

	4.4	Analyze how information from peers influences health.
Lesson 4 <i>Being an Informed Consumer</i>	2.1	Analyze the validity of health information, products, and services.
	2.2	Demonstrate the ability to utilize resources from home, school, and community that provide valid health information.
	2.4	Demonstrate the ability to locate health products and services.
	2.5	Compare the costs and validity of health products.
	3.4	Demonstrate strategies to improve or maintain personal and family health.
	5.3	Demonstrate healthy ways to express needs, wants, and feelings.
Lesson 5 <i>Health Care Providers and Services</i>	1.6	Describe ways to reduce risks related to adolescent health problems.
	1.7	Explain how appropriate health care can prevent premature death and disability.
	2.6	Describe situations requiring professional health 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.