Standard 1	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
Competency: Content Evidence	**9-12:Predict how healthy behaviors can affect health status.**
Learning Targets	• I can describe the interrelationships of the six components of health • I can identify various factors which may impact health positively or negatively • I can analyze and evaluate behaviors and health risk factors for personal susceptibility to injury, illness or death • I can propose ways to reduce risk of injury and other health problems, and to enhance overall health • I can identify various life skills that impact personal health **(ELA-RD)** **(ELA-W)** **(MATH)**
Standard 2	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
Competency: Analyzing Influences	**9-12: Analyze and evaluate various influences on health beliefs, practices, and behaviors.**
Learning Targets	• I can evaluate the impact of media on personal, family and community health • I can identify various influences related to personal, social, emotional, physical, and sexual behaviors • I can compare and contrast cultural beliefs and practices relating to personal health and health issues • I can explain how peer pressure positively and negatively impacts health of self and others **(ELA-R)** **(ELA-S)** **(ELA-T)** **(ELA-W)**
Standard 3	Students will demonstrate the ability to access valid information, products, and services to enhance health.
Competency: Accessing Information	**9-12: Access and use resources that provide valid health information**
Learning Targets	• I can locate and access valid and reliable resources for services, care, information, counseling or testing related to various specified healthcare needs • I can interpret valid information related to personal health and the health of others • I can identify local resources and services for a variety of personal health goals, as well as current and future health needs • I can determine when professional health services may be required based on various situations **(ELA-R)** **(ELA-T)** **(ELA-RD)** **(MATH)**
Standard 4	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
Competency: Communication	**9-12: Demonstrate and apply effective communication skills to enhance health of self and others**
Learning Targets	• I can demonstrate effective verbal and nonverbal communication skills in a variety of settings • I can explain and apply various self-managements techniques to my daily life • I can positively impact self-esteem through the use of assertive communication and refusal skills • Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others

	(ELA-L) **(ELA-S)** **(ELA-W)**
Standard 5	Students will demonstrate the ability to use decision-making skills to enhance health.
Competency: Decision-Making	**9-12: Evaluate and defend healthy choices and alternatives to promote effectiveness of health-related decisions**
Learning Targets	• I can examine barriers that can hinder healthy decision making • I can generate alternative solutions to health-related issues or problems • I can defend the healthy choice when making decisions • I can evaluate the effectiveness and potential impacts of various health-related decisions **(ELA-W)** **(MATH)**
Standard 6	Students will demonstrate the ability to use goal-setting skills to enhance health.
Competency: Goal-Setting	**9-12: Formulate and implement a long-term personal health plan**
Learning Targets	• I can assess personal health practices and overall health status for each component of health • I can develop a plan to attain a personal health goal that addresses strengths, needs, and risks • I can implement strategies and monitor progress in achieving a personal health goal **(ELA-W)** **(MATH)**
Standard 7	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
Competency: Application	**9-12: Analyze personal health practices and their influence on health of self and others**
Learning Targets	• I can analyze the role of individual responsibility in enhancing health • I can demonstrate a variety of behaviors that avoid or reduce health risks to self and others **(MATH)**
Standard 8	Students will demonstrate the ability to advocate for personal, family, and community health.
Competency: Advocacy	**9-12: Formulate and demonstrate health-enhancing communication techniques to a specific target audience**
Learning Targets	• I can use peer and societal norms to advocate for improving personal, family, and community health • I can demonstrate how to influence and support others to make positive health choices **(ELA-S)** **(ELA-T)** **(ELA-W)**
ELA CCSS Competencies	Research: Students will engage in research/inquiry to investigate topics and to analyze, integrate, and present information (ELA-R) Listening: Students will demonstrate the ability to listen and view critically for variety of purposes (ELA-L) Speaking: Students will demonstrate the ability to speak purposefully and effectively – strategically making decisions about content, language use, and discourse style (ELA-S) Technology: Students will demonstrate the ability to use the tools of technology (including digital media and the Internet) to gather, interpret, and analyze information and create sharable products (ELA-T) Reading: Students will demonstrate the ability to comprehend and analyze a variety of informational texts (ELA-RD) Writing: Students will demonstrate the ability to effectively write and convey complex ideas, and support claims with sufficient evidence for intended purposes and audiences (ELA-W)

MATH CCSS Competencies	Students will demonstrate the ability to interpret, analyze, and use mathematical concepts when applied in a variety of contexts, including real-world phenomena (MATH)

Health/Wellness I

Standard 1	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
Competency: Content Evidence	**9-12:Predict how healthy behaviors can affect health status.**
Learning Targets	• I can describe the interrelationships of the six components of health • I can identify various factors which may impact health positively or negatively • I can analyze and evaluate behaviors and health risk factors for personal susceptibility to injury, illness or death • I can propose ways to reduce risk of injury and other health problems, and to enhance overall health • I can identify various life skills that impact personal health **(ELA-RD) (ELA-W) (MATH)**
Standard 3	Students will demonstrate the ability to access valid information, products, and services to enhance health.
Competency: Accessing Information	**9-12: Access and use resources that provide valid health information**
Learning Targets	• I can locate and access valid and reliable resources for services, care, information, counseling or testing related to various specified healthcare needs • I can interpret valid information related to personal health and the health of others • I can identify local resources and services for a variety of personal health goals, as well as current and future health needs • I can determine when professional health services may be required based on various situations **(ELA-R) (ELA-T) (ELA-RD) (MATH)**
Standard 4	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
Competency: Communication	**9-12: Demonstrate and apply effective communication skills to enhance health of self and others**
Learning Targets	• I can demonstrate effective verbal and nonverbal communication skills in a variety of settings • I can explain and apply various self-managements techniques to my daily life • I can positively impact self-esteem through the use of assertive communication and refusal skills

	• Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others **(ELA-L)** **(ELA-S)** **(ELA-W)**
Standard 5	Students will demonstrate the ability to use decision-making skills to enhance health.
Competency: Decision-Making	**9-12: Evaluate and defend healthy choices and alternatives to promote effectiveness of health-related decisions**
Learning Targets	• I can examine barriers that can hinder healthy decision making • I can generate alternative solutions to health-related issues or problems • I can defend the healthy choice when making decisions • I can evaluate the effectiveness and potential impacts of various health-related decisions **(ELA-W)** **(MATH)**
Standard 7	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
Competency: Application	**9-12: Analyze personal health practices and their influence on health of self and others**
Learning Targets	• I can analyze the role of individual responsibility in enhancing health • I can demonstrate a variety of behaviors that avoid or reduce health risks to self and others **(MATH)**

ELA CCSS Competencies	Research: Students will engage in research/inquiry to investigate topics and to analyze, integrate, and present information (ELA-R) Listening: Students will demonstrate the ability to listen and view critically for variety of purposes (ELA-L) Speaking: Students will demonstrate the ability to speak purposefully and effectively – strategically making decisions about content, language use, and discourse style (ELA-S) Technology: Students will demonstrate the ability to use the tools of technology (including digital media and the Internet) to gather, interpret, and analyze information and create sharable products (ELA-T) Reading: Students will demonstrate the ability to comprehend and analyze a variety of informational texts (ELA-RD) Writing: Students will demonstrate the ability to effectively write and convey complex ideas, and support claims with sufficient evidence for intended purposes and audiences (ELA-W)

MATH CCSS Competencies	Students will demonstrate the ability to interpret, analyze, and use mathematical concepts when applied in a variety of contexts, including real-world phenomena (MATH)

Health/Wellness II

Standard 1	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
Competency: Content Evidence	**9-12:Predict how healthy behaviors can affect health status.**
Learning Targets	• I can describe the interrelationships of the six components of health • I can identify various factors which may impact health positively or negatively • I can analyze and evaluate behaviors and health risk factors for personal susceptibility to injury, illness or death • I can propose ways to reduce risk of injury and other health problems, and to enhance overall health • I can identify various life skills that impact personal health **(ELA-RD)** **(ELA-W)** **(MATH)**
Standard 2	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
Competency: Analyzing Influences	**9-12: Analyze and evaluate various influences on health beliefs, practices, and behaviors.**
Learning Targets	• I can evaluate the impact of media on personal, family and community health • I can identify various influences related to personal, social, emotional, physical, and sexual behaviors • I can compare and contrast cultural beliefs and practices relating to personal health and health issues • I can explain how peer pressure positively and negatively impacts health of self and others **(ELA-R)** **(ELA-S)** **(ELA-T)** **(ELA-W)**
Standard 6	Students will demonstrate the ability to use goal-setting skills to enhance health.
Competency: Goal-Setting	**9-12: Formulate and implement a long-term personal health plan**
Learning Targets	• I can assess personal health practices and overall health status for each component of health

	• I can develop a plan to attain a personal health goal that addresses strengths, needs, and risks • I can implement strategies and monitor progress in achieving a personal health goal **(ELA-W)** **(MATH)**
Standard 7	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
Competency: Application	**9-12: Analyze personal health practices and their influence on health of self and others**
Learning Targets	• I can analyze the role of individual responsibility in enhancing health • I can demonstrate a variety of behaviors that avoid or reduce health risks to self and others (MATH)
Standard 8	Students will demonstrate the ability to advocate for personal, family, and community health.
Competency: Advocacy	**9-12: Formulate and demonstrate health-enhancing communication techniques to a specific target audience**
Learning Targets	• I can use peer and societal norms to advocate for improving personal, family, and community health • I can demonstrate how to influence and support others to make positive health choices **(ELA-S)** **(ELA-T)** **(ELA-W)**

ELA CCSS Competencies	Research: Students will engage in research/inquiry to investigate topics and to analyze, integrate, and present information (ELA-R) Listening: Students will demonstrate the ability to listen and view critically for variety of purposes (ELA-L) Speaking: Students will demonstrate the ability to speak purposefully and effectively – strategically making decisions about content, language use, and discourse style (ELA-S) Technology: Students will demonstrate the ability to use the tools of technology (including digital media and the Internet) to gather, interpret, and analyze information and create sharable products (ELA-T) Reading: Students will demonstrate the ability to comprehend and analyze a variety of informational texts (ELA-RD)

	Writing: Students will demonstrate the ability to effectively write and convey complex ideas, and support claims with sufficient evidence for intended purposes and audiences (ELA-W)
MATH CCSS Competencies	Students will demonstrate the ability to interpret, analyze, and use mathematical concepts when applied in a variety of contexts, including real-world phenomena (MATH)