

TEEN HEALTH COURSE 1 © 2003
ARKANSAS
 Health Education Curriculum Framework
 Grades 5-8 (Student Learning Expectations)
 Correlation by Standards

STUDENT LEARNING EXPECTATIONS	PAGE REFERENCES
Strand 2: Health Education	
Content Standard 1: Students will comprehend health promotion and disease prevention concepts.	
HE.1.1. Explain how positive health behaviors prevent injury, disease, and premature death.	SE: 10, 39 <i>Building Health Skills</i> 26-27, 108-109, 144-145, 174-175 <i>Health Skills Activity</i> 152, 264 TWE: WT 12
HE.1.2. Describe the interrelationships between mental/emotional, social and physical health during adolescence (e.g., health triangle, wheel, chain).	SE: 4-6, 37-38, 151-153, 165-169 <i>Hands-On Health</i> 6 TWE: HL 5, 39, 68
HE.1.3. Explain how the interaction of body systems are influenced by behaviors (e.g., tobacco use, exercise habits, eating habits, etc.)	SE: 129-132, 133-135, 214-215, 231-233 <i>Applying Health Skills</i> 160, 164 TWE: RC 213
HE.1.4. Analyze how environment and personal health are interrelated and how they influence one's health (e.g., self inventory).	SE: 55-59, 60-65, 169, 182-186, 278-283 <i>Hands-On Health</i> 282 TWE: HL 232
Content Standard 2: Students will demonstrate communication skills to enhance health.	
HE.2.1. Demonstrate effective verbal and non-verbal communication to enhance health skills (e.g., role play).	SE: 11, 34, 66-69 <i>Hands-On Health</i> 68 <i>Building Health Skills</i> 76-77 <i>Applying Health Skills</i> 249 TWE: CLA 72 TT 76
HE.2.2. Analyze how the behavior of family and peers affects communication (e.g., alcoholism, depression, etc.).	SE: 56, 64-65, 74, 249 <i>Applying Health Skills</i> 69, 249 <i>Thinking Critically</i> 233
HE.2.3. Practice ways to communicate respect for self and others (e.g., role play).	SE: 67-69, 72-73, 75 <i>Health Skills Activity</i> 34, 72 <i>Developing Good Character</i> 62, 72 <i>Building Health Skills</i> 76-77 TWE: BC 63
HE.2.4. Demonstrate refusal and negotiation skills that maintain healthy relationships (e.g., anger management).	SE: 11, 40, 64-65, 219-221 <i>Health Skills Activity</i> 64, 248 <i>Building Health Skills</i> 222-223, 252-253 <i>Hands-On Health</i> 244 TWE: C 221
HE.2.5. List the possible causes of conflict in schools, families, and communities.	SE: 40, 57-59, 63-65, 70, 74 TWE: WT 74
HE.2.6. Demonstrate strategies to prevent and/or to manage conflict in healthy ways (e.g., conflict resolution, anger management, etc.).	SE: 11, 71-75 <i>Thinking Critically</i> 59, 75 <i>Building Health Skills</i> 78-79 TWE: CLA 72

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Content Standard 3: Students will use goal-setting and decision-making skills to enhance health.	
HE.3.1. Apply individually and collaboratively the decision-making process related to health issues and problems.	SE: 12, 14-19 <i>Health Skills Activity 18, 57</i> <i>Building Health Skills 26-27, 142-143, 250-251</i> TWE: WT 12
HE.3.2. Identify influences on personal health goals (e.g., self-inventory).	SE: 10, 33, 63-65, 219 <i>Building Health Skills 24-25</i> TWE: MA 15
HE.3.3. Compare the influences and determine the consequences for health-related decisions (e.g., graphic organizers such as Venn diagram, compare and contrast).	SE: 100-101, 126 <i>Building Health Skills 24-25</i> <i>Applying Health Skills 221</i> TWE: WT 12, 74, 219
HE.3.4. Create and practice a personal health plan that includes strengths, weaknesses, and health risks (e.g., weight management and exercise).	SE: 20-23, 138-141 <i>Health Skills Activity 22, 140</i> <i>Applying Health Skills 141</i> <i>Building Health Skills 202-203</i> TWE: BC 140
Content Standard 4: Students will model health-enhancing and risk-reducing behaviors.	
HE.4.1. Discuss the importance of assuming responsibility for personal health behavior.	SE: 4, 10, 17, 19, 169 <i>Developing Good Character 5</i> TWE: CLA 18
HE.4.2. Analyze a personal health assessment to determine health strengths and risks (e.g., self).	SE: <i>Hands-On Health 6</i> <i>Health Skills Activity 22, 140</i> <i>Building Health Skills 202-203</i> TWE: BC 140
HE.4.3. Identify and distinguish between safe and risky behaviors (e.g., personal/relationships, substance use/steroid, supplements, etc.).	SE: 14-19, 39-40, 187-189, 191-195, 197, 234-239 <i>Applying Health Skills 201</i> TWE: C 201
HE.4.4. Demonstrate and practice strategies to improve personal and family health.	SE: 126-129, 138-141, 162, 182-186, 187-190 <i>Hands-On Health 6, 125</i> <i>Health Skills Activity 22, 119, 140</i> <i>Building Health Skills 202-203, 252-253</i> TWE: BC 140
HE.4.5. Demonstrate and practice injury prevention strategies for personal and family health (e.g., basic first aid, fire safety, seat belts, etc.).	SE: 258-260, 261-265, 266-271, 272-277 <i>Health Skills Activity 260, 264, 270, 277</i> <i>Building Health Skills 284-285</i> TWE: BC 273
HE.4.6. Practice ways to avoid life-threatening situations (e.g., conflict resolution, stress management, etc.).	SE: 39, 59, 71-75, 195 <i>Building Health Skills 78-79</i> <i>Applying Health Skills 271</i> TWE: WT 74
HE.4.7. Demonstrate and practice strategies to manage stress.	SE: 10, 41-45 <i>Hands-On Health 44</i> <i>Building Health Skills 48-49, 176-177</i> <i>Health Skills Activity 136</i> TWE: C 45

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HE.4.8. Practice bus safety.	SE: 263-265. TWE: CLA 264
Content Standard 5: Students will analyze the influence of culture, media, technology, and other factors on health.	
HE.5.1. Analyze influences of culture on health behaviors (e.g., heredity, acquired traits, etc.).	SE: 126, 170, 219 TWE: HL 232
HE.5.2. Critique how messages from media and other sources influence health behaviors.	SE: 219, 247 <i>Health Skills Activity</i> 216 <i>Applying Health Skills</i> 221 <i>Building Health Skills</i> 224-225 TWE: HL 123
HE.5.3. Analyze the influence of technology on personal and family health (e.g., Internet, video games, etc.).	SE: 10, 94, 98, 137, 219 <i>Building Health Skills</i> 24-25, 224-225 <i>Health Online</i> 43, 89, 219, 232 <i>With a Group</i> 199, 216 TWE: BC 10
HE.5.4. Interpret how information from peers influences health (e.g., myths/facts).	SE: 40, 63, 219 <i>Building Health Skills</i> 24-25 TWE: MA 15
Content Standard 6: Students will evaluate health information products and services.	
HE.6.1. Investigate the validity of health information, products, and services (e.g., media).	SE: 9, 103 <i>Building Health Skills</i> 110-111 <i>Applying Health Skills</i> 239 TWE: TT 110
HE.6.2. Identify home, school, and community resources that provide valid health information.	SE: 9, 101, 106 <i>Health Skills Activity</i> 39 <i>With a Group</i> 216 <i>Applying Health Skills</i> 239 TWE: PC 38
HE.6.3. Demonstrate how media influence the selection of health information and products.	SE: 100-101, 103, 219 <i>Applying Health Skills</i> 221 <i>Building Health Skills</i> 224-225 <i>Media Watch</i> 238 TWE: HL 101, 123
HE.6.4. Compare the costs and validity of health products and services.	SE: 101-102, 106-107 <i>Health Skills Activity</i> 102 <i>Building Health Skills</i> 110-111 TWE: CLA 236
HE.6.5. Identify situations requiring professional health services.	SE: 58-59, 87, 90-91, 99, 131-132, 249 <i>Health Skills Activity</i> 39 <i>Applying Health Skills</i> 59 TWE: BC 58
HE.6.6. Research a variety of health-related careers and services.	SE: 104-105 <i>Career Corner</i> 51, 113, 179, 207, 255, 289 TWE: HL 106

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Content Standard 7: Students will develop strategies to enhance their wellness based on evaluations of personal, family, and community health.	
HE.7.1. Participate in overall health assessment for pre- and post-test data.	SE: <i>Hands-On Health</i> 6 <i>Health Skills Activity</i> 22, 140 <i>Building Health Skills</i> 202-203 TWE: BC 140
HE.7.2. Discuss information and barriers to health issues.	SE: 40, 63, 74, 103, 219 TWE: HL 101
HE.7.3. Illustrate how to influence and support others in making positive health choices (e.g., positive peer pressure).	SE: 63 <i>Health Skills Activity</i> 34 <i>Developing Good Character</i> 72 TWE: CLA 64
HE.7.4. Practice working cooperatively to campaign for healthy communities (e.g., group posters).	SE: <i>On Your Own</i> 171 <i>Building Health Skills</i> 204-205, 286-287 <i>With a Group</i> 216 TWE: TT 204
HE.7.5. Judge communication methods for accurately expressing health information (e.g., student-generated public service announcements).	SE: <i>Building Health Skills</i> 204-205 <i>Applying Health Skills</i> 217, 245 TWE: TT 76

Codes Used for TWE Pages

BC	Beyond the Classroom
C	Close
CLA	Cooperative Learning Activity
HL	Health Literacy
MA	More About
PC	Promoting Coordinated School Health
RC	Reading Check
TT	Teaching Tips
WT	What Teens Want to Know