

Standard:

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

Benchmarks:

- Knows factors that influence personal selection of health care resources, products and services (e.g., cost, benefits, how sources present information, determining reliability)
- Understands situations that require professional health services in the areas of prevention, treatment and rehabilitation (e.g., persistent depression, prenatal and prenatal care, treatment or management of disease, alcohol-or- drug-related problems, neglect and child abuse)

Standard:

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

Benchmarks:

- Understands how the prevention and control of health problems has been altered by research and medical advances (e.g., community or global environmental issues that affect the food supply and the nutritional quality of food)

Standard:

3. Understands the relationship of family health to individual health

Benchmarks:

- Understands methods to facilitate the transition from the role of a child to the role of an independent adult in the family
- Understands the effects of teenage pregnancy on teenagers, their children, their parents and society
- Understands the responsibilities inherent in dating relationships, marriage and parenthood

Standard:

4. Knows how to maintain mental and emotional health

Benchmarks:

- Knows strategies for coping with and overcoming feelings of stress, rejection or social isolation
- Understands the role of denial as a negative influence on mental and emotional health and ways to overcome denial and seek assistance when needed

Standard:

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

Benchmarks:

- Knows actions that can be used to deal with individuals exhibiting dangerous behaviors
- Knows strategies to reduce and solve interpersonal conflict among young adults in schools and communities
- Understands procedures for first aid and CPR including recognizing Medical Alert symbols (e.g., necklaces, bracelets, ankle bracelets)

Standard:

6. Understands essential concepts about nutrition and diet

Benchmarks:

- Understands how nutrient and energy needs vary in relation to gender, activity level and stage of life cycle
- Understands the reliability and validity of various sources of food and nutrition information (e.g., dietary supplements, diet aids, fad diets, eating disorders and food labels)

- Understands the role of food additives and preservatives and their relationship to health

Standard:

7. Knows how to maintain and promote personal health

Benchmarks:

- Knows how personal behaviors relate to health and well-being and how developing these behaviors can promote achievement of health goals (e.g., following a personal nutrition plan to reduce the risk of disease or periodically self-assessing personal health)

Standard:

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

Benchmarks:

- Understands how the immune system functions to prevent or combat disease
- Understands the importance of regular examinations (including self-examinations of the breasts or testicles) in detecting and treating diseases early

Standard:

9. Understands aspects of substance use and abuse

Benchmarks:

- Knows the short-term and long-term effects associated with the use of alcohol, tobacco and other drugs on reproduction, pregnancy and the health of children
- Knows how the abuse of alcohol, tobacco and other drugs often plays a role in dangerous behavior and can have adverse consequences on the community (e.g., house fires, motor vehicle crashes, domestic violence, date rape, transmission of diseases through needle sharing or sexual activity)
- Understands that alcohol, tobacco and other drug dependencies are treatable diseases/conditions

Standard:

10. Understands the fundamental concepts of growth and development

Benchmarks:

- Understands a variety of physical, mental, emotional and social changes that occur throughout life and how these changes differ among individuals (e.g., young adulthood, pregnancy, middle age, old age)
- Knows the importance of sound health practices in the prenatal and prenatal period that are important to the health of the mother, fetus and young child (e.g., diet, refraining from cigarette smoking or use of alcohol or other drugs)
- Understands how physical, mental, social and cultural factors influence attitudes and behaviors regarding sexuality



Standard:

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

Benchmarks:

- Knows how to find out emergency procedures at a facility (e.g., pool, waterfront)
- Understands necessary characteristics of professional rescuers
- Understands the importance of responding quickly to an emergency situation

Standard:

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

Benchmarks:

- Knows the steps of an emergency action plan
- Knows when to suspect a spinal injury
- Knows basic first aid and CPR care
- Understands responsibilities for ensuring safety of everyone at a facility
- Knows the communication strategy for injury control
- Understands the signals of a drowning victim (active, passive and distressed)