

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

- Knows various community agencies that provide health services for individual and family needs

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

- Knows how the environment can impact personal health (e.g., the effects of exposure to pollutants)
- Knows how individuals and communities cooperate to control environmental problems and maintain a healthy environment

**Standard:****3. Understands the relationship of family health to individual health****Benchmarks:**

- Knows characteristics needed to be a responsible friend and family member (e.g., participating in family activities, assuming more responsibility for household tasks)

**Standard:****4. Knows how to maintain mental and emotional health****Benchmarks:**

- Knows the relationship between physical health and mental health
- Knows common sources of stress for children and ways to manage stress (e.g., talk with family members, school resources)



**Standard:**

**5. Knows essential concepts and practices concerning injury, prevention and safety**

**Benchmarks:**

- Knows ways to recognize and avoid threatening situations (e.g., don't talk to strangers) and ways to get assistance
- Knows basic first aid procedures appropriate to common emergencies in home, school and community (e.g., when to call 911 when encountering breathing and choking problems, bleeding, shock, poisonings, minor burns; universal precautions to be taken when dealing with other people's blood)

**Standard:**

**6. Understands essential concepts about nutrition and diet**

**Benchmarks:**

- Knows the nutritional value of different foods (e.g., that foods contain vitamins, minerals)

**Standard:**

**7. Knows how to maintain and promote personal health**

**Benchmarks:**

- Understands common health problems and why these problems should be detected and treated early
- Knows behaviors that are safe, risky or harmful to self and others



**Standard:**

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

**Benchmarks:**

- Knows a variety of valid health resources, products and services (e.g., over the counter medicine, personal health items such as deodorant, floss)

**Standard:**

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

**Benchmarks:**

- Knows how individuals, communities and states cooperate to control environmental problems and maintain a healthy environment

**Standard:**

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

**Benchmarks:**

- Knows how the family positively influences the health of individuals (e.g., physical, social, emotional)

**Standard:**

**4. Knows how to maintain mental and emotional health**

**Benchmarks:**

- Knows how peer relationships affect mental and emotional health (e.g., prejudice)
- Knows how mood changes and strong feelings can affect thoughts and behavior and how they can be managed successfully
- Understands how one responds to the behavior of others and how one's behavior may evoke responses in others
- Knows how attentive listening skills can be used to build and maintain healthy relationships



**Standard:**

**5. Knows essential concepts and practices concerning injury, prevention and safety**

**Benchmarks:**

- Knows some non-violent strategies to resolve conflict

**Standard:**

**6. Understands essential concepts about nutrition and diet**

**Benchmarks:**

- Understands 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**

**Benchmarks:**

- Understands the influence of personal choices on an individual's well-being in the areas of relaxation, food, exercise, proper rest and recreation
- Understands resources that can assist in health-related decisions and setting health goals (e.g., videos, books and knowledgeable people)

**Standard:**

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

**Benchmarks:**

- Understands the benefits of early detection and treatment of disease



**Standard:**

**10. Understands the fundamental concepts of growth and development**

**Benchmarks:**

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



**Standard:**

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

**Benchmarks:**

- Knows a variety of consumer influences and how those influences affect decisions regarding valid health resources, products and services (e.g., advertising, information from school and family, peer pressure)

**Standard:**

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

**Benchmarks:**

- Knows how health-related problems impact the whole family

**Standard:**

**4. Knows how to maintain mental and emotional health**

**Benchmarks:**

- Knows strategies and techniques for existing negative peer pressure

**Standard:**

**6. Understands essential concepts about nutrition and diet**

**Benchmarks:**

- Knows factors that influence food choices (e.g., allergies, activity level, peers, culture, religion, advertising, time, age, health, money/economics, convenience, environment, status, personal experience, eating disorders)

**Standard:**

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

**Benchmarks:**

- Knows ways in which a person can prevent or reduce the risk of common and disabling disease (e.g., practicing good personal hygiene, making healthy food choices, acknowledging the importance of immunizations, cooperating in regular health screenings)



- Knows ways to maintain a functional level of health in the presence of common and disabling diseases (e.g., cooperating with parents and health care providers, understanding the proper taking of prescriptions or over-the-counter medicines)

**Standard:**

**9. Understands aspects of substance use and abuse**

**Benchmarks:**

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