

<b>Health, Grades 6-8 –standard 1</b>	
<b>Standard 1</b>	
<b>Students will comprehend concepts related to health promotion and disease prevention to enhance health.</b>	
<b>21<sup>st</sup> Century Learning Expectations:</b>	
<ul style="list-style-type: none"> <li>Hinsdale students will recognize and demonstrate the importance of whole person wellness</li> <li>Hinsdale students will demonstrate responsibility for their actions and choices</li> </ul>	
<b>Enduring Understandings:</b>	
Living a healthy lifestyle is important	
<b>Learning Competencies</b>	<b>Essential Questions</b>
Grades 6-8 <i>Students will be able to:</i> <ul style="list-style-type: none"> <li>Analyze the relationship between healthy behaviors and personal health.</li> <li>Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.</li> <li>Analyze how the environment affects personal health.</li> <li>Describe how family history can affect personal health.</li> <li>Describe ways to reduce or prevent injuries and other adolescent health problems.</li> <li>Explain how appropriate health care can promote personal health.</li> <li>Describe the benefits of and barriers to practicing healthy behaviors.</li> <li>Examine the likelihood of injury or illness if engaging in unhealthy behaviors.</li> <li>Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.</li> </ul>	To what extent can we keep ourselves disease free?  What are some of the short term and long term consequences of our choices in terms of our wellness?

**Health, Grades 6-8 – standard 2**

**Standard 2**

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors

**21<sup>st</sup> Century Learning Expectations:**

- Hinsdale students will communicate through various means
- Hinsdale students will be able to solve problems
- Hinsdale student will take responsibility for their own learning
- Hinsdale students will recognize and demonstrate the importance of whole person wellness
- Hinsdale students will demonstrate technological fluency and adaptability
- Hinsdale students will demonstrate responsibility for their actions and choices

**Enduring Understandings:**

Our health can be affected both positively or negatively by influences in our lives.

**Learning Competencies**

*Students will be able to:*

- Examine how the family influences the health of adolescents.
- Describe the influence of culture on health beliefs, practices, and behaviors.
- Describe how peers influence healthy and unhealthy behaviors.
- Analyze how the school and community can affect personal health practices and behaviors.
- Analyze how messages from media influence health behaviors.
- Analyze the influence of technology on personal and family health.
- Explain how the perceptions of norms influence healthy and unhealthy behaviors.
- Explain the influence of personal values and beliefs on individual health practices and behaviors.
- Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.
- Explain how school and public health policies can influence health promotion and disease prevention.

**Essential Questions**

How do I make the right decisions when influences such as peer, media and cultural pressures affect me daily?

How can I make healthy choices about drugs and other influences?

What types of health messages come from peers, media, family or culture?

How do my beliefs and values affect my health decisions?

**Health, Grades 6-8 – standard 3**

**Standard 3**

Students will demonstrate the ability to access valid information, products, and services to enhance health.

**21<sup>st</sup> Century Learning Expectations:**

- Hinsdale students will communicate through various means
- Hinsdale students will be able to solve problems
- Hinsdale student will take responsibility for their own learning
- Hinsdale students will recognize and demonstrate the importance of whole person wellness
- Hinsdale students will demonstrate technological fluency and adaptability
- Hinsdale students will demonstrate responsibility for their actions and choices

**Enduring Understandings:**

Access to valid and safe health information, both products and services, is critical to prevention, early detection and treatment of health problems.

**Learning Competencies**

*Students will be able to:*

- Analyze the validity of health information, products, and services.
- Access valid health information from home, school, and community.
- Determine the accessibility of products that enhance health.
- Describe situations that may require professional health services.
- Locate valid and reliable health products and services.

**Essential Questions**

- How and where can I locate valid health resources?
- What do I need to know when access health information?
- How do I analyze health information to determine if credible and safe?
- What health situations might require a professional health service?

**Health, Grades 6-8 – standard 4**

**Standard 4**

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

**21<sup>st</sup> Century Learning Expectations:**

- Hinsdale students will communicate through various means
- Hinsdale students will be able to solve problems
- Hinsdale student will take responsibility for their own learning
- Hinsdale students will recognize and demonstrate the importance of whole person wellness
- Hinsdale students will demonstrate technological fluency and adaptability
- Hinsdale students will demonstrate responsibility for their actions and choices

**Enduring Understandings:**

Effectively utilizing communication skills with family peers and others will enhance my health.

**Learning Competencies**

*Students will be able to:*

- Apply effective verbal and nonverbal communication skills to enhance health.
- Demonstrate refusal and negotiation skills that avoid or reduce health risks.
- Demonstrate effective conflict management or resolution strategies
- Demonstrate how to ask for assistance to enhance the health of self and others.

**Essential Questions**

- How can assertive communications skills help me to develop a healthy lifestyle?
- How can communication enhance my personal health and develop positive relationships?
- What can I do to prevent and resolve conflict?

**Health, Grades 6-8 – standard 5**

**Standard 5**

Students will demonstrate the ability to use decision-making skills to enhance health.

**21<sup>st</sup> Century Learning Expectations:**

- Hinsdale students will communicate through various means
- Hinsdale students will be able to solve problems
- Hinsdale student will take responsibility for their own learning
- Hinsdale students will recognize and demonstrate the importance of whole person wellness
- Hinsdale students will demonstrate technological fluency and adaptability
- Hinsdale students will demonstrate responsibility for their actions and choices

**Enduring Understandings:**

Knowing a thoughtful decision making process will help to solve health related situations.

**Learning Competencies**

*Students will be able to:*

- Identify barriers that can help or hinder healthy decision making.
- Determine when health related situations require the application of a thoughtful decision making process.
- Distinguish when individual or collaborative decision making is appropriate.
- Distinguish between healthy and unhealthy alternatives to health related issues or problems.
- Predict the potential short term impact of each alternative on self and others.
- Choose healthy alternatives over unhealthy alternatives when making a decision.
- Analyze the outcomes of a health related decision.

**Essential Questions**

- What do I need to know to make good decisions and stay healthy?
- How can I make good decisions and stay healthy?
- How does my behavior reflect my personal choices?
- What problem solving strategies use to manage conflict and change?

**Health, Grades 6-8 – standard 6**

**Standard 6**

Students will demonstrate the ability to use goal-setting skills to enhance health.

**21<sup>st</sup> Century Learning Expectations:**

- Hinsdale students will communicate through various means
- Hinsdale students will be able to solve problems
- Hinsdale student will take responsibility for their own learning
- Hinsdale students will recognize and demonstrate the importance of whole person wellness
- Hinsdale students will demonstrate technological fluency and adaptability
- Hinsdale students will demonstrate responsibility for their actions and choices

**Enduring Understandings:**

Knowing how to set long and short term goals, will improve strategies for effective long term personal health plans.

**Learning Competencies**

*Students will be able to:*

- Assess personal health practices.
- Develop a goal to adopt, maintain, or improve a personal health practice.
- Apply strategies and skills needed to attain a personal health goal.
- Describe how personal health goals can vary with changing abilities, priorities, and responsibilities

**Essential Questions**

- What do I need to know to develop personal goals?
- How can goal setting enhance and improve my health?
- What influences my behavior and decisions?
- What is the relationship between decisions and consequences?

**Health, Grades 6-8 – standard 7**

**Standard 7**

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

**21<sup>st</sup> Century Learning Expectations:**

- Hinsdale students will communicate through various means
- Hinsdale students will be able to solve problems
- Hinsdale student will take responsibility for their own learning
- Hinsdale students will recognize and demonstrate the importance of whole person wellness
- Hinsdale students will demonstrate technological fluency and adaptability
- Hinsdale students will demonstrate responsibility for their actions and choices

**Enduring Understandings:**

Knowing a variety of healthy practices and behaviors, will maintain or improve the health of self and others

**Learning Competencies**

*Students will be able to:*

- Explain the importance of assuming responsibility for personal health behaviors.
- Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
- Demonstrate behaviors to avoid or reduce health risks to self and others

**Essential Questions**

- How will I practice healthy behaviors?
- What can I do to prevent and resolve conflict?
- To what extent does power or the lack of power effect individuals?

**Health, Grades 6-8 – standard 8**

**Standard 8**

**Students will demonstrate the ability to advocate for personal, family, and community health.**

**21<sup>st</sup> Century Learning Expectations:**

- Hinsdale students will communicate through various means
- Hinsdale students will be able to solve problems
- Hinsdale student will take responsibility for their own learning
- Hinsdale students will recognize and demonstrate the importance of whole person wellness
- Hinsdale students will demonstrate technological fluency and adaptability
- Hinsdale students will demonstrate responsibility for their actions and choices

**Enduring Understandings:**

Knowing how to work cooperatively as an advocate will improve personal, family and community health.

**Learning Competencies**

- State a health enhancing position on a topic and support it with accurate information.
- Demonstrate how to influence and support others to make positive health choices.
- Work cooperatively to advocate for healthy individuals, families, and schools.
- Identify ways in which health messages and communication techniques can be altered for different audiences.

**Essential Questions**

- How can I promote accurate health information and acceptable behavior for myself and others?
- How do a person's unique talents contribute to a larger community?
- How do stereotypes influence how we look at and understand the world?