# Next Generation Sunshine State Standards

## Health Education

## 9-12

Found 8standards.

**HEALTH LITERACY: CONCEPTS**

Standard 1: Comprehend concepts related to health promotion and disease prevention to enhance health. (HE.912.C.1)

Benchmark: 1. Predict how healthy behaviors can affect health status. (HE.912.C.1.1)

Benchmark: 2. Interpret the interrelationships of mental/emotional, intellectual, physical, and social health. (HE.912.C.1.2)

Benchmark: 3. Evaluate how environment and personal health are interrelated. (HE.912.C.1.3)

Benchmark: 4. Analyze how heredity and family history can impact personal health. (HE.912.C.1.4)

Benchmark: 5. Propose strategies to reduce or prevent injuries and health problems. (HE.912.C.1.5)

Benchmark: 6. Evaluate the relationship between access to health care and health status. (HE.912.C.1.6)

Benchmark: 7. Assess the degree of susceptibility to injury, illness or death if engaging in unhealthy/risky behaviors. (HE.912.C.1.7)

Benchmark: 8. Analyze strategies for prevention, detection, and treatment of communicable and chronic diseases. (HE.912.C.1.8)

Standard 2: Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. (HE.912.C.2)

Benchmark: 1. Analyze how the family influences the health of individuals. (HE.912.C.2.1)

Benchmark: 2. Compare how peers influence healthy and unhealthy behaviors. (HE.912.C.2.2)

Benchmark: 3. Assess how the school and community can affect personal health practice and behaviors. (HE.912.C.2.3)

Benchmark: 4. Evaluate how public health policies and government regulations can influence health promotion and disease prevention. (HE.912.C.2.4)

Benchmark: 5. Evaluate the effect of media on personal and family health. (HE.912.C.2.5)

Benchmark: 6. Evaluate the impact of technology on personal, family, and community health. (HE.912.C.2.6)

Benchmark: 7. Assess the consequences of health risk behaviors. (HE.912.C.2.7)

Benchmark: 8. Analyze how the perceptions of norms influence healthy and unhealthy behaviors. (HE.912.C.2.8)

Benchmark: 9. Analyze how culture supports and challenges health beliefs, practices, and behaviors. (HE.912.C.2.9)

**HEALTH LITERACY: RESPONSIBLE BEHAVIOR**

Standard 1: Demonstrate the ability to access valid health information, products, and services to enhance health. (HE.912.B.1)

Benchmark: 1. Verify the validity of health information, products, and services. (HE.912.B.1.1)

Benchmark: 2. Compile data reflecting the accessibility of resources from home, school, and community that provide valid health information. (HE.912.B.1.2)

Benchmark: 3. Evaluate the accessibility of products and services that enhance health. (HE.912.B.1.3)

Benchmark: 4. Justify when professional health services or providers may be required. (HE.912.B.1.4)

Benchmark: 5. Critique valid and reliable health products and services. (HE.912.B.1.5)

Benchmark: 6. Justify the validity of a variety of technologies to gather health information. (HE.912.B.1.6)

Standard 2: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (HE.912.B.2)

Benchmark: 1. Explain skills needed to communicate effectively with family, peers, and others to enhance health. (HE.912.B.2.1)

Benchmark: 2. Assess refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks. (HE.912.B.2.2)

Benchmark: 3. Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others. (HE.912.B.2.3)

Benchmark: 4. Analyze the validity of ways to ask for and offer assistance to enhance the health of self and others. (HE.912.B.2.4)

Standard 3: Demonstrate the ability to use decision-making skills to enhance health. (HE.912.B.3)

Benchmark: 1. Determine the value of applying a thoughtful decision-making process in health-related situations. (HE.912.B.3.1)

Benchmark: 2. Examine barriers that can hinder healthy decision-making. (HE.912.B.3.2)

Benchmark: 3. Assess whether individual or collaborative decision-making is needed to make a healthy decision. (HE.912.B.3.3)

Benchmark: 4. Generate alternatives to health-related issues or problems. (HE.912.B.3.4)

Benchmark: 5. Appraise the potential short-term and long-term outcomes of each alternative on self and others. (HE.912.B.3.5)

Benchmark: 6. Employ the healthiest choice when considering all factors in making a decision. (HE.912.B.3.6)

Standard 4: Demonstrate the ability to use goal-setting skills to enhance health. (HE.912.B.4)

Benchmark: 1. Evaluate personal health practices and overall health status to include all dimensions of health. (HE.912.B.4.1)

Benchmark: 2. Formulate a plan to attain a personal health goal that addresses strengths, needs, and risks. (HE.912.B.4.2)

Benchmark: 3. Implement strategies and monitor progress in achieving a personal health goal. (HE.912.B.4.3)

Benchmark: 4. Formulate an effective long-term personal health plan. (HE.912.B.4.4)

**HEALTH LITERACY: PROMOTION**

Standard 1: Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself. (HE.912.P.1)

Benchmark: 1. Analyze the role of individual responsibility in enhancing health. (HE.912.P.1.1)

Benchmark: 2. Demonstrate a variety of healthy practices and behaviors that will maintain or improve health. (HE.912.P.1.2)

Benchmark: 3. Critique a variety of behaviors that avoid or reduce health risks. (HE.912.P.1.3)

Standard 2: Demonstrate the ability to advocate for individual, peer, school, family, and community health. (HE.912.P.2)

Benchmark: 1. Utilize current, accurate data/information to formulate a health-enhancing message. (HE.912.P.2.1)

Benchmark: 2. Demonstrate how to influence and support others in making positive health choices. (HE.912.P.2.2)

Benchmark: 3. Work cooperatively as an advocate for improving personal, family and community health. (HE.912.P.2.3)

Benchmark: 4. Adapt health messages and communication techniques to a specific target audience. (HE.912.P.2.4)