

TEEN HEALTH COURSE 1 © 2005
National Health Education Standards
Correlation by Chapter and Lesson

	STANDARD	PERFORMANCE INDICATOR
CHAPTER 1 <i>Living a Healthy Life</i>		
Lesson 1 <i>Your Health and Wellness</i>	1.1	Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
	1.2	Describe the interrelationships of mental, emotional, social, and physical health during adolescence.
	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.
	3.1	Explain the importance of assuming responsibility for personal health behaviors.
	3.2	Analyze a personal health assessment to determine health strengths and risks.
Lesson 2 <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.
	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.
	5.5	Demonstrate communication skills to build and maintain healthy relationships.
	6.1	Demonstrate the ability to apply a decision-making process to health issues and problems individually and collaboratively.
	6.4	Apply strategies and skills needed to attain personal health goals.
	7.2	Express information and opinions about health issues.
Lesson 3 <i>Decisions and Your Character</i>	1.2	Describe the interrelationships of mental, emotional, social, and physical health during adolescence.
	1.4	Describe how family and peers influence the health of adolescents.
	1.6	Describe ways to reduce risks related to adolescent health problems.
	3.4	Demonstrate strategies to improve or maintain personal and family health.
	5.4	Demonstrate ways to communicate care, consideration and respect of self and others.

	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 4 <i>Setting 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