

9th Grade Health Education Standards

National Health Education Standards

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Standard 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

UNIT: HEALTH SKILLS

Explain the relevance, identify steps and cues, and practice and apply skills for the national standard health skills:

- Analyzing Influences
- Accessing Information
- Decision Making
- Goal Setting
- Interpersonal Communication
- Self-Management
- Advocacy

UNIT: SOCIAL & EMOTIONAL HEALTH

Content Concepts

- Recognize and respond to social and emotional health issues
 - Depression and suicide
 - Self-injury
 - Eating disorders
- Relate body image to the development of eating disorders

Analyzing Influences

- Analyze influences on social and emotional health
 - Body image

Accessing Information

- Access a variety of credible resources for issues related to social and emotional health

Interpersonal Communication

- Explain and apply skills for effective communication (I statements, active listening, body language, conflict resolution)
- Analyze barriers to effective communication

Decision Making and Goal Setting

- Explain, apply, and evaluate the decision-making process to personal health issues
- Apply strategies and skills needed to attain personal health goals

Self-Management

- Demonstrate, evaluate, and analyze strategies to manage stress
- Apply strategies to promote a positive body image.

UNIT: NUTRITION & FITNESS

Content Concepts

- Analyze benefits and strategies for maintaining a healthy weight
 - Concepts –BMI (pros/cons), weight control, nutrient density
 - Benefits - nutrition, energy, reduced risk of disease
 - Strategies – energy balance, physical activity, avoid fad diets

Analyzing Influences

- Analyze personal nutrition and eating behaviors

Accessing Information

- Access and evaluate current, accurate information for nutrition and weight management

Self-Management

- Identify areas of personal eating behaviors that need improvement
- Create an eating plan that targets identified areas.

UNIT: SAFETY AND INJURY PREVENTION

Content Concepts

- Demonstrate the ability to respond appropriately to emergency and nonemergency situations
 - Laws/Codes/Regulations pertaining to emergency situations
 - Ways to deter abuse and violence (including bullying and harassment)
- Demonstrate skills related to cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED)
 - Compression-only CPR
 - Locations and proper use of AEDs
- Differentiate between healthy and unhealthy use of technology through internet, email, websites, instant messaging, and telephone/cell phone use

Analyzing Influences

- Analyze factors that influence risky situations and violent behaviors

- Bullying/Cyberbullying
- Child abuse
- Gang involvement
- Human trafficking

Accessing Information

- Investigate resources for first aid, personal safety, and injury prevention

Interpersonal Communication

- Assess conflict resolution strategies that promote and sustain interpersonal relationships
- Respond appropriately to harassment, and other violent behaviors
- Practice assertive communication in relation to personal safety

Self-Management

- Apply strategies to prevent injuries and violence

Advocacy

- Advocate for an issue related to safety and injury prevention.

UNIT: DISEASE PREVENTION

Content Concepts

- Examine the transmission, symptoms, prevention, and treatment, of communicable diseases
 - Flu, common cold, coronavirus, other
- Examine the symptoms, prevention, and treatment of non-communicable diseases
 - Congenital
 - Cancer, heart disease, diabetes
 - Other
- Evaluate the impact of disease on the individual, family, and society

Analyzing Influences

- Analyze influences on transmission, prevention, and treatment of disease
 - Genetics
 - Medical technology
 - Environment

Accessing Information

- Describe roles and responsibilities of health-related agencies for disease prevention and control at local, state, and federal levels
- Identify resources for reliable information, assessment, and treatment of communicable and noncommunicable disease or disability
- Access information about a disease advocacy group or project

Self-Management

- Create a personal disease-prevention plan that includes screenings, vaccinations and regular checkups

Advocacy

- Advocate for an issue related to disease.

