate the ability to access valid information, products, and services to enhance health.	
COMPETENCY	LESSON
3.12.2 Use resources from home, school, and community that provide valid health information.	10
STANDARD 4 Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	
COMPETENCY	LESSON
4.12.1 Use skills for communicating effectively with family, peers, and others to enhance health.	6, 8, 9, 10
4.12.2 Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.	6, 8, 9, 10
4.12.3 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.	6, 8, 9, 10
4.12.4 Demonstrate how to ask for and offer assistance to enhance the health of self and others.	6
STANDARD 5 Students will demonstrate the ability to use decision-making skills to enhance health.	
COMPETENCY	LESSON
5.12.1 Examine barriers that can hinder healthy decision-making.	4, 5, 6, 7
5.12.2 Determine the value of applying a thoughtful decision-making process in health-related situations.	7 & 10
5.12.5 Predict the potential short-term and long-term impact of each alternative on self and others.	1
5.12.6 Defend the healthy choice when making decisions.	10 & 12
5.12.7 Defend the healthy choice when making decisions.	6

STANDARD 6 Students will demonstrate the ability to use goal-setting skills to enhance health.	
COMPETENCY	LESSON
6.12.2 Develop a plan to attain a personal health goal that addresses strengths, needs and risks.	10, 12, 13
6.12.3 Implement strategies and monitor progress in achieving personal health goals.	10, 12, 13
STANDARD 7 Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	
COMPETENCY	LESSON
7.12.1 Analyze the role of individual responsibility for enhancing health.	10 & 12
7.12.3 Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.	10