



IDAHO
Health Standards Grades 9-12
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OBJECTIVES	PAGE REFERENCES
841. HEALTHY LIFESTYLES	
01. Acquire the essential skills to lead a healthy life.	
a. Assess the benefits of proper nutrition and regular physical activity on the health of humans throughout the life cycle.	SE: 283-289, 295-297, 303-308, 329, 375-383 <i>Facts About</i> 298 <i>Activity</i> 383 TWE: EC 285
b. Assess how personal health issues change during life (puberty, aging, disability, serious illness/injury).	SE: 227, 235, 271-274 <i>Did You Know?</i> 227, 235, 271 TWE: FYI 272
c. Evaluate the psychological, social, emotional, and physical implications of human sexuality in developing and maintaining a responsible and healthy lifestyle.	SE: 136-139, 167-169, 170-173, 187 TWE: EC 168
d. Demonstrate knowledge and concepts of basic injury prevention, emergency care, and crisis management procedures.	SE: 709-712, 714-720, 722-748 <i>Did You Know?</i> 715, 719, 746 TWE: CA 712
e. Identify and evaluate the prevention, causes, symptoms, treatment, and consequences of diseases and disorders.	SE: 487-488, 491-496, 515-520, 531-536 <i>Facts About</i> 486 <i>Did You Know?</i> 515 TWE: FYI 519
f. Assess environmental and other external factors that affect individual and community health (public health policies, governmental regulations, research).	SE: 594-598, 599-600, 602-606, 607-610, 613-616, 619-622, 624, 628-632 <i>Did You Know?</i> 170, 502 TWE: CI 607
842. RISK-TAKING BEHAVIOR.	
01. Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.	
a. Assess the consequences of sexual activity (unplanned pregnancy, STDs, emotional distress).	SE: 168-169, 198-200, 471-472, 499-512 <i>Did You Know?</i> 170, 502 <i>Just the Facts</i> 509 TWE: CD 499
b. Assess the short- and long-term consequences of tobacco, alcohol, and other drugs (use, misuse, abuse, dependency).	SE: 411-415, 416-418, 425-429, 437-442, 444-449, 453-455, 458-459 <i>Did You Know?</i> 437 <i>Just the Facts</i> 439 TWE: T 411
c. Evaluate the impact of risky behaviors on personal and community health.	SE: 7, 10, 27, 453-455, 642, 644-647, 659 <i>Did You Know?</i> 455 TWE: CD 10

OBJECTIVES	PAGE REFERENCES
843. COMMUNICATION SKILLS FOR HEALTHY RELATIONSHIPS.	
01. Demonstrate the ability to use communication skills to enhance health.	
a. Analyze the causes and effects of conflict in schools, families, workplaces, and communities.	SE: 49-50, 469, 657-662, 676-682 <i>Just the Facts</i> 52 <i>Activity</i> 662 TWE: CD 51
b. Demonstrate and evaluate communication skills that enhance intra-personal health (coping skills, self-efficacy, affirmations, refusal skills, conflict resolution).	SE: 47-48, 51-53, 422, 434, 450, 464-465 <i>Just the Facts</i> 52 <i>Activity</i> 465 TWE: HP 51
c. Relate how effective interpersonal communication skills can be used to build, maintain, and enhance interactions between family, peers, workplace, and society.	SE: 41-44, 48, 53, 137, 159-161, 172, 422, 434 <i>Activity</i> 44 TWE: CA 42
844. CONSUMER HEALTH.	
01. Organize, analyze, and apply health information practices and services appropriate for individual needs.	
a. Evaluate the validity of health information, products and services (advertising claims, quackery, fraudulence, health-related research).	SE: 14, 16-19, 20-21, 547, 548 TWE: 5MC 18 UTT 547
b. Evaluate resources from home, school, library, and the community that provide valid health care information.	SE: 16-19, 20-21 TWE: CA 20 CI 21 P 21
c. Evaluate factors and situations that influence personal selection of health care products and services (when to seek treatment, when or what product to use).	SE: 35-36, 37-38 <i>Sharpen Your Life Skills</i> 81, 563 TWE: CA 36 CD 36 EC 36
d. Analyze the cost and accessibility of health care services.	SE: 564, 566-567, 568, 569-570, 571-572 TWE: CD 569 EC 567
845. MENTAL AND EMOTIONAL WELLNESS.	
01. Understand and demonstrate the key components to positive mental and emotional health.	
a. Assess strategies for coping with and overcoming feelings of stress (rejection, social isolation, other forms of stress, burnout).	SE: 94, 96, 100-103, 104-105 TWE: CA 102, 103 CD 105
b. Identify methods for addressing mental and emotional concerns (depression, grief, eating disorders, suicide).	SE: 109, 110, 113, 115, 117, 118-119, 120, 126-127, 128, 149, 155-156 <i>Activity: Using Life Skills</i> 120, 151 <i>Health Resources</i> 752 TWE: CD 128 ULS 120

Codes Used for TWE Pages

5MC	5 Minute Check
CA	Class Activity
CD	Class Discussion
CI	Community Involvement
EC	Explain the Concept
FYI	Teacher FYI
HP	Happy People
P	Project
T	Teach
ULS	Using Life Skills
UTT	Using the Table