

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

- Knows of the various health products and services and how they vary
- Knows the types and locations of community health information, products and services that are available to help adolescents and their families

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

- Knows cultural and socioeconomic 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)
- Understands how various messages from the media, from technology and from other factors impact health practices (e.g., health fads, advertising, body image, misconceptions about treatment and prevention options)

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

- Understands how the behavior of family and peers contributes to a person's physical, mental, emotional and social health
- Understands adolescent development and changes
- Knows how communication techniques can improve family life (e.g., talking openly and honestly with parents when problems arise)
- Understands the responsibilities inherent in dating relationships



Standard:

4. Knows how to maintain mental and emotional health

Benchmarks:

- 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 can be overcome, examining the situation leading to the feelings)
- Knows characteristics and conditions associated with positive self-esteem
- Understands appropriate ways to build and maintain positive relationships with peers, parents and other adults (e.g., positive ways to resist peer pressure, family activities)

Standard:

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

Benchmarks:

- 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)
- Understands strategies for managing a range of situations involving injury (e.g., first aid procedures, abdominal thrust maneuver, cardiopulmonary resuscitation)

Standard:

6. Understands essential concepts about nutrition and diet

Benchmarks:

- Understands how eating properly can help to reduce health risks (in terms of anemia, dental health, osteoporosis, heart disease, cancer, malnutrition, anorexia, bulimia, obesity)
- Understands the appropriate methods to maintain, lose or gain weight according to individual needs



Standard:

7. Knows how to maintain and promote personal health

Benchmarks:

- Knows how positive health practices and appropriate health care can help to reduce health risks (e.g., good personal hygiene, health screenings, self-examinations)
- Understands strategies and skills that are used to attain personal health goals (e.g., maintaining an exercise program, making healthy food choices)
- Understands the short-term and long-term consequences of safe, risky and harmful behaviors
- Understands how changing abilities, priorities and responsibilities influence personal health goals (e.g., athletics, academics or other extracurricular activities such as music, drama, etc)
- Knows how health is influenced by the interaction of body systems

Standard:

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

Benchmarks:

- Understands how factors such as heredity, environment and lifestyle are related to causes of disease and other health problems
- Understands the differences between communicable, chronic and degenerative diseases, and the symptoms associated with each group

Standard:

9. Understands aspects of substance use and abuse

Benchmarks:

- Knows conditions that may put people at higher risk for substance abuse problems (e.g., genetic inheritance, substance abuse in family, low frustration tolerance)
- Understands 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 or decline in academic performance or school involvement)



Health

- Knows the short-term and long-term consequences of the use of tobacco, alcohol 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)
- Understands public policy approaches to substance abuse control and prevention (e.g., pricing and taxation, warning labels, regulation of advertising, restriction of alcohol consumption at sporting events)

Standard:

10. Understands the fundamental concepts of growth and development

Benchmarks:

- Knows the similarities and differences between male and female sexuality
- Knows the processes of conception, prenatal development and birth
- Understands methods for coping with changes that occur during adolescence
- 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)