

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

	STANDARD	PERFORMANCE INDICATOR
<b>CHAPTER 4 <i>Mental and Emotional Health</i></b>		
Lesson 1 <i>Your Mental and Emotional Health</i>	1.6	Describe ways to reduce risks related to adolescent health problems.
	3.1	Explain the importance of assuming responsibility for personal health behaviors.
	3.2	Analyze a personal health assessment to determine health strengths and risks.
	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.
Lesson 2 <i>Understanding 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.
	5.3	Demonstrate healthy ways to express needs, wants, and feelings.
Lesson 3 <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.
	2.6	Describe situations requiring professional health services.
	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>Getting Help</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.
	2.4	Demonstrate the ability to locate health products and services.
	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 5 <i>Coping with Loss</i>	1.6	Describe ways to reduce risks related to adolescent health problems.
	2.6	Describe situations requiring professional health services.
	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.