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.

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

Identifies responsible health behaviors (in age-appropriate terminology) Explains relationship between personal health behaviors and individual well-being (in age-	Observation Parent Testimony Group Discussions	Classroom Teacher - Science PE Teacher School Nurse	Personal and Consumer Health – including dental health and body parts/functions
terminology) Explains relationship between personal health behaviors and individual well-being (in age-	Group Discussions		health and body
Explains relationship between personal health behaviors and individual well-being (in age-	Group Discussions		5
personal health behaviors and individual well-being (in age-		School Nurse	parts/functions
personal health behaviors and individual well-being (in age-		School Nurse	
individual well-being (in age-			1
	TTT 1 1 1 1		Community and
\cdot \cdot \cdot \cdot \cdot \cdot \cdot \cdot	Worksheets, Exercises, and	Family Consumer Science	Environmental Health
appropriate terminology)	Activities	Teacher	
			Nutrition
	Labs	Guidance	
healthful school and			Physical Activity
community environment	Written Assignments	Family	
-			Injury Prevention
age-appropriate terminology)	Quizzes and Tests	In-School Activities	
			Mental Health – including
		Out-of-School Activities	self-esteem and bullying
appropriate terminology)			
Explains basic health terms and			
-			
Identifies responsible health	Observation	Classroom Teacher - Science	Personal and Consumer
behaviors (in age-appropriate			Health – including dental
	Parent Testimony	PE Teacher	health and body
			parts/functions
	Group Discussions	School Nurse	
	appropriate terminology) Describes ways in which a healthful school and community environment influences personal health (in age-appropriate terminology) Explains how childhood injuries and illnesses can be prevented or treated (in age- appropriate terminology) Explains basic health terms and concepts (in age-appropriate terminology) Identifies responsible health	appropriate terminology)ActivitiesDescribes ways in which a healthful school and community environment influences personal health (in age-appropriate terminology)LabsWritten AssignmentsWritten AssignmentsQuizzes and TestsQuizzes and TestsExplains how childhood injuries and illnesses can be prevented or treated (in age- appropriate terminology)Quizzes and TestsExplains basic health terms and concepts (in age-appropriate terminology)ObservationIdentifies responsible health behaviors (in age-appropriate terminology)Parent Testimony	appropriate terminology)ActivitiesTeacherDescribes ways in which a healthful school and community environment influences personal health (in age-appropriate terminology)LabsGuidanceWritten AssignmentsFamilyQuizzes and TestsIn-School ActivitiesExplains how childhood injuries and illnesses can be prevented or treated (in age- appropriate terminology)Out-of-School ActivitiesExplains basic health terms and concepts (in age-appropriate terminology)ObservationClassroom Teacher - ScienceBehaviors (in age-appropriate terminology)Parent TestimonyPE Teacher

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

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Content Areas
	Explains how adolescent		In-School Activities	Alcohol and Drugs
	injuries and illnesses can be			
	prevented or treated (in age-		Out-of-School Activities	Tobacco
	appropriate terminology)			
				Sexuality and Family
	Explains key health terms and			Relationships
	concepts (in age-appropriate			
	terminology)			
9-12	Identifies responsible health	Observation	Science Teacher	Personal and Consumer
	behaviors (in age-appropriate			Health
	terminology)	Parent Testimony	Health Teacher	
				Community and
	Explains relationship between	Group Discussions	PE Teacher	Environmental Health
	personal health behaviors and			NT / '/'
	individual well-being (in age-	Worksheets, Exercises, and	School Nurse	Nutrition
	appropriate terminology)	Activities	Family Consumer Science	Dhusiaal Astivity
	Describes ways in which a	Labs	Family Consumer Science Teacher	Physical Activity
	Describes ways in which a healthful school and	Labs	Teacher	Injury Prevention
	community environment	Written Assignments	Guidance	injury Prevention
	influences personal health (in	written Assignments	Guidance	Mental Health
	age-appropriate terminology)	Quizzes and Tests	Family	
	age-appropriate terminology)	Quizzes and Tests	Tainity	Alcohol and Drugs
	Explains how adolescent		In-School Activities	Alcohol and Drugs
	injuries and illnesses can be		III-School Activities	Tobacco
	prevented or treated (in age-		Out-of-School Activities	1000000
	appropriate terminology)		out of benoof field vides	Sexuality and Family
	uppropriate terminorogy)			Relationships
	Explains key health terms and			
	concepts (in age-appropriate			
	terminology)			

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

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

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

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

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

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

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

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

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

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

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

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

Health Education (Grades K-12) Hinsdale School District

Activities

age-appropriate terminology)

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

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

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

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

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

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

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	Describes ways to convey	Observation	Classroom Teacher – Science	Personal and Consumer
	accurate health information and			Health
	ideas (in age-appropriate	Parent Testimony	Health Teacher	
	terminology)			Community and
		Group Discussions	PE Teacher	Environmental Health
	Demonstrates the ability to			
	express information and ideas	Worksheets, Exercises, and	School Nurse	Nutrition
	about health issues	Activities		
			Family Consumer Science	Physical Activity
	Demonstrates the ability to	Labs	Teacher	
	influence and support others in			Injury Prevention
	making positive health choices	Written Assignments	Guidance	
			Es av ilsa	Mental Health
	Begins to analyze various communication methods to	Quizzes and Tests	Family	Alashal and Drugs
	accurately express health		In-School Activities	Alcohol and Drugs
	information and ideas		III-School Activities	Tobacco
	information and ideas		Out-of-School Activities	100acco
	Begins to identify barriers to		Out-or-School Activities	Sexuality and Family
	effective communication of			Relationships
	information, ideas, feelings,			Kelationships
	and opinions about health			
	issues			
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	Begins to demonstrate the			
	ability to work cooperatively			
	when advocating for healthy			
	individuals, families, and			
	schools			

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