



NATIONAL HEALTH EDUCATION STANDARDS ALIGNMENT

ACTIVITY ONE (GRADES 3-5)

Standard 1

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- 1.5.1. Describe the relationship between healthy behaviors and personal health.
- 1.5.5. Describe when it is important to seek health care.

Standard 2

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- 2.5.2. Identify the influence of culture on health practices and behaviors.
- 2.5.3. Identify how peers can influence healthy and unhealthy behaviors.
- 2.5.5. Explain how media influences thoughts, feelings, and health behaviors.

Standard 3

Students will demonstrate the ability to access valid information products and services to enhance health.

- 3.5.1. Identify characteristics of valid health information, products, and services.

Standard 5

Students will demonstrate the ability to use decision-making skills to enhance health.

- 5.5.1. Identify health-related situations that might require a thoughtful decision.
- 5.5.2. Analyze when assistance is needed in making a health-related decision.

ACTIVITY ONE (GRADES 6-8)

Standard 1

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- 1.8.1. Analyze the relationship between healthy behaviors and personal health.
- 1.8.5. Describe ways to reduce or prevent injuries and other adolescent health problems.
- 1.8.6. Explain how appropriate health care can promote personal health.

Standard 2

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- 2.8.2. Describe the influence of culture on health beliefs, practices, and behaviors.
- 2.8.3. Describe how peers influence healthy and unhealthy behaviors.
- 2.8.5. Analyze how messages from media influence health behaviors.
- 2.8.7. Explain how the perceptions of norms influence healthy and unhealthy behaviors.

Standard 3

Students will demonstrate the ability to access valid information products, and services to enhance health.

- 3.8.1. Analyze the validity of health information, products, and services.

Standard 5

Students will demonstrate the ability to use decision-making skills to enhance health.

- 5.8.1. Identify circumstances that can help or hinder healthy decision-making.
- 5.8.2. Determine when health-related situations require the application of a thoughtful decision-making process.

