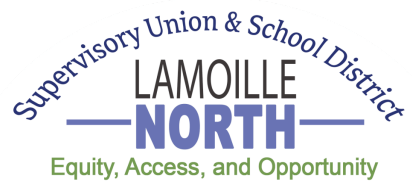


# HEALTH AND WELLNESS

GRADUATION PROFICIENCIES AND SUPPORTING STANDARDS



## GRADUATION PROFICIENCY

### GRADUATION PROFICIENCY #1:

#### CORE CONCEPTS

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

[7 - 12 Supporting Standards](#)

### GRADUATION PROFICIENCY #2:

#### ANALYZE INFLUENCES

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

[7 - 12 Supporting Standards](#)

### GRADUATION PROFICIENCY #3:

#### ACCESS INFORMATION

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

[7 - 12 Supporting Standards](#)

### GRADUATION PROFICIENCY #4:

#### COMMUNICATION AND ADVOCACY

Students will demonstrate the ability to use communication and advocacy skills to enhance health and avoid or reduce health risks.

[7 - 12 Supporting Standards](#)

### GRADUATION PROFICIENCY #5:

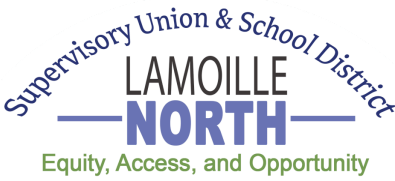
#### DECISION-MAKING, GOAL SETTING, AND SELF-MANAGEMENT

Students will demonstrate the ability to use decision-making skills and goal setting to practice health enhancing behaviors and avoid or reduce health risks.

[7 - 12 Supporting Standards](#)

# HEALTH AND WELLNESS

GRADUATION PROFICIENCIES AND SUPPORTING STANDARDS



## #1 CORE CONCEPTS

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

## #1 SUPPORTING STANDARDS 7 - 12

Students will...

	MIDDLE LEVEL	HIGH SCHOOL
A	Analyze the relationship between healthy behaviors and personal health.	Predict how healthy behaviors can affect health status.
B	Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.	Describe the interrelationships of emotional, intellectual, physical, and social health.
C	Analyze how the environment affects personal health.	Analyze how environment and personal health are interrelated.
D	Explain how appropriate health care can promote personal health.	Analyze the relationship between access to health care and health status.
E	Describe the benefits of and barriers to practicing healthy behaviors.	Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.

# HEALTH AND WELLNESS

GRADUATION PROFICIENCIES AND SUPPORTING STANDARDS



## #2 ANALYZE INFLUENCES

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

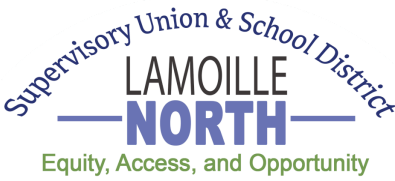
## #2 SUPPORTING STANDARDS 7 - 12

Students will...

	MIDDLE LEVEL	HIGH SCHOOL
A	Examine how the family influences the health of adolescents.	Analyze how the family influences the health of individuals.
B	Describe how peers influence healthy and unhealthy behaviors.	Analyze how peers influence healthy and unhealthy behaviors.
C	Analyze how messages from media influence health behaviors.	Evaluate the effect of media on personal and family health.
D	Analyze the influence of technology on personal and family health.	Evaluate the impact of technology on personal, family, and community health.
E	Explain how the perceptions of norms influence healthy and unhealthy behaviors.	Analyze the influence of personal values and beliefs on individual health practices and behaviors.

# HEALTH AND WELLNESS

GRADUATION PROFICIENCIES AND SUPPORTING STANDARDS



## #3 ACCESS INFORMATION

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

### #3 SUPPORTING STANDARDS 7 - 12

Students will...

	MIDDLE LEVEL	HIGH SCHOOL
A	Analyze the validity of health information, products, and services.	Evaluate the validity of health information, products, and services.
B	Determine the accessibility of products that enhance health and factors that impact accessibility.	Demonstrate ability to access products and services that promote or enhance health
C	Describe situations that may require professional health services.	Determine when professional health services may be required.

## #4 COMMUNICATION AND ADVOCACY

Students will demonstrate the ability to use communication and advocacy skills to enhance health and avoid or reduce health risks.

### #4 SUPPORTING STANDARDS 7 - 12

Students will...

	MIDDLE LEVEL	HIGH SCHOOL
A	Demonstrate refusal and negotiation skills that avoid or reduce health risks.	Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.
B	Demonstrate effective conflict management or resolution strategies.	Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.
C	Demonstrate how to ask for assistance to enhance the health of self and others.	Demonstrate how to ask for and offer assistance to enhance the health of self and others.

## #5 DECISION-MAKING, GOAL SETTING, AND SELF-MANAGEMENT

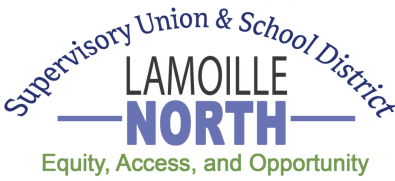
Students will demonstrate the ability to use decision-making skills and goal setting to practice health enhancing behaviors and avoid or reduce health risks.

Based on SHAPE: Health Education Standards

Last Modified Fall 2022

# HEALTH AND WELLNESS

GRADUATION PROFICIENCIES AND SUPPORTING STANDARDS



## #5 SUPPORTING STANDARDS 7 - 12

*Students will...*

	MIDDLE LEVEL	HIGH SCHOOL
A	Choose healthy alternatives over unhealthy alternatives when making a decision.	Predict the potential short-term and long-term impact of each alternative on self and others.
B	Analyze the outcomes of a health-related decision.	Evaluate the effectiveness of health-related decisions.
C	Develop a goal to adopt, maintain, or improve a personal health practice.	Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.
D	Apply strategies and skills needed to attain a personal health goal.	Implement strategies and monitor progress in achieving a personal health goal.
E	Explain the importance of assuming responsibility for personal health behaviors.	Analyze the role of individual responsibility for enhancing health.