



Go Back Healthy
An Immunization Program for Grades 6-9 in Illinois

The activities in this program meet the following National Health Education Standards:

Grades 6-8:

- Analyze the relationship between healthy behaviors and personal health. (1.8.1)
- Explain how appropriate health care can promote personal health. (1.8.6)
- Examine the likelihood of injury or illness if engaging in unhealthy behaviors. (1.8.8)
- Access valid health information from home, school, and community. (3.8.2)
- Develop a goal to adopt, maintain, or improve a personal health practice. (6.8.2)
- Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others. (7.8.2)
- State a health-enhancing position on a topic and support it with accurate information. (8.8.1)

Grades 9-12:

- Predict how healthy behaviors can affect health status. (1.12.1)
- Propose ways to reduce or prevent injuries and health problems. (1.12.5)
- Analyze the relationship between access to health care and health status. (1.12.6)
- Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors. (1.12.8)
- Evaluate the validity of health information, products, and services. (3.12.1)
- Use resources from home, school, and community that provide valid health information. (3.12.2)
- Develop a plan to attain a personal health goal that addresses strengths, needs, and risks. (6.12.2)
- Implement strategies and monitor progress in achieving a personal health goal. (6.12.3)
- Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others. (7.12.2)
- Demonstrate how to influence and support others to make positive health choices. (8.12.2)

Source: www.cdc.gov/healthyyouth/sher/standards/index.htm