

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

	STANDARD	PERFORMANCE INDICATOR
CHAPTER 7 <i>Mental and Emotional Health</i>		
Lesson 1 <i>What Is Mental and Emotional Health?</i>	1.1	Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
	1.4	Describe how family and peers influence the health of adolescents.
	1.5	Analyze how environment and personal health are interrelated.
	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.
	4.4	Analyze how information from peers influences health.
	5.4	Demonstrate ways to communicate care, consideration and respect of self and others.
Lesson 2 <i>Your Emotions</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.
	3.6	Demonstrate ways to avoid and reduce threatening situations.
	5.2	Describe how the behavior of family and peers affects interpersonal communication.
	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.
	5.5	Demonstrate communication skills to build and maintain healthy relationships.
	5.7	Analyze the possible causes of conflict among youth in schools and communities.
Lesson 3 <i>Managing Stress</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.
	1.4	Describe how family and peers influence the health of adolescents.
	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.
	3.7	Demonstrate strategies to manage stress.
Lesson 4 <i>Mental and Emotional Problems</i>	1.2	Describe the interrelationships of mental, emotional, social, and physical health during adolescence.
	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.
	1.7	Explain how appropriate health care can prevent premature death and disability.
	2.4	Demonstrate the ability to locate health products and services.
	2.6	Describe situations requiring professional health services.
	5.4	Demonstrate ways to communicate care, consideration and respect of self and others.
	5.5	Demonstrate communication skills to build and maintain healthy relationships.