



WYOMING
Health Education Content and Performance
Standards Grade 11
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BENCHMARKS	PAGE REFERENCES
1. HEALTH PROMOTION AND DISEASE PREVENTION Students will comprehend concepts related to health promotion and disease prevention.	
1. Students demonstrate an understanding of developmentally appropriate relationships between alcohol and other drug use, misuse, abuse, and addiction and healthy lifestyles, health behaviors, and health risks.	SE: 411-422, 437-450, 453-460, 469-472 <i>Did You Know</i> 412, 437, 439, 455 <i>Writing Activity</i> 422, 450 <i>Just the Facts</i> 439 <i>Health Literacy Activities</i> 481 TWE: CD 422
2. Students demonstrate an understanding of developmentally appropriate relationships between family life and sexuality and healthy lifestyles, health behaviors, and health risks.	SE: 135-146, 148-156, 159-164, 166-176, 178-184, 186-202 <i>Activity</i> 151, 171 <i>Did You Know</i> 170, 174 <i>Writing Activity</i> 173 <i>Health Literacy Activities</i> 205 TWE: CD 201
3. Students demonstrate an understanding of developmentally appropriate relationships between injury prevention and safety and healthy lifestyles, health behaviors, and health risks.	SE: 638-647, 650-654, 656-661, 664-668, 670-684, 686-696, 698-702, 704-706, 708-720, 722-748 <i>Did You Know</i> 642, 644, 645, 716, 740 <i>Activity</i> 648, 662, 689 <i>Health Literacy Activities</i> 751 TWE: CA 640
4. Students demonstrate an understanding of developmentally appropriate relationships between tobacco use and addiction and healthy lifestyles, health behaviors, and health risks.	SE: 248, 424-434, 534 <i>Did You Know</i> 425, 432 <i>In the News</i> 482 TWE: CA 425, 426, 429, 431 CD 425, 429
5. Students demonstrate an understanding of developmentally appropriate relationships between nutrition and healthy lifestyles, health behaviors, and health risks	SE: 282-292, 294-300, 302-308, 310-322, 324-336 <i>Did You Know</i> 285, 287, 313 <i>Activity</i> 292, 317 <i>Health News</i> 305 <i>Just the Facts</i> 321 <i>Health Literacy Activities</i> 339 TWE: CA 316
6. Students demonstrate an understanding of developmentally appropriate relationships between prevention and control of disease and healthy lifestyles, health behaviors, and health risks.	SE: 484-488, 490-496, 498-512, 514-520, 522-528, 530-536 <i>Activity</i> 488, 495, 517, 524 <i>Health Literacy Activities</i> 539 TWE: FI 518 HP 535

BENCHMARKS	PAGE REFERENCES
7. Students demonstrate an understanding of developmentally appropriate relationships between mental and emotional health and healthy lifestyles, health behaviors, and health risks.	SE: 74-80, 82-92, 94-106, 108-120, 122-128 <i>Did You Know</i> 89, 100 <i>Writing Activity</i> 96 <i>Activity</i> 103 <i>Journaling Activity</i> 106 <i>Health News</i> 125 <i>Health Literacy Activities</i> 131 TWE: CD 110, 115
8. Students demonstrate an understanding of developmentally appropriate relationships between community health and environmental health and healthy lifestyles, health behaviors, and health risks.	SE: 20-21, 542-543, 564-572, 582-588, 594-600, 602-610, 612-616, 618-624, 626-632 <i>Did You Know</i> 597, 604, 607, 621, 622 <i>Health News</i> 605 <i>Activity</i> 614, 629 <i>Health Literacy Activities</i> 635 TWE: FI 606
9. Students demonstrate an understanding of developmentally appropriate relationships between personal health and consumer health and healthy lifestyles, health behaviors, and health risks.	SE: 4-14, 16-19, 26-32, 34-38, 542-548, 556-562, 564-572 <i>Activity</i> 38 <i>Writing Activity</i> 548 <i>Did You Know</i> 567, 570 <i>Health News</i> 570 TWE: CA 28
2. ACCESSING HEALTH INFORMATION, PRODUCTS, AND SERVICES Students demonstrate the health skill of accessing valid health information and health-promoting products and services.	
1. Students demonstrate the ability to locate and utilize various sources of health information, products, and services.	SE: 16-24, 564-572, 582-585 <i>Activity</i> 19 <i>Health News</i> 21 <i>Did You Know</i> 23 TWE: CA 12, 17, 571
3. SELF MANAGEMENT Students demonstrate the health skill of practicing health-enhancing behaviors and reduce health risks.	
1. Students demonstrate an understanding of appropriate strategies for improving or maintaining personal health.	SE: 282-292, 295-300, 303-308, 310-322, 329-331, 360-364, 367-372, 374-390, 392-397 <i>Practice Healthful Behaviors</i> 293, 301 TWE: CD 368
2. Students analyze the short-term and long-term consequences of safe, risky, and harmful behaviors for adolescents and adults.	SE: 303-308, 411-419, 425-429, 437-442, 444-450, 453-460, 504-510, 515-520, 531-535 <i>Activities</i> 467, 521, 537 <i>Health Literacy Activities</i> 539 TWE: CD 454, 505
3. Students analyze the importance of assuming responsibility for health behaviors.	SE: 4-14 <i>What Would You Do?</i> 4, 74, 134, 208, 282, 342, 404, 484, 638 TWE: CA 8

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4. INFLUENCE OF CULTURE, MEDIA, AND TECHNOLOGY Students use the health skill of analyzing the influence of culture, media, technology, and other factors on health.	
1. Students analyze how internal and external influences of culture, technology, and medical advances affect health-enhancing behaviors, health risks, and the selection of health products and services.	SE: 7, 34-36, 460, 536, 561 <i>Analyze Influences on Health</i> 625 TWE: CD 36
2. Students evaluate how internal and external influences of messages from various forms of media affect health-enhancing behaviors, health risks, and the selection of health products and services.	SE: 7, 34-38, 421, 430, 557-562 <i>What Would You Do?</i> 34 <i>Did You Know</i> 35 <i>Activity</i> 38 <i>Writing Activity</i> 422, 450 <i>Just the Facts</i> 560 TWE: CA 35, 38, 421 CD 421 FI 421
3. Students evaluate how internal and external influences of peers, role models, family, and the community affect health-enhancing behaviors, health risks, and the selection of health products and services.	SE: 34-36, 422, 434, 450, 466, 475-476 <i>Activity</i> 292 <i>Family Involvement</i> 339 TWE: CA 35
5. INTERPERSONAL COMMUNICATION Students demonstrate the health skill of using interpersonal communication skills to enhance health.	
1. Students demonstrate an understanding of verbal and nonverbal: refusal, conflict resolution, collaboration, and negotiation strategies to enhance health and reduce health risks.	SE: 7-8, 47-53, 137, 145, 171, 464-465 <i>In the News</i> 2 <i>Just the Facts</i> 52 <i>Activity</i> 146, 171, 465 TWE: CA 48
2. Students demonstrate and apply an understanding of effective verbal and non-verbal communication strategies in order to respectfully express needs, wants, and feelings.	SE: 41-43, 145, 171-172, 422, 434, 464-465, 662 <i>Activity</i> 171 TWE: CA 42, 48
3. Students analyze how interpersonal communication affects relationships.	SE: 41-44, 45, 137, 159, 662 <i>Activity</i> 44 TWE: CA 42, 43
6. GOAL-SETTING AND DECISION-MAKING SKILLS Students demonstrate the health skill of goal setting and decision-making skills to enhance health.	
1. Students apply an understanding of personal goal setting strategies to enhance health.	SE: 56-59, 266-267 <i>Set Health Goals</i> 33 <i>Activity</i> 59, 517 <i>Health Literacy Activities</i> 71 TWE: CA 59
2. Students apply an understanding of decision-making strategies to enhance health.	SE: 60-62 <i>Activity</i> 59, 470, 517 <i>Health Literacy Activities</i> 71 TWE: CA 60

BENCHMARKS	PAGE REFERENCES
3. Students collaboratively apply goal setting or decision-making strategies to health issues and problems.	SE: 422, 432-434 <i>Activities</i> 423 TWE: CA 60
7. ADVOCATING FOR HEALTH Students demonstrate the health skill of advocating for personal, family, and community health.	
1. Students apply and evaluate a variety of methods to advocate for personal, family, and community health to various audiences.	SE: 8, 64-68, 598, 606, 610, 620-622, 628-629, 631-632 <i>Activity</i> 67, 431, 629 <i>Health Literacy Activities</i> 635 TWE: FI 66, 606 CA 632
2. Students demonstrate how to influence and support others in making positive health choices.	SE: 8, 64-68, 422, 434, 450, 466, 475-476, 632 <i>Activity</i> 473, 617 TWE: FI 66, 606 CA 632
3. Students demonstrate the ability to work cooperatively when advocating for health.	SE: 616, 632 <i>Activities</i> 473, 617 TWE: HP 67, 623 CA 632
4. Students describe barriers to effective advocacy.	SE: <i>Speaking Out</i> 623 <i>Journaling Activity</i> 623 TWE: JA 623

Codes Used for TWE Pages

CA	Class Activity
CD	Class Discussion
FI	Family Involvement
HP	Health Project
JA	Journaling Activity