

Health

Philosophy:

Health education gives students the knowledge and skills to thrive physically, mentally, emotionally, and socially. Students develop a set of skills to manage stress and conflict to make better decisions in the face of conflicting messages, thus assisting them to live healthier lives.

Curriculum is based on the Minnesota Science Academic Standards from the Minnesota Department of Education.

Textbook Publishers:

McGraw-Hill grades K-6

Harcourt grades K-6

Glencoe *Teen Health Course 2*

Holt *Decisions for Health*

K-2nd Grade Standard Summary

Below is an explanation of each standard covered in grades K-2. McRel Standards can be found at: <http://www.mcrel.org>

Standard 1. Knows the availability and effective use of health services, products, and information

1. Students will know what health services providers are available to them and their roles (paramedics, dentists, nurses, physicians, sanitarians, dietitians).

Standard 2. Knows environmental and external factors that affect individual and community health

1. Students know sources and causes of pollution such as air, ground, noise, water and food in the community and what they can do to help keep their environment clean and safe.

Standard 3. Understands the relationship of family health to individual health

1. Students will know the roles of parents and extended family in supporting a strong family and promoting the health of children. Parents set limits to reinforce values, religion and beliefs.
2. Students will know effective strategies to cope with change that may occur in families like pregnancy, birth marriage, divorce, relocation or unemployment.
3. Open communication in a trusting relationship can promote individual health.

Standard 4. Knows how to maintain mental and emotional health

1. Students are able to identify and share feelings.

Standard 5. Knows essential concepts and practices concerning injury prevention and safety

1. Knows basic fire, traffic, water and recreation safety practices
2. Knows precautions that should be taken in special conditions such as bad weather, darkness, Halloween...
3. Knows how to recognize an emergency and how to respond appropriately (using 911, safe weather locations, how to treat simple injuries such as scratches, cuts and bruises)
4. Knows ways to seek assistance if worried, abused or threatened (physically, emotionally or sexually)

Standard 6. Understands essential concepts about nutrition and diet

1. Knows how to classify foods and food combinations. Knows healthy food vs. unhealthy food.

Standard 7. Knows how to maintain and promote personal health

1. Knows basic hygiene habits (teeth, gums, eyes, ears, nose, skin, hair, nails)

Standard 8. Knows essential concepts about the prevention and control of disease

1. Knows the signs and symptoms of common illness such as fever, rashes, pink eye, coughs, congestion and wheezing. Students know how to protect themselves and others from spreading these common diseases.

Standard 9. Understands aspects of substance use and abuse

1. Can identify helpful and harmful substances.

Standard 10. Understands the fundamental concepts of growth and development

1. Understands and respects individual differences.
2. Knows our bodies grow and change from birth to old age.

3rd-5th Grade Standard Summary

Below is an explanation of each standard covered in grades 3-5. McRel Standards can be found at: <http://www.mcrel.org>

Standard 1. Knows the availability and effective use of health services, products, and information

1. Knows general characteristics of valid health information, products and service (supported by research).
2. Knows where to go for local health care services (clinics, substance abuse treatment facilities)
3. Knows consumer influences can affect decisions regarding personal health (family, peer pressure, media).

Standard 2. Knows environmental and external factors that affect individual and community health

1. Knows how your environment can affect your health
2. Knows how communities work with local government to control environmental problems and create a healthy environment.
3. Knows how personal health can be influenced by society.

Standard 3. Understands the relationship of family health to individual health

1. Students will know the roles of parents and extended family in supporting a strong family and promoting the health of children.
2. Knows characteristics needed to be a responsible friend and family member.
3. Knows how health related problems impact the whole family.

Standard 4. Knows how to maintain mental and emotional health

1. Knows the relationship between physical and mental health.
2. Knows common sources of stress and how to manage it.
3. Knows how mood changes and strong feelings affect thoughts and behavior and how they can be managed successfully
4. Knows behaviors that communicate care, consideration, and respect of self and others.
5. Understands how one responds to the behavior of others and how your behavior evoke certain behavior in others.
6. Knows strategies for resisting negative peer pressure
7. Knows how attentive listening can be used to build and maintain healthy relationships.

Standard 5. Knows essential concepts and practices concerning injury prevention and safety

1. Knows basic fire, traffic water and recreation safety practices.
2. Knows precautions that should be taken in special conditions such as bad weather, darkness, Halloween...
3. Knows how to recognize an emergency and how to respond appropriately (using 911, safe weather locations, how to treat simple injuries such as scratches, cuts and bruises)
4. Knows ways to seek assistance if worried, abused or threatened (physically, emotionally or sexually)

Standard 6. Understands essential concepts about nutrition and diet

1. Knows the nutritional value of different foods
2. Knows healthy eating practices (nutritious breakfast, variety of foods, nutritious meals and snacks at intervals).
3. Knows factors that influence food choices (activity level, peers, culture, religion, advertising, time, age, health, money/economics, convenience, environment)
4. Knows how food-preparation methods and food-handling practices affect the safety and nutrient quality of foods.

Standard 7. Knows how to maintain and promote personal health

1. Understands the influence of rest, food choices, exercise, sleep, and recreation on a person's well-being.
2. Knows common health problems that should be detected and treated early
3. Knows behaviors that are safe, risky, or harmful to self and others
4. Sets a personal health goal and makes progress toward its achievement
5. Knows that making health-related decisions and setting health goals sometimes requires asking for assistance
6. Knows the basic structure and functions of the human body systems (how they are interrelated; how they function to fight disease)

Standard 8. Knows essential concepts about the prevention and control of disease

1. Knows ways in which a person can prevent or reduce the risk of disease and disability (practicing good personal hygiene, making healthy food choices, acknowledging the importance of immunizations, cooperating in regular health screenings)
2. Knows the benefits of early detection and treatment of disease
3. Knows ways to maintain a functional level of health in the presence of disease or disability (cooperating with parents and health-care providers, taking prescription or over-the-counter medicines properly, correctly interpreting instructions for taking medicine)

Standard 9. Understands aspects of substance use and abuse

1. Differentiates between the use and misuse of prescription and nonprescription drugs
2. Knows influences that promote alcohol, tobacco, and other drug use (peer pressure, peer and adult modeling, advertising, overall availability, cost)
3. Recognizes high-risk substance abuse situations that pose an immediate threat to oneself or one's friends or family (drunk and drugged driving, violent arguments) as well as how and where to obtain help
4. Knows ways to recognize, avoid, and respond to negative social influences and pressure to use alcohol, tobacco, or other drugs (refusal skills and self control)

Standard 10. Understands the fundamental concepts of growth and development

1. Knows the changes that occur during puberty (physical changes such as sexual maturation, changes in voice, acne, emotional and social changes such as growing sensitivity to peer influence, family tensions, mood swings; cognitive and intellectual development)
2. Knows that the rate of change during puberty varies with each individual and , that people vary widely in size, height, shape, and rate of maturation.

6th-8th Grade Standard Summary

Below is an explanation of each standard covered in grades 6-8. McRel Standards can be found at: <http://www.mcrel.org>

Standard 1. Knows the availability and effective use of health services, products, and information

1. Knows the costs and validity of common health products, services, and information
2. Knows how to locate and use community health resources, products, and services that provide valid health information
3. Knows ways to influence the consumer health service system (e.g., assertive consumerism, selecting providers, communicating complaints)
4. Knows community health consumer organizations and the advocacy services they provide (e.g., American Heart Association, American Lung Association, Diabetes Association)
5. Knows situations that require professional health services (e.g., management of health conditions such as asthma, diabetes)

Standard 2. Knows environmental and external factors that affect individual and community health

1. Knows cultural beliefs, socioeconomic considerations, and other environmental factors within a community that influence the health of its members (e.g., relationship of values, socioeconomic status, and cultural experiences to the selection of health-care services)
2. Understands how various messages from the media, peers, and other sources impact health practices (e.g., health fads, advertising, misconceptions about treatment and prevention options)
3. Knows local, state, federal, and international efforts to contain an environmental crisis and prevent a recurrence (e.g., acid rain, oil spills, solid waste contamination, nuclear leaks, ozone depletion)
4. Understands how peer relationships affect health (e.g., name-calling, prejudice, exclusiveness, discrimination, risk-taking behaviors)

Standard 3. Understands the relationship of family health to individual health

1. Knows strategies that improve or maintain family health (e.g., how one's personal behavior can affect the behavior and feelings of other family members)
2. Understands the development of adolescent independence
3. Knows how communication techniques can improve family life (e.g., talking openly and honestly with parents when problems arise)

Standard 4. Knows how to maintain mental and emotional health

1. Knows strategies to manage stress and feelings caused by disappointment, separation, or loss (e.g., talking over problems with others, understanding that feelings of isolation and depression will pass, examining the situation leading to the feelings)
2. Knows characteristics and conditions associated with positive self-esteem
3. Knows appropriate ways to build and maintain positive relationships with peers, parents, and other adults (e.g., interpersonal communication)
4. Understands the difference between safe and risky or harmful behaviors in relationships

5. Knows techniques for seeking help and support through appropriate resources

Standard 5. Knows essential concepts and practices concerning injury prevention and safety

1. Knows injury prevention strategies for family health (e.g., having a personal and family emergency plan, including maintaining supplies in readiness for emergencies; identifying and removing safety hazards in the home)
2. Knows strategies for managing a range of situations involving injury (e.g., first aid procedures, abdominal thrust maneuver, cardiopulmonary resuscitation)
3. Knows potential signs of self- and other-directed violence
4. Knows the various possible causes of conflict among youth in schools and communities, and strategies to manage conflict
5. Knows how refusal and negotiation skills can be used to enhance health

Standard 6. Understands essential concepts about nutrition and diet

1. Understands how eating properly can help to reduce health risks (in terms of anemia, dental health, osteoporosis, heart disease, cancer, malnutrition)
2. Knows appropriate methods to maintain, lose, or gain weight according to individual needs and scientific research.
3. Knows eating disorders that affect health adversely (e.g., anorexia, overeating, bulimia)
4. Knows the principles of food safety involved with food storage and preparation (e.g., proper refrigeration, hand washing, proper cooking and storage temperatures)

Standard 7. Knows how to maintain and promote personal health

1. Knows personal health strengths and risks (e.g., results of a personal health assessment)
2. Knows how positive health practices and appropriate health care can help to reduce health risks (e.g., good personal hygiene, health screenings, self-examinations)
3. Knows strategies and skills that are used to attain personal health goals (e.g., maintaining an exercise program making healthy food choices)
4. Understands how changing information, abilities, priorities, and responsibilities influence personal health goal
5. Knows how health is influenced by the interaction of body systems

Standard 8. Knows essential concepts about the prevention and control of disease

1. Understands how lifestyle, pathogens, family history, and other risk factors are related to the cause or prevention of disease and other health problems
2. Knows communicable, chronic, and degenerative disease processes and the differences between them
3. Understands personal rights and responsibilities involved in the treatment of disease (e.g., proper use of medication; the influence of family and culture on the treatment of disease)

Standard 9. Understands aspects of substance use and abuse

1. Knows conditions that may put people at higher risk for substance abuse problems (e.g., genetic inheritability, substance abuse in family, low frustration tolerance)

2. Knows factors involved in the development of a drug dependency and the early, observable signs and symptoms (e.g., tolerance level, drug-seeking behavior, loss of control, denial)
3. Knows the short- and long-term consequences of the use of alcohol, tobacco, and other drugs (e.g., physical consequences such as shortness of breath, cirrhosis, lung cancer, emphysema; psychological consequences such as low self-esteem, paranoia, depression, apathy; social consequences such as crime, domestic violence, loss of friends)
4. Know public policy approaches to substance abuse control and preventions (e.g., pricing and taxation, warning labels, regulation of advertising, restriction of alcohol consumption at sporting events)
5. Knows community resources that are available to assist people with alcohol, tobacco, and other drug problems

Standard 10. Understands the fundamental concepts of growth and development

1. Understands how the human body changes as people age (e.g., Muscles and joints become less flexible, bones and muscles lose mass, energy levels diminish, senses become less acute)
2. Knows the similarities and differences between male and female sexuality
3. Understands the processes of conception, prenatal development, and birth
4. Knows strategies for coping with concerns and stress related to the changes that occur during adolescence

Kindergarten Standard Summary

Below is an explanation of each assigned standard to your grade. Missing standards are those that are not covered in your grade level. See the McRel Standards for complete standards at: <http://www.mcrel.org>

Standard 1. Knows the availability and effective use of health services products and information

1. Students will know what health services providers are available to them and their roles (paramedics, dentists, nurses, physicians, sanitarians, dietitians).

Standard 3. Understands the relationship of family health to individual health

1. Students will know the roles of parents and extended family in supporting a strong family and promoting the health of children. Parents set limits to reinforce values, religion and beliefs.
2. Students will know effective strategies to cope with change that may occur in families like pregnancy, birth, marriage, divorce, relocation or unemployment.
3. Open communication in a trusting relationship can promote individual health.

Standard 4. Knows how to maintain mental and emotional health

1. Students are able to identify and share feelings.

Standard 5. Knows essential concepts and practices concerning injury prevention and safety

1. Knows basic fire, traffic, water and recreation safety practices.
2. Knows precautions that should be taken in special conditions such as bad weather, darkness, Halloween. . .
3. Knows how to recognize an emergency and how to respond appropriately (using 911, safe weather locations, how to treat simple injuries such as scratches, cuts and bruises)
4. Knows ways to seek assistance if worried, abused or threatened (physically, emotionally or sexually)

Standard 6. Understands essential concepts about nutrition and diet

1. Knows how to classify foods and food combinations. Knows healthy food vs. unhealthy food.

Standard 7. Knows how to maintain and promote personal health

1. Knows basic hygiene habits (teeth, gums, eyes, ears, nose, skin, hair, nails)

Standard 9. Understands aspects of substance use and abuse

1. Can identify helpful and harmful substances.

Standard 10. Understands the fundamental concepts of growth and development

1. Understands and respects individual differences.
2. Knows our bodies grow and change from birth to old age.

1st Grade Standard Summary

Below is a short explanation of each assigned standard to your grade. Missing standards are those that are not covered in your grade level. See the McRel Standards for complete coverage of standards at: <http://www.mcrel.org>

Standard 1. Knows the availability and effective use of health services, products, and information

1. Students will know what health services providers are available to them and their roles (paramedics, dentists, nurses, physicians, sanitarians, dietitians).

Standard 2. Knows environmental and external factors that affect individual and community health

1. Students know sources and causes of pollution such as air, ground, noise, water and food in the community and what they can do to help keep their environment clean and safe.

Standard 4. Knows how to maintain mental and emotional health

1. Students are able to identify and share feelings.

Standard 5. Knows essential concepts and practices concerning injury prevention and safety

1. Knows basic fire, traffic, water and recreation safety practices.
2. Knows precautions that should be taken in special conditions such as bad weather, darkness, Halloween...
3. Knows how to recognize an emergency and how to respond appropriately (using 911, safe weather locations, how to treat simple injuries such as scratches, cuts and bruises)
4. Knows ways to seek assistance if worried, abused or threatened (physically, emotionally or sexually)

Standard 6. Understands essential concepts about nutrition and diet

1. Knows how to classify foods and food combinations. Knows healthy food vs. unhealthy food.

Standard 7. Knows how to maintain and promote personal health

1. Knows basic hygiene habits (teeth, gums, eyes, ears, nose, skin, hair, nails)

Standard 8. Knows essential concepts about the prevention and control of disease

1. Knows the signs and symptoms of common illness such as fever, rashes, pink eye, coughs, congestion and wheezing. Students know how to protect themselves and others from spreading these common diseases.

Standard 9. Understands aspects of substance use and abuse

1. Can identify helpful and harmful substances.

Standard 10. Understands the fundamental concepts of growth and development

1. Understands and respects individual differences.
2. Knows our bodies grow and change from birth to old age.

2nd Grade Standard Summary

Below is a short explanation of each assigned standard to your grade. Missing standards are those that are not covered in your grade level. See the McRel standards for complete coverage of standards at: <http://www.mcrel.org>

Standard 1. Knows the availability and effective use of health services, products, and information

1. Students will know what health services providers are available to them and their roles (paramedics, dentists, nurses, physicians, sanitarians, dietitians).

Standard 2. Knows environmental and external factors that affect individual and community health

1. Students know sources and causes of pollution such as air, ground noise, water and food in the community and what they can do to help keep their environment clean and safe.

Standard 3. Understands the relationship of family health to individual health

1. Students will know the roles of parents and extended family in supporting a strong family and promoting the health of children. Parents set limits to reinforce values, religion and beliefs.
2. Students will know effective strategies to cope with change that may occur in families like pregnancy, birth, marriage, divorce, relocation or unemployment.
3. Open communication in a trusting relationship can promote individual health.

Standard 5. Knows essential concepts and practices concerning injury prevention and safety

1. Knows basic fire, traffic, water and recreation safety practices.
2. Knows precautions that should be taken in special conditions such as bad weather, darkness, Halloween...
3. Knows how to recognize an emergency and how to respond appropriately (using 911, safe weather locations, how to treat simple injuries such as scratches, cuts and bruises)
4. Knows ways to seek assistance if worried, abused or threatened (physically, emotionally or sexually)

Standard 6. Understands essential concepts about nutrition and diet

1. Knows how to classify foods and food combinations. Knows healthy food vs. unhealthy food.

Standard 7. Knows how to maintain and promote personal health

1. Knows basic hygiene habits (teeth, gums, eyes, ears, nose, skin, hair, nails)

Standard 8. Knows essential concepts about the prevention and control of disease

1. Knows the signs and symptoms of common illness such as fever, rashes, pink eye, coughs, congestion and wheezing. Students know how to protect themselves and others from spreading these common diseases.

Standard 9. Understands aspects of substance use and abuse

1. Can identify helpful and harmful substances.

Standard 10. Understands the fundamental concepts of growth and development

1. Understands and respects individual differences.
2. Knows our bodies grow and change from birth to old age.

3rd Grade Standard Summary

Below is an explanation of each assigned standard to your grade. Missing standards are those that are not covered in your grade level. See the McRel Standards for complete standards at: <http://www.mcrel.org>

Standard 3. Understands the relationship of family health to individual health

1. Students will know the roles of parents and extended family in supporting a strong family and promoting the health of children.
2. Knows characteristics needed to be a responsible friend and family member.
3. Knows how health related problems impact the whole family.

Standard 6. Understands essential concepts about nutrition and diet

1. Knows the nutritional value of different foods
2. Knows healthy eating practices (nutritious breakfast, variety of foods, nutritious meals and snacks at intervals)
3. Knows factors that influence food choices (activity level, peers, culture, religion, advertising, time, age, health, money/economics, convenience, environment)
4. Knows how food-preparation methods and food-handling practices affect the safety and nutrient quality of foods.

Standard 7. Knows how to maintain and promote personal health

1. Understands the influence of rest, food choices, exercise, sleep, and recreation on a person's well-being.
2. Knows common health problems that should be detected and treated early
3. Knows behaviors that are safe, risky, or harmful to self and others

Standard 8. Knows essential concepts about the prevention and control of disease

1. Knows ways in which a person can prevent or reduce the risk of disease and disability (practicing good personal hygiene, making healthy food choices, acknowledging the importance of immunizations, cooperating in regular health screenings)
2. Know the benefits of early detection and treatment of disease
3. Knows ways to maintain a functional level of health in the presence of disease or disability (cooperating with parents and health-care providers, taking prescription or over-the-counter medicines properly, correctly interpreting instructions for taking medicine)

Standard 9. Understands aspects of substance use and abuse

1. Differentiates between the use and misuse of prescription and nonprescription drugs
2. Knows influences that promote alcohol, tobacco, and other drug use (peer pressure, peer and adult modeling, advertising, overall availability, cost)

Standard 10. Understands the fundamental concepts of growth and development

1. Knows the changes that occur during puberty (physical changes such as sexual maturation, changes in voice, acne, emotional and social changes such as growing sensitivity to peer influence, family tensions, mood swings; cognitive and intellectual development)
2. Knows that the rate of change during puberty varies with each individual and that people vary widely in size, height, in shape, and rate of maturation.

4th Grade Standard Summary

Below is an explanation of each assigned standard to your grade. Missing standards are those that are not covered in your grade level. See the McRel Standards for complete standards at: <http://www.mcrel.org>

Standard 1. Knows the availability and effective use of health services, products, and information

1. Knows general characteristics of valid health information, products and services (supported by research).
2. Knows where to go for local health care services (clinics, substance abuse treatment facilities)
3. Knows consumer influences can affect decisions regarding personal health (family, peer pressure, media).

Standard 4. Knows how to maintain mental and emotional health

1. Knows the relationship between physical and mental health.
2. Knows common sources of stress and how to manage it.
3. Knows how mood changes and strong feelings affect thoughts and behavior and how they can be managed successfully

Standard 5. Knows essential concepts and practices concerning injury prevention and safety

1. Knows basic fire, traffic, water and recreation safety practices.
2. Knows precautions that should be taken in special conditions such as bad weather, darkness, Halloween...
3. Knows how to recognize an emergency and how to respond appropriately (using 911, safe weather locations, how to treat simple injuries such as scratches, cuts and bruises)
4. Knows ways to seek assistance if worried, abused or threatened (physically, emotionally or sexually)

Standard 7. Knows how to maintain and promote personal health

Standards 7.1-7.3, focus in 3rd grade, here just for you to see and review

1. *Understands the influence of rest, food choices, exercise, sleep, and recreation on a person's well-being.*
2. *Knows common health problems that should be detected and treated early*
3. *Knows behaviors that are safe, risky, or harmful to self and others*
4. Sets a personal health goal and makes progress toward its achievement
5. Knows that making health-related decisions and setting health goals sometimes requires asking for assistance
6. Knows the basic structure and functions of the human body systems (how they are interrelated; how they function to fight disease)

Standard 9. Understands aspects of substance use and abuse

1. Differentiates between the use and misuse of prescription and nonprescription drugs
2. Knows influences that promote alcohol, tobacco, and other drug use (peer pressure, peer and adult modeling, advertising, overall availability, cost)
3. Recognizes high-risk substance abuse situations that pose an immediate threat to oneself or one's friends or family (drunk and drugged driving violent arguments) as well as how and where to obtain help

Standard 10. Understands the fundamental concepts of growth and development

1. Knows the changes that occur during puberty (physical changes such as sexual maturation, changes in voice, acne, emotional and social changes such as growing sensitivity to peer influence, family tensions, mood swings; cognitive and intellectual development)
2. Knows that the rate of change during puberty varies with each individual and that people vary widely in size, height, shape, and rate of maturation.

5th Grade Standard Summary

Below is an explanation of each assigned standard to your grade. Missing standards are those that are not covered in your grade level. See the McRel Standards for complete standards at: <http://www.mcrel.org>

Standard 2. Knows environmental and external factors that affect individual and community health

1. Knows how your environment can affect your health
2. Knows how communities work with local government to control environmental problems and create a healthy environment.
3. Knows how personal health can be influenced by society.

Standard 4. Knows how to maintain mental and emotional health

1. Knows the relationship between physical and mental health.
2. Knows common sources of stress and how to manage it.
3. Knows how mood changes and strong feelings affect thoughts and behavior and how they can be managed successfully
4. Knows behaviors that communicate care, consideration, and respect of self and others.
5. Understands how one responds to the behavior of others and how your behavior evoke certain behavior in others.
6. Knows strategies for resisting negative peer pressure
7. Knows how attentive listening can be used to build and maintain healthy relationships.

Standard 6. Understands essential concepts about nutrition and diet

1. Knows the nutritional value of different foods
2. Knows healthy eating practices (nutritious breakfast, variety of foods, nutritious meals and snacks at intervals.
3. Knows factors that influence food choices (activity level, peers, culture, religion, advertising, time, age, health, money/economics, convenience, environment)
4. Knows how food-preparation methods and food-handling practices affect the safety and nutrient quality of foods.

Standard 9. Understands aspects of substance use and abuse

1. Differentiates between the use and misuse of prescription and nonprescription drugs
2. Knows influences that promote alcohol, tobacco, and other drug use (peer pressure, peer and adult modeling, advertising, overall availability, cost)
3. Recognizes high-risk substance abuse situations that pose an immediate threat to oneself or one's friends or family (drunk and drugged driving, violent arguments) as well as how and where to obtain help
4. Knows ways to recognize, avoid, and respond to negative social influences and pressure to use alcohol, tobacco, or other drugs (refusal skills and self control)

Standard 10. Understands the fundamental concepts of growth and development

1. Knows the changes that occur during puberty (physical changes such as sexual maturation, changes in voice, acne, emotional and social changes such as growing sensitivity to peer influence, family tensions, mood swings; cognitive and intellectual development)
2. Knows that the rate of change during puberty varies with each individual and that people vary widely in size, height, shape, and rate of maturation.

6th Grade Standard Summary

Below is an explanation of each assigned standard to your grade. Missing standards are those that are not covered in your grade level. See the McRel Standards for complete standards at: <http://www.mcrel.org>

Standard 1. Knows the availability and effective use of health services, products, and information

1. Knows the costs and validity of common health products, services, and information
2. Knows how to locate and use community health resources, products, and services that provide valid health information
3. Knows ways to influence the consumer health service system (e.g., assertive consumerism, selecting providers, communicating complaints)
4. Knows community health consumer organizations and the advocacy services they provide (e.g., American Heart Association, American Lung Association, Diabetes Association)
5. Knows situations that require professional health services (e.g., management of health conditions such as asthma, diabetes)

Standard 4. Knows how to maintain mental and emotional health

1. Knows strategies to manage stress and feelings caused by disappointment, separation, or loss (e.g., talking over problems with others, understanding that feelings of isolation and depression will pass, examining the situation leading to the feelings)
2. Knows characteristics and conditions associated with positive self-esteem
3. Knows appropriate ways to build and maintain positive relationships with peers, parents, and other adults (e.g., interpersonal communication)
4. Understands the difference between safe and risky or harmful behaviors in relationships
5. Knows techniques for seeking help and support through appropriate resources

Standard 5. Knows essential concepts and practices concerning injury prevention and safety

1. Knows injury prevention strategies for family health (e.g., having a personal and family emergency plan, including maintaining supplies in readiness for emergencies; identifying and removing safety hazards in the home)
2. Knows strategies for managing a range of situations involving injury (e.g., first aid procedures, abdominal thrust maneuver, cardiopulmonary resuscitation)
3. Knows potential signs of self- and other-directed violence
4. Knows the various possible causes of conflict among youth in schools and communities, and strategies to manage conflict
5. Knows how refusal and negotiation skills can be used to enhance health

Standard 6. Understands essential concepts about nutrition and diet

1. Understands how eating properly can help to reduce health risks (in terms of anemia, dental health, osteoporosis, heart disease, cancer, malnutrition)
2. Knows appropriate methods to maintain, lose, or gain weight according to individual needs and scientific research.

3. Knows eating disorders that affect health adversely (e.g., anorexia, overeating, bulimia)
4. Knows the principles of food safety involved with food storage and preparation (e.g., proper refrigeration, hand washing, proper cooking and storage temperatures)

Standard 10. Understands the fundamental concepts of growth and development

1. Understands how the human body changes as people age (e.g., Muscles and joints become less flexible, bones and muscles lose mass, energy levels diminish, senses become less acute)
2. Knows the similarities and differences between male and female sexuality
3. Understands the processes of conception, prenatal development and birth
4. Knows strategies for coping with concerns and stress related to the changes that occur during adolescence

7th Grade Standard Summary

Below is an explanation of each assigned standard to your grade. Missing standards are those that are not covered in your grade level. See the McRel Standards for complete standards at: <http://www.mcrel.org>

Standard 2. Knows environmental and external factors that affect individual and community health

1. Knows cultural beliefs, socioeconomic considerations, and other environmental factors within a community that influence the health of its members (e.g., relationship of values, socioeconomic status, and cultural experiences to the selection of health-care services)
2. Understands how various messages from the media, peers, and other sources impact health practices (e.g., health fads, advertising, misconceptions about treatment and prevention options)
3. Knows local, state, federal, and international efforts to contain an environmental crisis and prevent a recurrence (e.g., acid rain, oil spills, solid waste contamination, nuclear leaks, ozone depletion)
4. Understands how peer relationships affect health (e.g., name-calling, prejudice, exclusiveness, discrimination, risk-taking behaviors)

Standard 4. Knows how to maintain mental and emotional health

1. Knows strategies to manage stress and feelings caused by disappointment, separation, or loss (e.g., talking over problems with others, understanding that feelings of isolation and depression will pass, examining the situation leading to the feelings)
2. Knows characteristics and conditions associated with positive self-esteem
3. Knows appropriate ways to build and maintain positive relationships with peers, parents, and other adults (e.g., interpersonal communication)
4. Understands the difference between safe and risky or harmful behaviors in relationships
5. Knows techniques for seeking help and support through appropriate resources

Standard 7. Knows how to maintain and promote personal health

1. Knows personal health strengths and risks (e.g., results of a personal health assessment)
2. Knows how positive health practices and appropriate health care can help to reduce health risks (e.g., good personal hygiene, health screenings, self-examinations)
3. Knows strategies and skills that are used to attain personal health goals (e.g., maintaining an exercise program, making healthy food choices)
4. Understands how changing information, abilities, priorities, and responsibilities influence personal health goal
5. Knows how health is influenced by the interaction of body systems

8th Grade Standard Summary

Below is an explanation of each assigned standard to your grade. Missing standards are those that are not covered in your grade level. See the McRel Standards for complete standards at: <http://www.mcrel.org>

Standard 3. Understands the relationship of family health to individual health

1. Knows strategies that improve or maintain family health (e.g., how one's personal behavior can affect the behavior and feelings of other family members)
2. Understands the development of adolescent independence
3. Knows how communication techniques can improve family life (e.g., talking openly and honestly with parents when problems arise)

Standard 4. Knows how to maintain mental and emotional health

1. Knows strategies to manage stress and feelings caused by disappointment, separation, or loss (e.g., talking over problems with others, understanding that feelings of isolation and depression will pass, examining the situation leading to the feelings)
2. Knows characteristics and conditions associated with positive self-esteem
3. Knows appropriate ways to build and maintain positive relationships with peers, parents, and other adults (e.g., interpersonal communication)
4. Understands the difference between safe and risky or harmful behaviors in relationships
5. Knows techniques for seeking help and support through appropriate resources

Standard 6. Understands essential concepts about nutrition and diet

1. Understands how eating properly can help to reduce health risks (in terms of anemia, dental health, osteoporosis, heart disease, cancer, malnutrition)
2. Knows appropriate methods to maintain, lose, or gain weight according to individual needs and scientific research.
3. Knows eating disorders that affect health adversely (e.g., anorexia, overeating, bulimia)
4. Knows the principles of food safety involved with food storage and preparation (e.g., proper refrigeration, hand washing, proper cooking and storage temperatures)

Standard 8. Knows essential concepts about the prevention and control of disease

1. Understands how lifestyle, pathogens, family history, and other risk factors are related to the cause or prevention of disease and other health problems
2. Knows communicable, chronic, and degenerative disease processes and the differences between them
3. Understands personal rights and responsibilities involved in the treatment of disease (e.g., proper use of medication; the influence of family and culture on the treatment of disease)

Standard 9. Understands aspects of substance use and abuse

1. Knows conditions that may put people at higher risk for substance abuse problems (e.g., genetic inheritability, substance abuse in family, low frustration tolerance)
2. Knows factors involved in the development of a drug dependency and the early, observable signs and symptoms (e.g., tolerance level, drug-seeking behavior, loss of control, denial)
3. Knows the short- and long-term consequences of the use of alcohol, tobacco, and other drugs (e.g., physical consequences such as shortness of breath, cirrhosis, lung cancer, emphysema; psychological consequences such as low self-esteem, paranoia, depression, apathy; social consequences such as crime, domestic violence, loss of friends)
4. Knows public policy approaches to substance abuse control and preventions (e.g., pricing and taxation, warning labels, regulation of advertising, restriction of alcohol consumption at sporting events)
5. Knows community resources that are available to assist people with alcohol, tobacco, and other drug problems

Standard 10. Understands the fundamental concepts of growth and development

1. Understands how the human body changes as people age (e.g., Muscles and joints become less flexible, bones and muscles lose mass, energy levels diminish, senses become less acute)
2. Knows the similarities and differences between male and female sexuality
3. Understands the processes of conception, prenatal development, and birth
4. Knows strategies for coping with concern and stress related to the changes that occur during adolescence