

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

	STANDARD	PERFORMANCE INDICATOR
<b>CHAPTER 2 <i>Taking Responsibility for Your Health</i></b>		
Lesson 1 <i>Building Health Skills</i>	2.1	Analyze the validity of health information, products, and services.
	3.1	Explain the importance of assuming responsibility for personal health behaviors.
	3.4	Demonstrate strategies to improve or maintain personal and family health.
	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.
	4.3	Analyze the influence of technology on personal and family health.
	4.4	Analyze how information from peers influences health.
	5.3	Demonstrate healthy ways to express needs, wants, and feelings.
Lesson 2 <i>Making Responsible Decisions</i>	3.1	Explain the importance of assuming responsibility for personal health behaviors.
	3.4	Demonstrate strategies to improve or maintain personal and family health.
	6.1	Demonstrate the ability to apply a decision-making process to health issues and problems individually and collaboratively.
	6.2	Analyze how health-related decisions are influenced by individual, family, and community values.
	6.3	Predict how decisions regarding health behaviors have consequences for self and others.
Lesson 3 <i>Setting Personal Health Goals</i>	3.1	Explain the importance of assuming responsibility for personal health behaviors.
	3.4	Demonstrate strategies to improve or maintain personal and family health.
	6.4	Apply strategies and skills needed to attain personal health goals
	6.5	Describe how personal health goals are influenced by changing information, abilities, priorities, and responsibilities.
Lesson 4 <i>Your Character in Action</i>	3.1	Explain the importance of assuming responsibility for personal health behaviors.
	3.4	Demonstrate strategies to improve or maintain personal and family health.
	5.3	Demonstrate healthy ways to express needs, wants, and feelings.
	5.4	Demonstrate ways to communicate care, consideration and respect of self and others.