

TEEN HEALTH COURSE 3 © 2003
Correlation to the National Health Education Standards

	STANDARD	PERFORMANCE INDICATOR
CHAPTER 2 Health Skills: The Foundation		
Lesson 1 <i>Making Decisions and Setting Goals</i>	1.1	Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
	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.
	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 2 <i>Practicing Communication Skills</i>	5.1	Demonstrate effective verbal and non-verbal communication skills to enhance 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.
	5.5	Demonstrate communication skills to build and maintain healthy relationships.
	5.6	Demonstrate refusal and negotiation skills to enhance health.
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.
	1.6	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>Developing Other Health Skills</i>	2.1	Analyze the validity of health information, products, ¹ 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.
	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.