

Content Title: HEALTH
Content Standard 1.0: (CORE CONCEPTS) Students will comprehend concepts related to health promotion and disease prevention to enhance health.

	By the end of the grade band:	By the end of the grade band, students know and are able to do everything required in earlier grades and:	By the end of grade band, students know and are able to do everything required in earlier grades and:	By the end of grade band, students know and are able to do everything required in earlier grades and:
Rationale	Grade Pre K -2	Grade 3-5	Grade 6-8	Grade 9-12

DRAFT for review only.....

Define overall wellness	1.2.1 Identify health behaviors that impact personal health.	1.5.1 Describe the relationship between health behaviors and personal health.	1.8.1 Analyze the relationship between health behaviors and personal health.	1.12.1 Evaluate the impact of family history, health choices, and stress on individual health.	Personal Health
	1.2.2 Identify basic anatomy (i.e. eyes, nose, ears, teeth etc.).	1.5.2 Explain the basic structure, function, and developmental processes of human body systems.**	1.8.2 Identify personal behaviors that affect the development and functioning of the body systems. **	1.12.2 Formulate a personal health strategy utilizing self-reflection to achieve overall wellness.	
	1.2.3 Identify and respect various physical, emotional, and intellectual differences.	1.5.3 Describe various physical, emotional, intellectual differences and how they affect a child's overall well-being.	1.8.3 Explain the interrelationships of emotional, intellectual, physical, and social health in adolescence.**		
	1.2.4 Describe how healthy eating and daily physical activity promote health and well-being.	1.5.4 Identify key nutrients, their functions, and the role they play to promote optimal health.	1.8.4 Describe how age, gender, physical activity, lifestyle, and heredity affect nutrient needs.	1.12.3 Apply knowledge of food and nutrient needs to personal eating decisions and meal planning.	Nutrition and Physical Activity

		1.5.5 Identify the health-related components of an active lifestyle.		1.12.4 Apply knowledge of physical activity and health to develop a daily activity plan.	
Drug - any chemical that causes a metabolic and psychological changes in the body.	1.2.6 Identify helpful and harmful substances.	1.5.6 Explain how substances can affect the way people make decisions and perform tasks.	1.8.6 Analyze beneficial and harmful substance use.	1.12.5 Analyze the physiological, psychological, and social effects of substance use and abuse.	Substance Use and Abuse
To include information on hazardous/poisonous materials	1.2.7 Recognize ways to prevent common childhood injuries and hazardous situations.	1.5.7 Describe ways to prevent common childhood injuries.	1.8.7 Develop a personal safety plan to reduce or prevent injuries.	1.12.6 Examine ways to reduce or prevent injuries and violence.	Injury/Violence Prevention and Safety
Reducing injury/violence. Universal Safety Precautions	1.2.8 Identify school staff and community health helpers (i.e. law enforcement, emergency personnel)	1.5.8 Explain personal safety procedures when confronted with violence or other hazards.	1.8.8 Examine the likelihood of serious injury or illness if engaging in risky behaviors.	1.12.7 Analyze personal susceptibility to injury, illness, or death if engaging in risky behaviors.	
	1.2.9 Recognize germs may cause illness/disease.	1.5.9 Differentiate between contagious and non-contagious illness/diseases.	1.8.9 Describe how behaviors, pathogens, genetic history, and other factors are related to illness/disease prevention.	1.12.8 Evaluate how research and medical advances influence the prevention and control of illness/disease.	Prevention/Control of Disease
	1.2.10 Recognize basic prevention strategies for common illness/disease.	1.5.10 Explain ways to prevent/control contagious and non-contagious illness/disease.	1.8.10 Discuss how personal health behaviors can impact risk for illness/disease.		
	1.2.11 Identify elements of the environment that affect personal health (sun, air, water, soil, food, and pollutants).	1.5.11 Identify programs designed to promote community health (recycle, garbage, water).	1.8.11 Identify laws and regulations made to protect community health.	1.12.10 Analyze how the environment influences personal and community health.	Consumer

		1.5.12 Explain the relationship of the environment to positive health behaviors and the prevention of injury, illness/disease, and premature death.	1.8.12 Apply personal actions that contribute to the enhancement of the environment.	1.12.11 Explain how an informed health consumer may prevent illness/disease (health services and product choices).	Environmental/C Health
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*ATOD = Alcohol Tobacco and other Drugs
 ** Reference NRS 389.065 to include exceptions

Content Title: HEALTH
Content Standard 2.0: (ANALYZE INFLUENCE) Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

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Rationale	Grade Pre K -2	Grade 3-5	Grade 6-8	Grade 9-12

Various Sources Include: Family Peer Culture Media Technology	2.3.1 Discuss nutrition and physical activity in diverse families.	2.5.1 Discuss nutrition and physical activity habits in diverse cultures.	2.8.1 Examine how various sources influence your personal food choices.	2.12.1 Evaluate various sources that affect your personal dietary choices and physical activity habits.	Nutrition and physical activity

	2.3.2 Identify various sources that influence personal health behaviors.	2.5.2 Identify how various sources affect thoughts, feelings and health behaviors.	2.8.2 Explain how various sources affect individual health practices and behaviors.	2.12.2 Analyze how various sources support and challenge health beliefs, practices, and behaviors.	Personal Health
			2.8.3 Explain how the perceptions of norms influence healthy and risky behaviors.	2.12.3 Analyze how personal perception of norms influence healthy and risky behaviors.	
Personal Health Skills: Personal Hygiene, i.e. Dental Health Hand Washing Physical Activity Sun Safety		2.5.4 Describe ways technology can influence health and disease (i.e., internet, video games, electronic toothbrush).	2.8.4 Explain how local school and public health policies can influence health promotion and disease prevention.	2.12.4 Analyze current events and their influence on health promotion and disease prevention.	Disease Prevention
		2.5.5 Analyze how stated and implied messages from media influence health behaviors.	2.8.5 Critique a variety of consumer influences that affect health decisions.	2.12.5 Evaluate the impact of media and technology on personal, family, and community health.	Environmental /Consumer Health
Emphasize Peer Pressure	2.3.6 <i>Discuss various sources that influence the use of helpful and harmful substances.</i>	2.5.6 Describe how various sources influence individual practices and behaviors.	2.8.6 Examine how individual family, peers, and information influence the personal use, misuse, and abuse of substances.	2.12..6 Conduct a self-evaluation of how various sources have influenced the development of personal values around substance use including prescription and over the counter medications.	Substance Use and Abuse

Content Title: HEALTH

Content Standard 3.0: (ACCESSING INFORMATION) Students will demonstrate the ability to access reliable health information, products, and services to enhance health .

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Rationale	Grade Pre K -2	Grade 3-5	Grade 6-8	Grade 9-12	
Emphasize the Prevention, Early Detection, and Treatment of Health Problems	3.3.1 Identify trusted individuals who can help promote health.	3.5.1 Locate resources from home, school, and community that provide reliable health information.	3.8.1 Describe situations that may require professional health services.	3.12.1 Evaluate the validity of health, information, products, and health services.	Disease Prevention
.	3.3.2 Identify health care workers.	3.5.2 Describe situations requiring professional health services.	3.8.2 Determine the accessibility of products and services that enhance health.	3.12.2 Use resources from home, school, and community that provide reliable health services and health product information.	Environmental/ Consumer Health

Content Title: HEALTH

Content Standard 4.0: (INTERPERSONAL COMMUNICATION) Students will demonstrate the ability to use interpersonal communication skills to enhance health and to avoid or reduce health risks.

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Communication Skills to include: Listening, Verbal Non-Verbal, Non-Violent Strategies/Negotiation, and Refusal	4.2.1 List healthy ways of communication/listening to express needs, wants, and feelings.	4.5.1 Model effective verbal and non-verbal communication skills.**	4.8.1 Practice refusal and negotiation skills that avoid or reduce health risks.	4.12.1 Apply refusal, negotiation and collaboration skills to enhance health.	Personal Health
		4.5.2 Demonstrate refusal and negotiation skills.	4.8.2 Practice appropriate methods of response to negative risk-taking situations including , alcohol, tobacco, and other drugs.	4.12.2 Implement communication skills to enhance responsible decision-making about the use and abuse of substances.	Substance Use and Abuse
		4.5.3 Recognize refusal skills when confronted with unhealthy situations including alcohol, tobacco, and other drugs.	4.8.3 Demonstrate how to ask for assistance to enhance the health of self and others.		
		4.5.4 Discuss ways to communicate with others about stages of growth and development.**	4.8.4 Express ways to communicate with others about perceived body image.	4.12.3 Communicate acceptance of physical and developmental characteristics of self and others	Growth and Development

Cultural Competency Exploration/ Questioning	4.2.4 Identify ways to respond/report when in an unwanted, threatening, or dangerous situation.	4.5.5 Demonstrate non-violent strategies to manage or resolve conflict.	4.8.5 Implement refusal and negotiation skills necessary to resolve conflict.	4.12.4 Apply strategies to prevent or resolve interpersonal conflicts without harming self or others.	Injury, Violence Prevention, and Safety
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**Reference NRS.389.065 to include sexual responsibility content/communication

Content Title: HEALTH
Content Standard 5.0: (DECISION MAKING) Students will demonstrate the ability to use decision-making skills to enhance health .

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Rationale	Grade Pre K -2	Grade 3-5	Grade 6-8	Grade 9-12

Nutrition, sun safety, oral health, and physical activity based on daily decision making skills.	5.2.1 Discuss healthy options vs. unhealthy options.	5.5.1 Apply a healthy choice when making personal decisions.	5.8.1 Defend healthy alternatives over unhealthy alternatives when making a decision.	5.12.1 Formulate an effective plan for personal health enhancement.	Personal Health
	5.2.2 Identify situations when a health-related decision is needed.	5.5.2 Predict how decisions regarding health behaviors have consequences for self and others.	5.8.2 Compare the short and long-term impact of health decisions.	5.12.2 Determine the value of applying a thoughtful decision-making process in health-related situations.	Disease Prevention

	5.2.3 Identify resources/individuals that would aid in healthy decision-making.	5.5.3 Predict how decisions about substance use and abuse have consequences for self and others.	5.8.3 Compare the short and long-term impact of choices regarding substance use and abuse.	5.12.3 Evaluate the effectiveness of substance abuse decision making.	Substance Use and Abuse
	5.2.4 Differentiate between situations when a health-related decision can be made individually or when assistance is needed.	5.5.4 Analyze when assistance is needed in making a health-related decision.	5.8.4 Apply a decision-making process to a significant health issue or problem.	5.12.4. Examine community barriers that can hinder healthy decision making.	Environmental/Consumer Health

Content Title: HEALTH
Content Standard 6.0: (GOAL SETTING) Students will demonstrate the ability to use goal-setting skills to enhance health.

	By the end of the grade band:	By the end of the grade band, students know and are able to do everything required in earlier grades and:	By the end of grade band, students know and are able to do everything required in earlier grades and:	By the end of grade band, students know and are able to do everything required in earlier grades and:
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This standard includes the critical steps that are needed to achieve both short-term and long-term health goals. These topics should include: Nutrition Physical Activity Oral Health Personal Hygiene Sun Safety and	6.2.1 Define a short-term and long-term personal health goal.	6.5.1 Set a personal health goal through tracking progress toward its achievement.	6.8.1 Apply time management strategies and skills needed to attain a personal long-term health goal.	6.12.1 Implement strategies to monitor progress towards achieving a personal health goal.	Personal Health
	6.2.2 Develop goals to practice daily health habits (i.e., personal hygiene, sun safety, nutrition and physical activity).	6.5.2 Implement goals to enhance daily health habits.	6.8.2 Analyze how personal health goals may need to be revised throughout your life.	6.12.2 Execute a plan that addresses strengths, needs, and risks to attain personal health goals.	Disease Prevention

Safety and Other behaviors applicable to developmental stages.	6.2.3 Identify resources when assistance is needed to develop personal health goals (i.e. Recycling, water conservation, littering, food choice).	6.5.3 Compare available resources to assist in making personal health goals (i.e. oral health products, sun safety, food choices).	6.8.3 Analyze how personal goals impact the community and environment.	6.12.3 Create an action plan towards improving the community/ environment.	Environmental/ Consumer Health	
Content Title: HEALTH Content Standard 7.0: (SELF MANAGEMENT) Students will demonstrate the ability to practice health-enhancing behaviors and to avoid or reduce health risks.						
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Rationale	Grade Pre K -2	Grade 3-5	Grade 6-8	Grade 9-12		
Promotes the acceptance of personal responsibility for health and encourages the practice of healthy behaviors.	7.2.1 Identify responsible personal health behaviors.	7.5.1 Demonstrate behaviors that avoid or reduce health risks.	7.8.1 Explain the importance of assuming responsibility for personal health behaviors.	7.12.1 Analyze a variety of behaviors that avoid or reduce health risks to self and others.	Personal Health	
		7.5.2 Develop coping behaviors in response to various substance use situations (i.e. medications, alcohol, tobacco and other drugs).	7.8.2 Demonstrate methods of response to risk taking behaviors including alcohol, tobacco and other drugs.	7.12.2 Evaluate personal behaviors for substance use/abuse.	Substance use and abuse	

7.2.2 Identify basic safety measures (i.e. sun safety, helmet use, pedestrian safety, seatbelts, gun safety, 911 procedures, fire safety, universal safety precautions).	7.5.3 Describe basic first aid procedures and responses to common emergencies.	7.8.3 Understand basic safety, first aid, and life-saving techniques (i.e. routine use of recreational safety equipment and procedures).	7.12.3 Demonstrate a variety of practices and behaviors that will avoid injury and reduce risks of injury to self and others. (i.e. Impaired driving, seatbelt usage, fighting, self-harming behaviors).	Injury, Violence Prevention and Safety
	7.5.4 Assess safe/unsafe situations and practices	7.8.4 Evaluate personal risk taking behavior (i.e.,self-harming behaviors, harmful fads).		
	7.5.5 Demonstrate personal health care practices that prevent communicable and other chronic diseases.	7.8.5 Analyze risky behaviors that may lead to the spread of communicable disease (i.e., STI's, hepatitis, mononucleosis, TB, flu)**	7.12.4 Evaluate personal responsibility in promoting health and avoiding or reducing risky behaviors to self and others.	Disease Prevention
7.2.3 Choose healthy foods that help you grow.	7.5.6 Demonstrate the ability to interpret nutrition information (i.e. food labels).		7.12.5 Implement a wellness plan that meets dietary guidelines and incorporates moderate to vigorous physical activity.	Nutrition and Physical Activity
7.2.4 Explore various movements that enhance an active, healthy lifestyle (Sedentary vs. active).	7.5.7 Engage in behaviors that promote physical activity.	7.8.6 Create a wellness plan that meets dietary guidelines and incorporates moderate to vigorous physical activity.		

**Reference NRS.389.065 to include sexual responsibility content/communication

Content Title: HEALTH

Content Standard 8.0: Students will demonstrate the ability to support/promote family, personal, and community health.

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Rationale	Grade Pre K -2	Grade 3-5	Grade 6-8	Grade 9-12	
	8.2.1 Identify ways to promote personal and family health.	8.5.1 Describe ways to influence and support others to make positive health choices.	8.8.1 Demonstrate ways to influence and support others to make positive health choices.	8.12.1 Implement activities that influence and support others to make positive health choices.	Personal Health
	8.2.2 Identify consumer/environmental health messages.	8.5.2 Compare consumer and environmental health messages.	8.8.2 Analyze how messages may influence community practices affecting the environment and consumer health.	8.12.2 Design a health-enhancing message that promotes community health.	Environmental/Consumer Health