

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

	STANDARD	PERFORMANCE INDICATOR
CHAPTER 10 <i>Your Body Image</i>		
Lesson 1 <i>Maintaining a Healthy Body</i>	1.1	Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
	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.
	3.4	Demonstrate strategies to improve or maintain personal and family health.
	4.2	Analyze how messages from media and other sources influence health behaviors.
Lesson 2 <i>Eating Disorders</i>	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.
	2.6	Describe situations requiring professional health services.
	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.