

Hinsdale School District Health Education Philosophy

Quality health education in schools includes a documented, planned, and sequential curriculum for students in Kindergarten through high school that addresses the physical, mental, emotional, and social dimensions of health. The curriculum addresses and integrates education about a range of categorical health problems and issues at developmentally appropriate ages. It also enables students to develop and demonstrate increasingly sophisticated health-related knowledge and skills. Quality health education motivates and assists students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors. It includes active learning strategies to help students to develop the knowledge and skills they need to avoid health risk behaviors. Quality health education includes the involvement of parents, health professionals, and other concerned community members. It also includes management and coordination by an education professional trained to implement the program, instruction from teachers trained to teach health education, and periodic evaluation, updating, and improvement.

The goal of health education, and thus the health education standards, is health literacy. Health literacy is the capacity of individuals to obtain, interpret, and understand basic health information, products, and services and the competence to use such information, products, and services in ways that will enhance personal, family, school, and community health. Additionally, the health literate person is:

- a critical thinker and problem solver,
- a responsible, productive citizen,
- a self-directed learner, and
- an effective communicator.

Health education is essential to the health and learning of children and adolescents. The health and health-related behaviors of students have a direct impact on their school attendance and ability to learn. Health education in schools is also essential because many health behaviors are initiated during childhood and are related to many of the leading and preventable causes of disease, disability, and death in the United States. Researchers indicate that health education in schools represents an effective way to enable students to develop the knowledge and skills that they need to avoid health risks and enhance both their health and their academic achievement. Health education provides students with the knowledge and skills they need to not only enhance their personal health, but also the health of their families, schools, and communities.

Health Education (Grades K-12)
Hinsdale School District

Curriculum Guideline 1: Students will comprehend concepts related to health promotion and disease prevention

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Content Areas
K-2	<p>Identifies responsible health behaviors (in age-appropriate terminology)</p> <p>Explains relationship between personal health behaviors and individual well-being (in age-appropriate terminology)</p> <p>Describes ways in which a healthful school and community environment influences personal health (in age-appropriate terminology)</p> <p>Explains how childhood injuries and illnesses can be prevented or treated (in age-appropriate terminology)</p> <p>Explains basic health terms and concepts (in age-appropriate terminology)</p>	<p>Observation</p> <p>Parent Testimony</p> <p>Group Discussions</p> <p>Worksheets, Exercises, and Activities</p> <p>Labs</p> <p>Written Assignments</p> <p>Quizzes and Tests</p>	<p>Classroom Teacher - Science</p> <p>PE Teacher</p> <p>School Nurse</p> <p>Family Consumer Science Teacher</p> <p>Guidance</p> <p>Family</p> <p>In-School Activities</p> <p>Out-of-School Activities</p>	<p>Personal and Consumer Health – including dental health and body parts/functions</p> <p>Community and Environmental Health</p> <p>Nutrition</p> <p>Physical Activity</p> <p>Injury Prevention</p> <p>Mental Health – including self-esteem and bullying</p>
3-5	<p>Identifies responsible health behaviors (in age-appropriate terminology)</p>	<p>Observation</p> <p>Parent Testimony</p> <p>Group Discussions</p>	<p>Classroom Teacher - Science</p> <p>PE Teacher</p> <p>School Nurse</p>	<p>Personal and Consumer Health – including dental health and body parts/functions</p>

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Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Content Areas
	<p>Explains relationship between personal health behaviors and individual well-being (in age-appropriate terminology)</p> <p>Describes ways in which a healthful school and community environment influences personal health (in age-appropriate terminology)</p> <p>Explains how childhood injuries and illnesses can be prevented or treated (in age-appropriate terminology)</p> <p>Explains basic health terms and concepts (in age-appropriate terminology)</p>	<p>Worksheets, Exercises, and Activities</p> <p>Labs</p> <p>Written Assignments</p> <p>Quizzes and Tests</p>	<p>Family Consumer Science Teacher</p> <p>Guidance</p> <p>Family</p> <p>In-School Activities</p> <p>Out-of-School Activities</p>	<p>Community and Environmental Health</p> <p>Nutrition</p> <p>Physical Activity</p> <p>Injury Prevention</p> <p>Mental Health – including self-esteem and bullying</p>
6-8	<p>Identifies responsible health behaviors (in age-appropriate terminology)</p> <p>Explains relationship between personal health behaviors and individual well-being (in age-appropriate terminology)</p> <p>Describes ways in which a healthful school and community environment influences personal health (in age-appropriate terminology)</p>	<p>Observation</p> <p>Parent Testimony</p> <p>Group Discussions</p> <p>Worksheets, Exercises, and Activities</p> <p>Labs</p> <p>Written Assignments</p> <p>Quizzes and Tests</p>	<p>Classroom Teacher - Science</p> <p>Health Teacher</p> <p>PE Teacher</p> <p>School Nurse</p> <p>Family Consumer Science Teacher</p> <p>Guidance</p> <p>Family</p>	<p>Personal and Consumer Health</p> <p>Community and Environmental Health</p> <p>Nutrition</p> <p>Physical Activity</p> <p>Injury Prevention</p> <p>Mental Health</p>

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Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Content Areas
	<p>Explains how adolescent injuries and illnesses can be prevented or treated (in age-appropriate terminology)</p> <p>Explains key health terms and concepts (in age-appropriate terminology)</p>		<p>In-School Activities</p> <p>Out-of-School Activities</p>	<p>Alcohol and Drugs</p> <p>Tobacco</p> <p>Sexuality and Family Relationships</p>
9-12	<p>Identifies responsible health behaviors (in age-appropriate terminology)</p> <p>Explains relationship between personal health behaviors and individual well-being (in age-appropriate terminology)</p> <p>Describes ways in which a healthful school and community environment influences personal health (in age-appropriate terminology)</p> <p>Explains how adolescent injuries and illnesses can be prevented or treated (in age-appropriate terminology)</p> <p>Explains key health terms and concepts (in age-appropriate terminology)</p>	<p>Observation</p> <p>Parent Testimony</p> <p>Group Discussions</p> <p>Worksheets, Exercises, and Activities</p> <p>Labs</p> <p>Written Assignments</p> <p>Quizzes and Tests</p>	<p>Science Teacher</p> <p>Health Teacher</p> <p>PE Teacher</p> <p>School Nurse</p> <p>Family Consumer Science Teacher</p> <p>Guidance</p> <p>Family</p> <p>In-School Activities</p> <p>Out-of-School Activities</p>	<p>Personal and Consumer Health</p> <p>Community and Environmental Health</p> <p>Nutrition</p> <p>Physical Activity</p> <p>Injury Prevention</p> <p>Mental Health</p> <p>Alcohol and Drugs</p> <p>Tobacco</p> <p>Sexuality and Family Relationships</p>

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Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Content Areas
	<p>Describes the interrelationships of mental, emotional, social, and physical health during adolescence</p> <p>Explains the interrelationships between behaviors, the functioning of body systems, and overall health</p>			

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Curriculum Guideline 2: Students will demonstrate the ability to access valid health information and health-promoting products and services

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Content Areas
K-2	<p>Identifies resources from home, school, and community that provide valid health information</p> <p>Demonstrates the ability to locate school and community health helpers</p> <p>Explains that media influences the selection of health products</p> <p>Explains the meaning of basic signs, symbols, and warning labels</p>	<p>Observation</p> <p>Parent Testimony</p> <p>Group Discussions</p> <p>Worksheets, Exercises, and Activities</p> <p>Labs</p> <p>Written Assignments</p> <p>Quizzes and Tests</p>	<p>Classroom Teacher - Science</p> <p>PE Teacher</p> <p>School Nurse</p> <p>Family Consumer Science Teacher</p> <p>Guidance</p> <p>Family</p> <p>In-School Activities</p> <p>Out-of-School Activities</p>	<p>Personal and Consumer Health – including dental health and body parts/functions</p> <p>Community and Environmental Health</p> <p>Nutrition</p> <p>Physical Activity</p> <p>Injury Prevention</p> <p>Mental Health – including self-esteem and bullying</p>
3-5	<p>Identifies resources from home, school, and community that provide valid health information</p> <p>Demonstrates the ability to locate school and community health helpers</p> <p>Explains that media influences the selection of health products</p>	<p>Observation</p> <p>Parent Testimony</p> <p>Group Discussions</p> <p>Worksheets, Exercises, and Activities</p> <p>Labs</p> <p>Written Assignments</p>	<p>Classroom Teacher - Science</p> <p>PE Teacher</p> <p>School Nurse</p> <p>Family Consumer Science Teacher</p> <p>Guidance</p> <p>Family</p>	<p>Personal and Consumer Health – including dental health and body parts/functions</p> <p>Community and Environmental Health</p> <p>Nutrition</p> <p>Physical Activity</p> <p>Injury Prevention</p>

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Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Content Areas
	Explains the meaning of basic signs, symbols, and warning labels	Quizzes and Tests	In-School Activities Out-of-School Activities	Mental Health – including self-esteem and bullying
6-8	<p>Identifies and begins to analyze resources from home, school, and community that provide valid health information</p> <p>Demonstrates the ability to locate school and community health helpers</p> <p>Explains and begins to analyze how media influences the selection of health products</p> <p>Explains and begins to analyze the meaning of signs, symbols, and warning labels</p>	<p>Observation</p> <p>Parent Testimony</p> <p>Group Discussions</p> <p>Worksheets, Exercises, and Activities</p> <p>Labs</p> <p>Written Assignments</p> <p>Quizzes and Tests</p>	<p>Classroom Teacher - Science</p> <p>Health Teacher</p> <p>PE Teacher</p> <p>School Nurse</p> <p>Family Consumer Science Teacher</p> <p>Guidance</p> <p>Family</p> <p>In-School Activities</p> <p>Out-of-School Activities</p>	<p>Personal and Consumer Health</p> <p>Community and Environmental Health</p> <p>Nutrition</p> <p>Physical Activity</p> <p>Injury Prevention</p> <p>Mental Health</p> <p>Alcohol and Drugs</p> <p>Tobacco</p> <p>Sexuality and Family Relationships</p>
9-12	<p>Identifies and analyzes resources from home, school, and community that provide valid health information</p> <p>Demonstrates the ability to locate and utilize school and community health helpers</p>	<p>Observation</p> <p>Parent Testimony</p> <p>Group Discussions</p> <p>Worksheets, Exercises, and Activities</p> <p>Labs</p>	<p>Science Teacher</p> <p>Health Teacher</p> <p>PE Teacher</p> <p>School Nurse</p> <p>Family Consumer Science Teacher</p>	<p>Personal and Consumer Health</p> <p>Community and Environmental Health</p> <p>Nutrition</p> <p>Physical Activity</p>

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Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Content Areas
	<p>Explains and analyzes how media influences the selection of health products</p> <p>Explains and analyzes the meaning of signs, symbols, and warning labels</p> <p>Compares the costs and validity of health products</p> <p>Develops guidelines for the use of professional health services</p>	<p>Written Assignments</p> <p>Quizzes and Tests</p>	<p>Guidance</p> <p>Family</p> <p>In-School Activities</p> <p>Out-of-School Activities</p>	<p>Injury Prevention</p> <p>Mental Health</p> <p>Alcohol and Drugs</p> <p>Tobacco</p> <p>Sexuality and Family Relationships</p>

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Curriculum Guideline 3: Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Content Areas
K-2	<p>Demonstrates ways to avoid trouble and how to seek help in threatening situations</p> <p>Demonstrates the ability to assess personal health perceptions and behaviors</p> <p>Demonstrates personal hygiene skills</p> <p>Demonstrates safety skills needed to avoid injury</p>	<p>Observation</p> <p>Parent Testimony</p> <p>Group Discussions</p> <p>Worksheets, Exercises, and Activities</p> <p>Labs</p> <p>Written Assignments</p> <p>Quizzes and Tests</p>	<p>Classroom Teacher - Science</p> <p>PE Teacher</p> <p>School Nurse</p> <p>Family Consumer Science Teacher</p> <p>Guidance</p> <p>Family</p> <p>In-School Activities</p> <p>Out-of-School Activities</p>	<p>Personal and Consumer Health – including dental health and body parts/functions</p> <p>Community and Environmental Health</p> <p>Nutrition</p> <p>Physical Activity</p> <p>Injury Prevention</p> <p>Mental Health – including self-esteem and bullying</p>
3-5	<p>Demonstrates ways to avoid trouble and how to seek help in threatening situations</p> <p>Demonstrates the ability to assess personal health perceptions and behaviors</p> <p>Demonstrates personal hygiene skills</p> <p>Demonstrates safety skills needed to avoid injury</p>	<p>Observation</p> <p>Parent Testimony</p> <p>Group Discussions</p> <p>Worksheets, Exercises, and Activities</p> <p>Labs</p> <p>Written Assignments</p> <p>Quizzes and Tests</p>	<p>Classroom Teacher - Science</p> <p>PE Teacher</p> <p>School Nurse</p> <p>Family Consumer Science Teacher</p> <p>Guidance</p> <p>Family</p>	<p>Personal and Consumer Health – including dental health and body parts/functions</p> <p>Community and Environmental Health</p> <p>Nutrition</p> <p>Physical Activity</p> <p>Injury Prevention</p>

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Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Content Areas
			In-School Activities Out-of-School Activities	Mental Health – including self-esteem and bullying
6-8	Demonstrates ways to avoid trouble and how to seek help in threatening situations Demonstrates the ability to assess personal health perceptions and behaviors Demonstrates personal hygiene skills Demonstrates safety skills needed to avoid injury Demonstrates strategies to manage stress Demonstrates strategies to manage grief and anger Demonstrates the ability to analyze a personal health assessment to determine health strengths and risks Demonstrates strategies to improve or maintain personal and family health	Observation Parent Testimony Group Discussions Worksheets, Exercises, and Activities Labs Written Assignments Quizzes and Tests	Classroom teacher - Science Health Teacher PE Teacher School Nurse Family Consumer Science Teacher Guidance Family In-School Activities Out-of-School Activities	Personal and Consumer Health Community and Environmental Health Nutrition Physical Activity Injury Prevention Mental Health Alcohol and Drugs Tobacco Sexuality and Family Relationships

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Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Content Areas
9-12	Demonstrates ways to avoid trouble and how to seek help in threatening situations	Observation	Science Teacher	Personal and Consumer Health
		Parent Testimony	Health Teacher	Community and Environmental Health
	Demonstrates the ability to assess personal health perceptions and behaviors	Group Discussions	PE Teacher	Nutrition
	Demonstrates personal hygiene skills	Worksheets, Exercises, and Activities	School Nurse	Physical Activity
	Demonstrates safety skills needed to avoid injury	Labs	Family Consumer Science Teacher	Injury Prevention
	Demonstrates strategies to manage stress	Written Assignments	Guidance	Mental Health
	Demonstrates strategies to manage grief and anger	Quizzes and Tests	Family	Alcohol and Drugs
	Demonstrates the ability to analyze a personal health assessment to determine health strengths and risks		In-School Activities	Tobacco
	Demonstrates strategies to improve or maintain personal and family health		Out-of-School Activities	Sexuality and Family Relationships
	Develops injury prevention and management strategies for personal and family health			

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Curriculum Guideline 4: Students will analyze the influence of culture, media, technology, and other factors on health

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Content Areas
K-2	<p>Describes how the family influences personal health behaviors (in age-appropriate terminology)</p> <p>Explains that individuals have different cultural backgrounds that influence personal health behaviors (in age-appropriate terminology)</p> <p>Explains that media influences thoughts, feelings, perceptions, and health behaviors (in age-appropriate terminology)</p> <p>Describes ways technology can influence health and health behaviors (in age-appropriate terminology)</p>	<p>Observation</p> <p>Parent Testimony</p> <p>Group Discussions</p> <p>Worksheets, Exercises, and Activities</p> <p>Labs</p> <p>Written Assignments</p> <p>Quizzes and Tests</p>	<p>Classroom Teacher - Science</p> <p>PE Teacher</p> <p>School Nurse</p> <p>Family Consumer Science Teacher</p> <p>Guidance</p> <p>Family</p> <p>In-School Activities</p> <p>Out-of-School Activities</p>	<p>Personal and Consumer Health – including dental health and body parts/functions</p> <p>Community and Environmental Health</p> <p>Nutrition</p> <p>Physical Activity</p> <p>Injury Prevention</p> <p>Mental Health – including self-esteem and bullying</p>
3-5	<p>Describes how the family influences personal health behaviors (in age-appropriate terminology)</p>	<p>Observation</p> <p>Parent Testimony</p> <p>Group Discussions</p> <p>Worksheets, Exercises, and Activities</p>	<p>Classroom Teacher - Science</p> <p>PE Teacher</p> <p>School Nurse</p> <p>Family Consumer Science Teacher</p>	<p>Personal and Consumer Health – including dental health and body parts/functions</p> <p>Community and Environmental Health</p> <p>Nutrition</p>

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Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Content Areas
	<p>Explains that individuals have different cultural backgrounds that influence personal health behaviors (in age-appropriate terminology)</p> <p>Explains that media influences thoughts, feelings, perceptions, and health behaviors (in age-appropriate terminology)</p> <p>Describes ways technology can influence health and health behaviors (in age-appropriate terminology)</p>	<p>Labs</p> <p>Written Assignments</p> <p>Quizzes and Tests</p>	<p>Guidance</p> <p>Family</p> <p>In-School Activities</p> <p>Out-of-School Activities</p>	<p>Physical Activity</p> <p>Injury Prevention</p> <p>Mental Health – including self-esteem and bullying</p>
6-8	<p>Describes how the family, school, and peers influence personal health behaviors (in age-appropriate terminology)</p> <p>Begins to analyze how different cultural backgrounds influence personal health behaviors (in age-appropriate terminology)</p> <p>Explains and begins to analyze how media influences thoughts, feelings, perceptions, and health behaviors (in age-appropriate terminology)</p>	<p>Observation</p> <p>Parent Testimony</p> <p>Group Discussions</p> <p>Worksheets, Exercises, and Activities</p> <p>Labs</p> <p>Written Assignments</p> <p>Quizzes and Tests</p>	<p>Classroom Teacher – Science</p> <p>Health Teacher</p> <p>PE Teacher</p> <p>School Nurse</p> <p>Family Consumer Science Teacher</p> <p>Guidance</p> <p>Family</p> <p>In-School Activities</p> <p>Out-of-School Activities</p>	<p>Personal and Consumer Health</p> <p>Community and Environmental Health</p> <p>Nutrition</p> <p>Physical Activity</p> <p>Injury Prevention</p> <p>Mental Health</p> <p>Alcohol and Drugs</p> <p>Tobacco</p>

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Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Content Areas
	Describes and begins to analyze ways technology can influence health and health behaviors (in age-appropriate terminology)			Sexuality and Family Relationships
9-12	<p>Describes how the family, school, and peers influence personal health behaviors (in age-appropriate terminology)</p> <p>Analyzes how different cultural backgrounds influence personal health behaviors (in age-appropriate terminology)</p> <p>Analyzes how media influences thoughts, feelings, perceptions, and health behaviors (in age-appropriate terminology)</p> <p>Analyzes ways technology can influence health and health behaviors (in age-appropriate terminology)</p>	<p>Observation</p> <p>Parent Testimony</p> <p>Group Discussions</p> <p>Worksheets, Exercises, and Activities</p> <p>Labs</p> <p>Written Assignments</p> <p>Quizzes and Tests</p>	<p>Science Teacher</p> <p>Health Teacher</p> <p>PE Teacher</p> <p>School Nurse</p> <p>Family Consumer Science Teacher</p> <p>Guidance</p> <p>Family</p> <p>In-School Activities</p> <p>Out-of-School Activities</p>	<p>Personal and Consumer Health</p> <p>Community and Environmental Health</p> <p>Nutrition</p> <p>Physical Activity</p> <p>Injury Prevention</p> <p>Mental Health</p> <p>Alcohol and Drugs</p> <p>Tobacco</p> <p>Sexuality and Family Relationships</p>

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Curriculum Guideline 5: Students will demonstrate the ability to use interpersonal communication skills to enhance health

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Content Areas
K-2	<p>Describes verbal and nonverbal communication (in age-appropriate terminology)</p> <p>Describes characteristics needed to be a responsible friend and family member (in age-appropriate terminology)</p> <p>Demonstrates healthy ways to express needs, wants, and feelings</p> <p>Demonstrates ways to communicate care, consideration, and respect of self and others</p> <p>Demonstrates attentive listening skills</p> <p>Demonstrates refusal skills to enhance health</p> <p>Demonstrates positive ways to resolve conflicts</p>	<p>Observation</p> <p>Parent Testimony</p> <p>Group Discussions</p> <p>Worksheets, Exercises, and Activities</p> <p>Labs</p> <p>Written Assignments</p> <p>Quizzes and Tests</p>	<p>Classroom Teacher - Science</p> <p>PE Teacher</p> <p>School Nurse</p> <p>Family Consumer Science Teacher</p> <p>Guidance</p> <p>Family</p> <p>In-School Activities</p> <p>Out-of-School Activities</p>	<p>Personal and Consumer Health – including dental health and body parts/functions</p> <p>Community and Environmental Health</p> <p>Nutrition</p> <p>Physical Activity</p> <p>Injury Prevention</p> <p>Mental Health – including self-esteem and bullying</p>

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Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Content Areas
3-5	<p>Describes verbal and nonverbal communication (in age-appropriate terminology)</p> <p>Describes characteristics needed to be a responsible friend and family member (in age-appropriate terminology)</p> <p>Demonstrates healthy ways to express needs, wants, and feelings</p> <p>Demonstrates ways to communicate care, consideration, and respect of self and others</p> <p>Demonstrates attentive listening skills</p> <p>Demonstrates refusal skills to enhance health</p> <p>Demonstrates positive ways to resolve conflicts</p>	<p>Observation</p> <p>Parent Testimony</p> <p>Group Discussions</p> <p>Worksheets, Exercises, and Activities</p> <p>Labs</p> <p>Written Assignments</p> <p>Quizzes and Tests</p>	<p>Classroom Teacher - Science</p> <p>PE Teacher</p> <p>School Nurse</p> <p>Family Consumer Science Teacher</p> <p>Guidance</p> <p>Family</p> <p>In-School Activities</p> <p>Out-of-School Activities</p>	<p>Personal and Consumer Health – including dental health and body parts/functions</p> <p>Community and Environmental Health</p> <p>Nutrition</p> <p>Physical Activity</p> <p>Injury Prevention</p> <p>Mental Health – including self-esteem and bullying</p>
6-8	<p>Demonstrates verbal and nonverbal communication (in age-appropriate terminology)</p> <p>Describes characteristics needed to be a responsible friend and family member (in age-appropriate terminology)</p>	<p>Observation</p> <p>Parent Testimony</p> <p>Group Discussions</p> <p>Worksheets, Exercises, and Activities</p>	<p>Classroom Teacher – Science</p> <p>Health Teacher</p> <p>PE Teacher</p> <p>School Nurse</p>	<p>Personal and Consumer Health</p> <p>Community and Environmental Health</p> <p>Nutrition</p>

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Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Content Areas
	<p>Demonstrates healthy ways to express needs, wants, and feelings</p> <p>Demonstrates ways to communicate care, consideration, and respect of self and others</p> <p>Demonstrates attentive listening skills</p> <p>Demonstrates refusal and negotiation skills to enhance health</p> <p>Demonstrates positive ways to resolve conflicts</p> <p>Analyzes the possible causes and results of conflict among youth in schools and communities</p>	<p>Labs</p> <p>Written Assignments</p> <p>Quizzes and Tests</p>	<p>Family Consumer Science Teacher</p> <p>Guidance</p> <p>Family In-School Activities</p> <p>Out-of-School Activities</p>	<p>Physical Activity</p> <p>Injury Prevention</p> <p>Mental Health</p> <p>Alcohol and Drugs</p> <p>Tobacco</p> <p>Sexuality and Family Relationships</p>
9-12	<p>Demonstrates verbal and nonverbal communication (in age-appropriate terminology)</p> <p>Describes characteristics needed to be a responsible friend and family member (in age-appropriate terminology)</p>	<p>Observation</p> <p>Parent Testimony</p> <p>Group Discussions</p> <p>Worksheets, Exercises, and Activities</p> <p>Labs</p>	<p>Science Teacher</p> <p>Health Teacher</p> <p>PE Teacher</p> <p>School Nurse</p> <p>Family Consumer Science Teacher</p>	<p>Personal and Consumer Health</p> <p>Community and Environmental Health</p> <p>Nutrition</p> <p>Physical Activity</p>

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Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Content Areas
	<p>Demonstrates healthy ways to express needs, wants, and feelings</p> <p>Demonstrates ways to communicate care, consideration, and respect of self and others</p> <p>Demonstrates attentive listening skills</p> <p>Demonstrates refusal and negotiation skills to enhance health</p> <p>Demonstrates positive ways to resolve conflicts</p> <p>Analyzes the possible causes and results of conflict among youth in schools and communities</p> <p>Analyzes methods to avoid and resolve conflict</p>	<p>Written Assignments</p> <p>Quizzes and Tests</p>	<p>Guidance</p> <p>Family</p> <p>In-School Activities</p> <p>Out-of-School Activities</p>	<p>Injury Prevention</p> <p>Mental Health</p> <p>Alcohol and Drugs</p> <p>Tobacco</p> <p>Sexuality and Family Relationships</p>

Health Education (Grades K-12)
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Curriculum Guideline 6: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Content Areas
K-2	<p>Explains when to ask for assistance in making health related decisions and setting health goals (in age-appropriate terminology)</p> <p>Demonstrates the ability to apply a decision-making process to health issues and problems</p> <p>Demonstrates the ability to set a short-term personal health goal and monitor progress toward its achievement</p> <p>Predicts outcomes of positive health decisions (in age-appropriate terminology)</p>	<p>Observation</p> <p>Parent Testimony</p> <p>Group Discussions</p> <p>Worksheets, Exercises, and Activities</p> <p>Labs</p> <p>Written Assignments</p> <p>Quizzes and Tests</p>	<p>Classroom Teacher - Science</p> <p>PE Teacher</p> <p>School Nurse</p> <p>Family Consumer Science Teacher</p> <p>Guidance</p> <p>Family</p> <p>In-School Activities</p> <p>Out-of-School Activities</p>	<p>Personal and Consumer Health – including dental health and body parts/functions</p> <p>Community and Environmental Health</p> <p>Nutrition</p> <p>Physical Activity</p> <p>Injury Prevention</p> <p>Mental Health – including self-esteem and bullying</p>
3-5	<p>Explains when to ask for assistance in making health related decisions and setting health goals (in age-appropriate terminology)</p> <p>Demonstrates the ability to apply a decision-making process to health issues and problems</p>	<p>Observation</p> <p>Parent Testimony</p> <p>Group Discussions</p> <p>Worksheets, Exercises, and Activities</p> <p>Labs</p>	<p>Classroom Teacher - Science</p> <p>PE Teacher</p> <p>School Nurse</p> <p>Family Consumer Science Teacher</p> <p>Guidance</p>	<p>Personal and Consumer Health – including dental health and body parts/functions</p> <p>Community and Environmental Health</p> <p>Nutrition</p>

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Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Content Areas
	<p>Demonstrates the ability to set a short-term personal health goal and monitor progress toward its achievement</p> <p>Predicts outcomes of positive health decisions (in age-appropriate terminology)</p>	<p>Written Assignments</p> <p>Quizzes and Tests</p>	<p>Family</p> <p>In-School Activities</p> <p>Out-of-School Activities</p>	<p>Physical Activity</p> <p>Injury Prevention</p> <p>Mental Health – including self-esteem and bullying</p>
6-8	<p>Explains when to ask for assistance in making health related decisions and setting health goals (in age-appropriate terminology)</p> <p>Demonstrates the ability to apply a decision-making process to health issues and problems individually and collaboratively</p> <p>Demonstrates the ability to set health goals that address personal strengths, needs, and health risks</p> <p>Predicts how decisions regarding health behaviors have consequences for self and others</p>	<p>Observation</p> <p>Parent Testimony</p> <p>Group Discussions</p> <p>Worksheets, Exercises, and Activities</p> <p>Labs</p> <p>Written Assignments</p> <p>Quizzes and Tests</p>	<p>Classroom Teacher – Science</p> <p>Health Teacher</p> <p>PE Teacher</p> <p>School Nurse</p> <p>Family Consumer Science Teacher</p> <p>Guidance</p> <p>Family</p> <p>In-School Activities</p> <p>Out-of-School Activities</p>	<p>Personal and Consumer Health</p> <p>Community and Environmental Health</p> <p>Nutrition</p> <p>Physical Activity</p> <p>Injury Prevention</p> <p>Mental Health</p> <p>Alcohol and Drugs</p> <p>Tobacco</p> <p>Sexuality and Family Relationships</p>

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Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Content Areas
9-12	<p>Explains when to ask for assistance in making health related decisions and setting health goals (in age-appropriate terminology)</p> <p>Demonstrates the ability to apply a decision-making process to health issues and problems individually and collaboratively</p> <p>Demonstrates the ability to set health goals that address personal strengths, needs, and health risks</p> <p>Predicts how decisions regarding health behaviors have consequences for self and others</p>	<p>Observation</p> <p>Parent Testimony</p> <p>Group Discussions</p> <p>Worksheets, Exercises, and Activities</p> <p>Labs</p> <p>Written Assignments</p> <p>Quizzes and Tests</p>	<p>Science Teacher</p> <p>Health Teacher</p> <p>PE Teacher</p> <p>School Nurse</p> <p>Family Consumer Science Teacher</p> <p>Guidance</p> <p>Family</p> <p>In-School Activities</p> <p>Out-of-School Activities</p>	<p>Personal and Consumer Health</p> <p>Community and Environmental Health</p> <p>Nutrition</p> <p>Physical Activity</p> <p>Injury Prevention</p> <p>Mental Health</p> <p>Alcohol and Drugs</p> <p>Tobacco</p> <p>Sexuality and Family Relationships</p>

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Curriculum Guideline 7: Students will demonstrate the ability to advocate for personal, family, and community health

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Content Areas
K-2	<p>Describes ways to convey accurate health information and ideas (in age-appropriate terminology)</p> <p>Demonstrates the ability to express information and ideas about health issues</p> <p>Demonstrates the ability to influence and support others in making positive health choices</p>	<p>Observation</p> <p>Parent Testimony</p> <p>Group Discussions</p> <p>Worksheets, Exercises, and Activities</p> <p>Labs</p> <p>Written Assignments</p> <p>Quizzes and Tests</p>	<p>Classroom Teacher - Science</p> <p>PE Teacher</p> <p>School Nurse</p> <p>Family Consumer Science Teacher</p> <p>Guidance</p> <p>Family</p> <p>In-School Activities</p> <p>Out-of-School Activities</p>	<p>Personal and Consumer Health – including dental health and body parts/functions</p> <p>Community and Environmental Health</p> <p>Nutrition</p> <p>Physical Activity</p> <p>Injury Prevention</p> <p>Mental Health – including self-esteem and bullying</p>
3-5	<p>Describes ways to convey accurate health information and ideas (in age-appropriate terminology)</p> <p>Demonstrates the ability to express information and ideas about health issues</p> <p>Demonstrates the ability to influence and support others in making positive health choices</p>	<p>Observation</p> <p>Parent Testimony</p> <p>Group Discussions</p> <p>Worksheets, Exercises, and Activities</p> <p>Labs</p> <p>Written Assignments</p>	<p>Classroom Teacher - Science</p> <p>PE Teacher</p> <p>School Nurse</p> <p>Family Consumer Science Teacher</p> <p>Guidance</p> <p>Family</p> <p>In-School Activities</p>	<p>Personal and Consumer Health – including dental health and body parts/functions</p> <p>Community and Environmental Health</p> <p>Nutrition</p> <p>Physical Activity</p> <p>Injury Prevention</p>

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Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Content Areas
		Quizzes and Tests	Out-of-School Activities	Mental Health – including self-esteem and bullying
6-8	<p>Describes ways to convey accurate health information and ideas (in age-appropriate terminology)</p> <p>Demonstrates the ability to express information and ideas about health issues</p> <p>Demonstrates the ability to influence and support others in making positive health choices</p> <p>Begins to analyze various communication methods to accurately express health information and ideas</p> <p>Begins to identify barriers to effective communication of information, ideas, feelings, and opinions about health issues</p> <p>Begins to demonstrate the ability to work cooperatively when advocating for healthy individuals, families, and schools</p>	<p>Observation</p> <p>Parent Testimony</p> <p>Group Discussions</p> <p>Worksheets, Exercises, and Activities</p> <p>Labs</p> <p>Written Assignments</p> <p>Quizzes and Tests</p>	<p>Classroom Teacher – Science</p> <p>Health Teacher</p> <p>PE Teacher</p> <p>School Nurse</p> <p>Family Consumer Science Teacher</p> <p>Guidance</p> <p>Family</p> <p>In-School Activities</p> <p>Out-of-School Activities</p>	<p>Personal and Consumer Health</p> <p>Community and Environmental Health</p> <p>Nutrition</p> <p>Physical Activity</p> <p>Injury Prevention</p> <p>Mental Health</p> <p>Alcohol and Drugs</p> <p>Tobacco</p> <p>Sexuality and Family Relationships</p>

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Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Content Areas
9-12	<p>Describes ways to convey accurate health information and ideas (in age-appropriate terminology)</p> <p>Demonstrates the ability to express information and ideas about health issues</p> <p>Demonstrates the ability to influence and support others in making positive health choices</p> <p>Analyzes various communication methods to accurately express health information and ideas</p> <p>Identifies barriers to effective communication of information, ideas, feelings, and opinions about health issues</p> <p>Demonstrates the ability to work cooperatively when advocating for healthy individuals, families, and school</p>	<p>Observation</p> <p>Parent Testimony</p> <p>Group Discussions</p> <p>Worksheets, Exercises, and Activities</p> <p>Labs</p> <p>Written Assignments</p> <p>Quizzes and Tests</p>	<p>Science Teacher</p> <p>Health Teacher</p> <p>PE Teacher</p> <p>School Nurse</p> <p>Family Consumer Science Teacher</p> <p>Guidance</p> <p>Family</p> <p>In-School Activities</p> <p>Out-of-School Activities</p>	<p>Personal and Consumer Health</p> <p>Community and Environmental Health</p> <p>Nutrition</p> <p>Physical Activity</p> <p>Injury Prevention</p> <p>Mental Health</p> <p>Alcohol and Drugs</p> <p>Tobacco</p> <p>Sexuality and Family Relationships</p>