

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

|                                                  | STANDARD | PERFORMANCE INDICATOR                                                                                                                                  |
|--------------------------------------------------|----------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>CHAPTER 13 <i>Alcohol</i></b>                 |          |                                                                                                                                                        |
| Lesson 1<br><i>What Alcohol Does to the Body</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.                                                                                   |
|                                                  | 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.                                                                              |
|                                                  | 5.4      | Demonstrate ways to communicate care, consideration and respect of self and others.                                                                    |
|                                                  | 7.4      | Demonstrate the ability to influence and support others in making positive health choices.                                                             |
| Lesson 2<br><i>Alcohol and Society</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.                                                                                   |
|                                                  | 1.6      | 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.                                                                                            |
|                                                  | 5.2      | Describe how the behavior of family and peers affects interpersonal communication.                                                                     |
|                                                  | 5.4      | Demonstrate ways to communicate care, consideration and respect of self and others.                                                                    |
| Lesson 3<br><i>Choosing to Be Alcohol Free</i>   | 1.1      | Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.                        |

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|  | 1.4 | Describe how family and peers influence the health of adolescents.                                                                                     |
|  | 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.                                                                       |
|  | 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.                                                                                                  |
|  | 5.6 | Demonstrate refusal and negotiation skills to enhance health.                                                                                          |