

**TEEN HEALTH COURSE 3 © 2005**  
**National Health Education Standards**  
**Correlation by Chapter and Lesson**

	STANDARD	PERFORMANCE INDICATOR
<b>CHAPTER 1 <i>Understanding Your Health</i></b>		
Lesson 1 <i>What Is 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.
	1.6	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.
	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.
	3.4	Demonstrate strategies to improve or maintain personal and family health.
Lesson 2 <i>Changes During the Teen Years</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.
	1.3	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.
	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.
Lesson 3 <i>Taking Responsibility for Your Health</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.
	1.6	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.
	2.1	Analyze the validity of health information, 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.