

Health Education

National Standards:

- **Health Education Standard 1 (Concepts–CC):** Students will comprehend concepts related to health promotion and disease prevention to enhance health. This standard is linked to all content areas. Student work should demonstrate functional knowledge of the most important and enduring ideas, issues and concepts related to achieving good health.
- **Health Education Standard 2 (Analyzing Influences–INF):** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- **Health Education Standard 3 (Assessing Information–AI):** Students will demonstrate the ability to access valid health information and products and services to enhance health.
- **Health Education Standard 4 (Interpersonal Communication–IC):** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- **Health Education Standard 5 (Decision Making–DM):** Students will demonstrate the ability to use decision-making skills to enhance health.
- **Health Education Standard 6 (Goal Setting–GS):** Students will demonstrate the ability to use goal-setting skills to enhance health.
- **Health Education Standard 7 (Self Management–SM):** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- **Health Education Standard 8 (Advocacy–AV):** Students will demonstrate the ability to advocate for personal, family, and community health.

Vermont Assessment Emphasis Areas:

- **Self Management/Respect**—This category addresses students' ability to take personal responsibility to assess health risks and determine behaviors that will protect and promote health and reduce health risks.
- **Core Concepts**—Core Concepts are linked to all content areas. Student work should demonstrate functional knowledge of the most important and enduring ideas, issues, and concepts related to achieving good health.
- **Analyzing Influences**—This skill category evaluates students' ability to analyze the influence of internal and external elements on health behavior.
- **Accessing Information**—This skill category evaluates the students' ability to access valid health information and health-promoting products and services.
- **Interpersonal Communication/Refusal Skills/Advocacy/Problem Solving and Conflict Resolution**—This skill category evaluates Interpersonal Communication. Refusal Skills, Advocacy, Problem Solving and Conflict Resolution are embedded with Interpersonal Communication.
- **Goal Setting**—This category evaluates the ability to use goal setting to enhance health.
- **Decision Making**—This category evaluates the ability to use decision making to enhance health.