



MICHIGAN
Health Education Content Standards and Benchmarks
High School
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CONTENT STANDARDS	PAGE REFERENCES
<i>Applied Health Concepts</i>	
Content Standard 1: All students will apply health promotion and disease prevention concepts and principles to personal, family, and community health issues.	
<ul style="list-style-type: none"> • Explain the impact of personal health behaviors on the functioning of body systems. 	SE: 390-391, 396, 406, 423-424, 432-433 TWE: CLA 6 Di 408 HC 397 MA 420 QS 386, 406
<ul style="list-style-type: none"> • Analyze how behavior can impact health maintenance and disease prevention. 	SE: 5-6, 14, 17-21, 75, 113, 678-679, 685 TWE: CLA 6, 12, 691 WTWK 11
<ul style="list-style-type: none"> • Describe the interrelationships of physical, intellectual, emotional, and social health during childhood. 	SE: 504-507 TWE: Di 505
<ul style="list-style-type: none"> • Analyze how the family, peers, and the community influence the health of individuals. 	SE: 7-8, 12-16, 248-250, 275-276, 307-308 TWE: Ac 13 CI 7 HL 249, 310
<ul style="list-style-type: none"> • Analyze how the environment influences the health of people in a community. 	SE: 13, 766-770 TWE: Ac 13 CT 767 HL 14 MA 770
<ul style="list-style-type: none"> • Analyze the risks of potential health problems during adulthood. 	SE: 391, 408-409, 425, 529-533 TWE: HL 424
<ul style="list-style-type: none"> • Analyze the role of public health policies and laws in the prevention and control of disease and other health problems. 	SE: 7, 63, 65, 122-127, 130-133, 320 TWE: RLA 532
<ul style="list-style-type: none"> • Chronicle the historical impact of disease and other health problems on contemporary health practices. 	SE: 633-634, 674 TWE: CC 553 HC 631
<ul style="list-style-type: none"> • Describe how the prevention and control of health problems are influenced by research and medical advances. 	SE: 58, 502-503 TWE: CLA 12 HL 502 MA 686

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Accessing Information Services	
Content Standard 2: All students will access valid health information and appropriate health promoting products and services.	
<ul style="list-style-type: none"> Evaluate the validity of health information, products, and services. 	SE: 8-9, 48-53, 54-59, 60-63, 64-67 <i>Eye On the Media</i> 68 <i>Real Life Application</i> 51, 235 TWE: HL 52 MA 50
<ul style="list-style-type: none"> Demonstrate the ability to evaluate resources from the home, school, and community that provide accurate health information. 	SE: 32 <i>Real Life Application</i> 51, 235 TWE: HL 52 MA 50
<ul style="list-style-type: none"> Evaluate factors that influence personal selection of health products and services. 	SE: 49 TWE: PHI 47 TPK 48
<ul style="list-style-type: none"> Analyze the cost and accessibility of health care services. 	SE: 54-59, 64-65 <i>Applying Health Skills</i> 59, 67 TWE: HC 57
<ul style="list-style-type: none"> Demonstrate the ability to access school and community health services for self and others. 	SE: 54-59, 781 TWE: Ac 55, 57 HC 56, 57
Health Behaviors	
Content Standard 3: All students will practice health enhancing behaviors and reduce health risks.	
<ul style="list-style-type: none"> Analyze the role of individual responsibility for enhancing health. 	SE: 6, 8-9, 28-32 <i>Real-Life Application</i> 19 TWE: Di 7 HL 14, 31
<ul style="list-style-type: none"> Analyze the short-term and long-term consequences of safe, risky, and harmful behaviors. 	SE: 17-20, 320-322, 574-575 TWE: WTWK 11, 154, 216
<ul style="list-style-type: none"> Demonstrate strategies to positively manage stress. 	SE: 205-209 <i>Hands-On Health</i> 207 TWE: En 209 VL 206
<ul style="list-style-type: none"> Evaluate a personal health assessment to determine strategies for health enhancement and risk reduction. 	SE: <i>Personal Health Inventory</i> 27, 47, 169, 273, 415 TWE: PHI 27, 47, 169, 273, 415
<ul style="list-style-type: none"> Develop strategies to improve personal, family, and community health. 	SE: 32, 67 <i>Hands-On Health</i> 66 TWE: HC 84 HL 15 SL 83
<ul style="list-style-type: none"> Demonstrate ways to avoid threatening situations and reduce conflict. 	SE: 330-334, 335-340, 341-347, 348-353 TWE: Ex 332 HC 338 MA 354 TPK 330

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Influences	
Content Standard 4: All students will analyze the influence of cultural beliefs, media, and technology on health.	
<ul style="list-style-type: none"> Analyze how cultural diversity enriches and challenges health behaviors. 	SE: 14-16, 112 TWE: Di 14
<ul style="list-style-type: none"> Evaluate the effect of media and other factors on personal, family, and community health. 	SE: 15-16, 49, 113 TWE: CLA 112 MA 15, 22, 50
<ul style="list-style-type: none"> Evaluate the impact of technology on personal, family, and community health. 	SE: 16, 742 TWE: HL 76 MA 77, 500
<ul style="list-style-type: none"> Analyze how information from the community influences health. 	SE: 40, 54-59, 64-67 TWE: MA 15
<ul style="list-style-type: none"> Demonstrate the ability to use computer technology to locate health information. 	SE: 32 TWE: Ac 65, 265 En 32, 191
Goal Setting and Decision Making	
Content Standard 5: All students will use goal setting and decision-making skills to enhance health.	
<ul style="list-style-type: none"> Demonstrate the ability to utilize various strategies when making decisions related to health needs of young adults. 	SE: 33-34 <i>Applying Health Skills</i> 36 TWE: RC 34
<ul style="list-style-type: none"> Implement and evaluate a plan for achieving a personal health goal. 	SE: 34-36, 87-90, 92 <i>Hands-On Health</i> 35 <i>Health Skills Activity</i> 89 TWE: HSP 92 MA 35
<ul style="list-style-type: none"> Demonstrate the ability to ask for assistance when making health-related decisions. 	SE: 34 TWE: RC 34
<ul style="list-style-type: none"> Analyze health issues that require collaborative decision making. 	SE: 264, 266-267 TWE: MA 264
<ul style="list-style-type: none"> Predict the immediate and long-term impact of health decisions on the individual, family, community, and the environment. 	SE: 34, 265 TWE: HL 265 MA 264 RC 34
<ul style="list-style-type: none"> Evaluate their (students') ability to make health decisions. 	SE: <i>Applying Health Skills</i> 36 <i>Health Skills Application</i> 45 TWE: CLA 34 VL 34
Social Skills	
Content Standard 6: All students will demonstrate effective interpersonal communication and other social skills which enhance health.	
<ul style="list-style-type: none"> Demonstrate skills for communicating effectively with family, peers, and others. 	SE: 250-251, 254-261 TWE: CL 257 HSP 256 SW 255
<ul style="list-style-type: none"> Demonstrate how support and respect for family members of all ages can be communicated. 	SE: 265, 275-279, 294-295 TWE: HL 284 PHI 273

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<ul style="list-style-type: none"> Demonstrate strategies for solving interpersonal problems without harming self or others. 	SE: 264-267, 295 TWE: Ac 265 MA 264
<ul style="list-style-type: none"> Analyze how interpersonal communication affects relationships. 	SE: 254-261 TWE: HC 258 MA 257
<ul style="list-style-type: none"> Demonstrate ways to communicate care, consideration, empathy, and respect for self and others. 	SE: 254-261 <i>Hands-On Health</i> 258 TWE: H 257
<ul style="list-style-type: none"> Demonstrate attentive listening skills. 	SE: 256-257 TWE: CL 257
<ul style="list-style-type: none"> Demonstrate refusal, negotiation, and collaboration skills to avoid potentially harmful situations. 	SE: 264-267 TWE: RC 266 VL 264
<ul style="list-style-type: none"> Analyze the possible causes of conflict in schools, families, and communities. 	SE: 262-263 TWE: Ac 265 EI 265
<ul style="list-style-type: none"> Demonstrate strategies used to prevent violence. 	SE: 264-267, 331-334, 337-340 TWE: EI 265 HC 333, 338
Health Advocacy	
Content Standard 7: All students will demonstrate advocacy skills for enhanced personal, family, and community health.	
<ul style="list-style-type: none"> Evaluate the effectiveness of communication methods for accurately expressing health information and ideas. 	SE: 32 could be used as a reference for evaluation of communication methods.
<ul style="list-style-type: none"> Demonstrate the ability to influence and support others in making positive health choices. 	SE: 32 <i>Applying Health Skills</i> 41, 156 <i>Beyond the Classroom</i> 43, 67, 557 TWE: Ac 41 HL 310 SL 613
<ul style="list-style-type: none"> Demonstrate the ability to work cooperatively with others to advocate for healthy individuals, families, and communities. 	SE: 308 <i>Hands-On Health</i> 77 TWE: CLA 81 HC 333 HL 310
<ul style="list-style-type: none"> Express information and opinions about health issues. 	SE: <i>Thinking Critically</i> at the end of every section of the textbook asks students to express health-related opinions and information. TWE: CT 20, 189 Di 75, 201
<ul style="list-style-type: none"> Demonstrate the ability to adapt health messages and communication techniques to the characteristics of a particular audience. 	TWE: SL 120, 228, 547

Codes Used for TWE Pages

Ac	Activity
CC	Curriculum Connections
CI	Community Involvement
CL	Cooperative Learning
CLA	Cooperative Learning Activity
CT	Critical Thinking
Di	Discussing
EI	Exploring Issues
En	Enrichment
Ex	Explaining
H	Hotlink
HC	Home and Community
HL	Health Literacy
HSP	Health Skills Practice
MA	More About
PHI	Personal Health Inventory
QS	Quick Start
RC	Reinforcing Concepts
RLA	Real Life Application
SL	Service Learning
SW	School to Work
TPK	Tying to Prior Knowledge
VL	Visual Learning
WTWK	What Teens Want to Know