

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

	STANDARD	PERFORMANCE INDICATOR
<i>CHAPTER 5 Personal Health and Consumer Choices</i>		
Lesson 1 <i>Caring for Your Teeth, Skin, Hair, and Nails</i>	1.1	Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
	1.3	Explain how health is influenced by the interaction of body systems.
	1.6	Describe ways to reduce risks related to adolescent health problems.
	1.8	Describe how lifestyle, pathogens, family history, and other risk factors are related to the cause or prevention of disease and other health problems.
	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.
	7.4	Demonstrate the ability to influence and support others in making positive health choices.
Lesson 2 <i>Caring for Your Eyes and Ears</i>	1.1	Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
	1.3	Explain how health is influenced by the interaction of body systems.
	1.6	Describe ways to reduce risks related to adolescent health problems.
	1.8	Describe how lifestyle, pathogens, family history, and other risk factors are related to the cause or prevention of disease and other health problems.
	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.
Lesson 3 <i>Consumer Choices and Your Health</i>	2.1	Analyze the validity of health information, products, and services.
	2.3	Analyze how media influences the selection of health information and products.
	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.

	4.4	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.