

**TEEN HEALTH COURSE 2 © 2003**  
**Correlation to the National Health Education Standards**

	STANDARD	PERFORMANCE INDICATOR
<b>CHAPTER 1 <i>Learning About Your Health</i></b>		
Lesson 1 <i>What Is Health?</i>	1.1	Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
	1.2	Describe the interrelationships of mental, emotional, social, and physical health during adolescence.
	3.1	Explain the importance of assuming responsibility for personal health behaviors.
	3.2	Analyze a personal health assessment to determine health strengths and risks.
	3.4	Demonstrate strategies to improve or maintain personal and family health.
Lesson 2 <i>What Influences Your Health?</i>	1.3	Explain how health is influenced by the interaction of body systems.
	1.4	Describe how family and peers influence the health of adolescents.
	1.5	Analyze how environment and personal health are interrelated.
	4.1	Describe the influence of cultural beliefs on health behaviors and the use of health services.
	4.2	Analyze how messages from media and other sources influence health behaviors.
	4.4	Analyze how information from peers influences health.
Lesson 3 <i>Health Risks and Your Behavior</i>	1.1	Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
	1.6	Describe ways to reduce risks related to adolescent health problems.
	3.1	Explain the importance of assuming responsibility for personal health behaviors.
	3.4	Demonstrate strategies to improve or maintain personal and family health.
	3.5	Develop injury prevention and management strategies for personal and family health.
	3.6	Demonstrate ways to avoid and reduce threatening situations.
	5.6	Demonstrate refusal and negotiation skills to enhance health.