

## Florida's State Academic Standards, Health Education, 2023

- The Health Education standards review process began January 2023, to establish the core content of health education curriculum to be taught in kindergarten through grade 12 in Florida public schools, based on recommendations by workgroup members.
  - Workgroup members met January 13<sup>th</sup>, 20<sup>th</sup>, and 27<sup>th</sup>, February 6<sup>th</sup>, 7<sup>th</sup>, 21<sup>st</sup>, and 24<sup>th</sup>, and March 2<sup>nd</sup>, 3<sup>rd</sup>, 7<sup>th</sup>, and 10<sup>th</sup>, both virtually and in-person.
- The workgroup was comprised of various educators, such as district staff members, school counselors, health and physical education teachers, and parents.
- Health Education standards have not been updated since 2014.
- New standards and benchmarks were developed to align with Health Education Required Instruction topics in Section 1003.42, Florida Statutes, and Rule 6A-1.094124, F.A.C., Required Instruction Planning and Reporting.
  - Required Instruction topics that address the concepts of community health, consumer health, environment health, and family life, include:
    - Injury prevention and safety, Internet safety, Nutrition, Personal health, Prevention and control of disease, Substance use and abuse, Prevention of child sexual abuse, exploitation, and human trafficking.
    - Teen dating violence and abuse in grades 7 through 12.
    - Benefits of sexual abstinence and consequences of teenage pregnancy in grades 6 through 12.
    - Life skills building confidence, support mental and health, and enable students to overcome challenges.
- New strands and standards were developed to align with statutory and State Board requirements, and current health education topics identified as high priority in schools.
  - As a result, a one-to-one correspondence does not exist between 2014 standards and 2023 standards.
  - Previous strands included Health Literacy Concepts, Health Literacy Responsible Behaviors, and Healthy Literacy Behaviors strands.
  - New strands include Personal Health Concepts, Community and Environmental Health, and Consumer Health.
- All benchmarks relating to the prevention and control of disease are appropriate for the grade and age of the students and reflective of current theory, knowledge, and practice, as outlined in Section 1003.46, Florida Statutes.
- Provisions in Section 1003.42(5), Florida Statutes, allow any student whose parent makes written request to the school principal to be exempted from instruction related to reproductive health or any disease.
  - Each school district shall notify parents of this right with a link on the district's website homepage.
- A health education glossary was additionally developed to provide clarity on age appropriate or developmentally appropriate language in the context of the standards.

| <b>2014 Next Generation<br/>Sunshine State Standards,<br/>Health Education</b>  | <b>2023 Florida State Academic<br/>Standards, Health Education</b>  |
|---|---|
| <p style="text-align: center;"><i>Strand 1:</i><br/>Health Literacy Concepts</p> <p style="text-align: center;"><i>Standards:</i><br/>Core Concepts<br/>Internal and External Influence</p>   | <p style="text-align: center;"><i>Strand 1:</i><br/>Personal Health Concepts</p> <p style="text-align: center;"><i>Standards:</i><br/>Core Concepts<br/>Internal and External Influence<br/>Prevention and Decision Making<br/>Advocacy</p>               |
| <p style="text-align: center;"><i>Strand 2:</i><br/>Health Literacy Responsible<br/>Behavior</p> <p style="text-align: center;"><i>Standards:</i><br/>Accessing Information<br/>Interpersonal Communication<br/>Decision Making</p> | <p style="text-align: center;"><i>Strand 2:</i><br/>Community and Environmental<br/>Health</p> <p style="text-align: center;"><i>Standards:</i><br/>Core Concepts<br/>Internal and External Influence<br/>Prevention and Decision Making<br/>Advocacy</p> |
| <p style="text-align: center;"><i>Strand 3:</i><br/>Health Literacy Promotion</p> <p style="text-align: center;"><i>Standards:</i><br/>Self Management<br/>Advocacy</p>   | <p style="text-align: center;"><i>Strand 3:</i><br/>Consumer Health</p> <p style="text-align: center;"><i>Standards:</i><br/>Core Concepts<br/>Internal and External Influence<br/>Prevention and Decision Making<br/>Advocacy</p>                        |

## Florida’s Health Education Standards Coding Scheme

| <i>Subject</i>   | <i>Grade Level</i> | <i>Strand</i>            | <i>Standard</i>                | <i>Benchmark</i>   |
|------------------|--------------------|--------------------------|--------------------------------|--|
| <b>HE.</b>       | <b>2.</b>          | <b>PHC.</b>              | <b>3.</b>                      | <b>2</b>   |
| Health Education | Grade 2            | Personal Health Concepts | Prevention and Decision Making | List healthy options to health-related issues or problems. |

### Strands:

**Personal Health Concepts (PHC)**

**Community and Environmental Health (CEH)**

**Consumer Health (CH)**

### Standards:

**Standard 1: Core Concepts**

Big ideas, foundational information, accessing information

**Standard 2: Internal and External Influence**

Influence of friends, family, media, internet, peers, self-reflection

**Standard 3: Prevention and Decision Making**

Adapting and altering behaviors and choices that promote health and well-being

**Standard 4: Advocacy**

Influencing and promoting positive health choices and resources

## Grade Kindergarten Personal Health Concepts Strand

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### **HE.K.PHC.1 Core Concepts**

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HE.K.PHC.1.1 Identify healthy behaviors that affect personal health.

Benchmark Clarifications:

*Clarification 1:* Instruction includes personal care behaviors, including brushing teeth, having adequate sleep, personal hygiene, physical activity, and practicing healthy eating habits.

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HE.K.PHC.1.2 Understand how you can prevent childhood injuries in the home, school, and community settings.

Benchmark Clarifications:

*Clarification 1:* Instruction includes wearing a helmet and flotation devices.

*Clarification 2:* Instruction includes identifying poisons and other harmful substances.

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HE.K.PHC.1.3 Recognize there are body parts inside and outside of the body.

Benchmark Clarifications:

*Clarification 1:* Instruction includes the heart, brain, muscles, and skin.

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HE.K.PHC.1.4 Recognize ways you can prevent common communicable diseases.

Benchmark Clarifications:

*Clarification 1:* Instruction includes washing hands, covering mouth to cough and sneeze, and flushing toilets.

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### **HE.K.PHC.2 Internal and External Influence**

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HE.K.PHC.2.1 Identify members of the school and community who support personal health practices and behaviors.

Benchmark Clarifications:

*Clarification 1:* Members include teachers, counselors, nurses, doctors, and first responders.

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HE.K.PHC.2.2 Name healthy behaviors that family members should practice.

Benchmark Clarifications:

*Clarification 1:* Instruction includes brushing teeth and staying home when sick.

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HE.K.PHC.2.3 Identify safe and unsafe examples of internet use.

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Benchmark Clarifications:

*Clarification 1:* Instruction includes safe uses such as playing games, watching appropriate television shows, and learning.

*Clarification 2:* Instruction includes unsafe uses such as sharing private information and interacting with unknown senders.

*Clarification 3:* Instruction includes unsafe screen time leading to health issues.

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**HE.K.PHC.3 Prevention and Decision Making**

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HE.K.PHC.3.1 Name situations when a health-related decision can be made individually or when assistance is needed.

Benchmark Clarifications:

*Clarification 1:* Instruction includes water safety, following school rules, and practicing good hygiene.

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HE.K.PHC.3.2 Recognize healthy options to personal health-related issues or problems.

Benchmark Clarifications:

*Clarification 1:* Instruction includes visiting the doctor, obeying safety rules, and practicing emergency preparedness.

*Clarification 2:* Instruction includes limiting screen time and television shows to less than one hour per day to increase physical and mental wellbeing.

*Clarification 3:* Instruction includes reporting unsafe behavior, in person and on the internet, to a trusted adult.

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HE.K.PHC.3.3 Recognize the consequences of not following rules/practices when making healthy and safe decisions.

Benchmark Clarifications:

*Clarification 1:* Instruction includes injury to self and/or others.

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HE.K.PHC.3.4 Define a personal health goal and how it relates to overall health.

*Example:* Eating a healthy breakfast, brushing teeth twice a day, engaging in daily physical activity, limiting sugary drinks, increasing intake of fruits and vegetables.

Benchmark Clarifications:

*Clarification 1:* Instruction includes importance of goals.

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**HE.K.PHC.4 Advocacy**

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HE.K.PHC.4.1 Identify the appropriate responses to unwanted, unsafe, and threatening situations.

Benchmark Clarifications:

*Clarification 1:* Instruction includes seeking safety, running for help, and talking to a trusted adult.

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## Grade Kindergarten Community and Environmental Health Strand

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### **HE.K.CEH.1 Core Concepts**

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HE.K.CEH.1.1 Recognize ways the community encourages a healthy environment.

*Example:* Pedestrian bridges, crosswalks, crossing guards, law enforcement.

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HE.K.CEH.1.2 Recognize ways in the community to prevent common communicable diseases.

Benchmark Clarifications:

*Clarification 1:* Instruction includes washing hands, covering mouth to cough and sneeze, and flushing toilets.

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### **HE.K.CEH.2 Internal and External Influence**

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HE.K.CEH.2.1 Explain the importance of rules to maintain health.

*Example:* Walking instead of running, waiting your turn, keeping hands and feet to yourself.

Benchmark Clarifications:

*Clarification 1:* Instruction includes additional classroom and school rules for healthy behaviors.

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### **HE.K.CEH.3 Prevention and Decision Making**

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HE.K.CEH.3.1 Recognize ways the community can prevent childhood injuries in the school and community settings.

*Example:* Community/school health fairs, immunizations, car seat installation, etc.

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### **HE.K.CEH.4 Advocacy**

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HE.K.CEH.4.1 Encourage others make positive health choices.

*Example:* Encouraging hand washing.

Benchmark Clarifications:

*Clarification 1:* Instruction includes encouraging others to choose healthy options, selecting nutritious food, participating in physical activity, and practicing personal hygiene.

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## Grade Kindergarten Consumer Health Concepts Strand

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### ***HE.K.CH.1 Core Concepts***

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HE.K.CH.1.1 Recognize warning labels and signs on hazardous products and places.

Benchmark Clarifications:

*Clarification 1:* Warning labels and signs include poison symbol, universal symbols for “No” and “Do not touch,” and crosswalk signals.

### ***HE.K.CH.3 Prevention and Decision Making***

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HE.K.CH.3.1 Define healthy and unhealthy choices.

Benchmark Clarifications:

*Clarification 1:* Instruction includes limiting screen time and playing outdoors.

*Clarification 2:* Instruction includes choosing healthy foods.

### ***HE.K.CH.4 Advocacy***

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HE.K.CH.4.1 Define ways to ask for support from a trusted adult or professional.

Benchmark Clarifications:

*Clarification 1:* Instruction includes asking to speak to a trusted adult when help is needed.

*Clarification 2:* Instruction includes seeking out the school nurse to help with a health-related problem.

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**Grade Kindergarten Resiliency Education Strand (No change from March SBOE meeting)**

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**HE.K.R.1. Character**

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HE.K.R.1.1 Define and give examples of kindness and caring.

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HE.K.R.1.2 Demonstrate the ability to take turns and share with others.

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HE.K.R.1.3 Describe ways to show respect to others.

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HE.K.R.1.4 Identify the difference between the truth and a lie.

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**HE.K.R.2. Personal Responsibility**

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HE.K.R.2.1 Identify healthy choices that affect personal wellness.

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HE.K.R.2.2 Demonstrate the ability to follow rules and directions.

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HE.K.R.2.3 Discuss the value of goal setting.

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HE.K.R.2.4 Identify and recognize basic feelings.

Benchmark Clarifications:

*Clarification 1:* Instruction includes sad, mad, happy, excited, and worried.

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HE.K.R.2.5 Identify personal strengths and actions individuals can do independently.

Benchmark Clarifications:

*Clarification 1:* Instruction includes social strengths including listening, sharing, adapting, empathy, showing courage, and leadership.

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**HE.K.R.3. Mentorship and Citizenship**

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HE.K.R.3.1 Identify the roles and responsibilities of trusted adults.

Benchmark Clarifications:

*Clarification 1:* Trusted adults may include parents, teachers, police officers, school counselors, and grandparents.

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HE.K.R.3.2 Identify characteristics of a good citizen in school and the community.

Benchmark Clarifications:

*Clarification 1:* Instruction includes following rules, listening, and being a good friend.

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***HE.K.R.4. Critical Thinking and Problem Solving***

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HE.K.R.4.1 Identify when help is needed and who to ask for help.

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HE.K.R.4.2 Identify the importance of sharing thoughts and ideas to solve problems.

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HE.K.R.4.3 Discuss ways to work together to solve problems.

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## Grade One Personal Health Concepts Strand

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### **HE.1.PHC.1 Core Concepts**

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HE.1.PHC.1.1 Recognize how healthy behaviors affect personal health.

Benchmark Clarifications:

*Clarification 1:* Instruction includes eating breakfast, playing safely on the playground, wearing a helmet on a bike, and participating in moderate to vigorous physical activity.

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HE.1.PHC.1.2 Identify how you can prevent childhood injuries in the home, school, and community settings.

Benchmark Clarifications:

*Clarification 1:* Instruction includes safety practices such as water safety, pedestrian safety, bicycle safety and playground rules.

*Clarification 2:* Instruction includes school safety.

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HE.1.PHC.1.3 Identify the correct names of human body parts.

Benchmark Clarifications:

*Clarification 1:* Body parts include stomach, intestines, heart, lungs, skin, muscles, and bones.

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HE.1.PHC.1.4 Describe ways you can prevent common communicable diseases.

Benchmark Clarifications:

*Clarification 1:* Instruction includes washing hands, covering mouth to cough and sneeze, and not sharing food or utensils.

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HE.1.PHC.1.5 Tell about behaviors that avoid or reduce health risks.

*Example:* Swimming with a buddy and following playground rules.

Benchmark Clarifications:

*Clarification 1:* Instruction focuses on following rules and personal hygiene.

*Clarification 2:* Instruction includes limiting screen time to less than one hour per day to increase physical and mental wellbeing.

*Clarification 3:* Instruction includes reporting unsafe behavior, in person and on the internet, to a trusted adult.

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### **HE.1.PHC.2 Internal and External Influence**

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HE.1.PHC.2.1 Identify how children learn health behaviors from family and friends.

Benchmark Clarifications:

*Clarification 1:* Instruction includes family and parents encouraging healthy behaviors such as eating healthy dinners together, physical activities together, setting bedtimes, and screen time rules.

*Clarification 2:* Instruction includes friends exhibiting positive behaviors such as sharing and kindness.

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HE.1.PHC.2.2 Explain why personal information should not be shared on the internet.

Example: Personal information to include address, phone numbers, health information, passwords.

Benchmark Clarifications:

*Clarification 1:* Instruction includes dangers of unknown senders.

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**HE.1.PHC.3 Prevention and Decision Making**

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HE.1.PHC.3.1 Describe situations when a health-related decision can be made individually or when assistance is needed.

Benchmark Clarifications:

*Clarification 1:* Instruction includes crossing a street and participating in water activities.

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HE.1.PHC.3.2 Identify healthy options to personal health-related issues or problems.

Benchmark Clarifications:

*Clarification 1:* Instruction includes safety practices such as wearing a bicycle helmet or water flotation devices.

*Clarification 2:* Instruction includes reporting danger or unsafe activities to a trusted adult.

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HE.1.PHC.3.3 Explain the consequences of not following rules/practices when making healthy and safe decisions.

Benchmark Clarifications:

*Clarification 1:* Instruction includes spreading germs that can cause illness in oneself or others.

*Clarification 2:* Instruction includes being physically hurt or hurting others on the playground, on the bus, in the classroom, at home, and in the community.

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HE.1.PHC.3.4 Establish a short-term health goal as a class and monitor progress toward achieving the goal.

Example: Washing hands after using bathroom and before meals, walking quietly in line, raising your hand, etc.

Benchmark Clarifications:

*Clarification 1:* To monitor progress, examples include observation, charting, etc.

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***HE.1.PHC.4 Advocacy***

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HE.1.PHC.4.1 Describe appropriate responses to unwanted, unsafe, and threatening situations.

Benchmark Clarifications:

*Clarification 1:* Instruction includes talking to a trusted adult and/or parent.

*Clarification 2:* Instruction includes seeking safety and running for help.

*Clarification 3:* Instruction includes asking for help with safety items.

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HE.1.PHC.4.2 Identify ways one can make request to promote personal health.

Benchmark Clarifications:

*Clarification 1:* Instruction includes asking for items such as a life jacket or hand soap.

*Clarification 2:* Instruction includes asking for help with tasks such as fixing a seat belt and crossing the street.

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## Grade One Community and Environmental Health Strand

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### **HE.1.CEH.1 Core Concepts**

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HE.1.CEH.1.1 Identify ways the community encourages a healthy environment.

*Example:* Pedestrian bridges, crosswalks, crossing guards, law enforcement.

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HE.1.CEH.1.2 Understand ways to prevent common communicable diseases in the community.

Benchmark Clarifications:

*Clarification 1:* Instruction focuses on personal hygiene to include washing hands, covering mouth to cough and sneeze, and not sharing food or utensils.

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### **HE.1.CEH.2 Internal and External Influence**

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HE.1.CEH.2.1 Recognize health consequences for not following rules.

Benchmark Clarifications:

*Clarification 1:* Instruction includes potential negative consequences such as injuries, arguments, and hurt feelings.

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### **HE.1.CEH.3 Prevention and Decision Making**

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HE.1.CEH.3.1 Identify ways in the community to prevent childhood injuries in the school and community settings.

*Example:* Community/school health fairs, immunizations, booster seat installation, swimming programs, etc.

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### **HE.1.CEH.4 Advocacy**

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HE.1.CEH.4.1 Help others to make positive health choices.

Benchmark Clarifications:

*Clarification 1:* Instruction includes following rules.

*Clarification 2:* Instruction includes selecting healthy foods.

*Clarification 3:* Instruction includes participating in physical activities.

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## Grade One Consumer Health Strand

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### **HE.1.CH.1 Core Concepts**

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HE.1.CH.1.1 Determine the meaning of warning labels and signs on hazardous products and places.

*Example:* Hazardous products may include medication bottles, alcohol, and other substances; hazardous places may include no-entry zones or hot stoves.

*Example:* Warning labels and signs include poison symbol, universal symbols for “No” and “Do not touch,” and crosswalk signals.

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### **HE.1.CH.3 Prevention and Decision Making**

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HE.1.CH.3.1 List healthy and unhealthy choices for personal health and safety.

Benchmark Clarifications:

*Clarification 1:* Instruction includes wearing a helmet.

*Clarification 2:* Instruction includes limiting screen time and choosing physical activity.

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### **HE.1.CH.4 Advocacy**

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HE.1.CH.4.1 Discuss ways to ask for support from a trusted adult or professional.

Benchmark Clarifications:

*Clarification 1:* Instruction includes asking to speak to a trusted adult when help is needed.

*Clarification 2:* Instruction includes seeking out the school nurse to help with a health-related problem.

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**Grade One Resiliency Education Strand (No change from March SBOE meeting)**

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**HE.1.R.1. Character**

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HE.1.R.1.1 Discuss ways to respect personal property and personal space of others.

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HE.1.R.1.2 Describe the traits of a good friend.

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HE.1.R.1.3 Identify the benefits of sharing and cooperation.

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HE.1.R.1.4 Define and give examples of honesty.

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HE.1.R.1.5 Identify strategies to overcome a challenge.

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**HE.1.R.2. Personal Responsibility**

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HE.1.R.2.1 Identify my role and responsibilities in the school, community, and family.

Benchmark Clarifications:

*Clarification 1:* Instruction includes following directions, rules, and procedures.

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HE.1.R.2.2 Establish a short-term goal as a class and take action toward achieving the goal.

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HE.1.R.2.3 Identify the characteristics of a responsible decision maker.

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HE.1.R.2.4 Describe how individual actions can affect others.

Benchmark Clarifications:

*Clarification 1:* Instruction includes sad, mad, happy, excited, and worried.

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HE.1.R.2.5 Identify strategies to discover and demonstrate personal strengths.

Benchmark Clarifications:

*Clarification 1:* Instruction includes sense of pride, working toward intrinsic motivation, and experiencing a sense of accomplishment.

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HE.1.R.2.6 Identify healthy ways to express needs and wants.

Benchmark Clarifications:

*Clarification 1:* Instruction includes asking for assistance from a trusted adult.

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***HE.1.R.3. Mentorship and Citizenship***

HE.1.R.3.1 Identify characteristics of a leader in the school community.

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HE.1.R.3.2 Demonstrate the characteristics of a good citizen in school and the community.

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***HE.1.R.4. Critical Thinking and Problem Solving***

HE.1.R.4.1 Identify the importance of working together to solve problems.

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HE.1.R.4.2 Identify the importance of sharing thoughts and ideas as an individual and as part of a group.

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HE.1.R.4.3 Understand that conflict may arise when working together.

Benchmark Clarifications:

*Clarification 1:* Instruction includes differing perspectives.

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## Grade Two Personal Health Concepts Strand

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### **HE.2.PHC.1 Core Concepts**

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HE.2.PHC.1.1 Discuss how healthy behaviors affect personal health.

Benchmark Clarifications:

*Clarification 1:* Instruction includes eating breakfast, playing safely on the playground, wearing a helmet on a bike, and participating in moderate to vigorous physical activity.

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HE.2.PHC.1.2 Describe ways you can prevent personal injuries.

Benchmark Clarifications:

*Clarification 1:* Instruction includes safety practices such as water safety, pedestrian safety, and bicycle safety.

*Clarification 2:* Instruction includes recognizing abusive behaviors.

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HE.2.PHC.1.3 Recognize the locations and functions of major human organs.

Benchmark Clarifications:

*Clarification 1:* Instruction includes the functions of the heart, lungs, and muscles in relation to cardiovascular health.

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HE.2.PHC.1.4 Select trusted adults and professionals who can help promote health.

Benchmark Clarifications:

*Clarification 1:* Instruction includes individuals such as family members, educators, and first responders.

*Clarification 2:* Instruction includes identifying who to report suspicious internet behavior to.

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HE.2.PHC.1.5 Recognize healthy practices and behaviors to maintain or improve personal health.

Benchmark Clarifications:

*Clarification 1:* Instruction includes seeking a safe environment and seeking help.

*Clarification 2:* Instruction includes recognizing safe websites to visit and television shows to watch.

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### **HE.2.PHC.2 Internal and External Influence**

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HE.2.PHC.2.1 Describe how outside influences, family, and friends can influence personal health decisions.

Benchmark Clarifications:

*Clarification 1:* Instruction includes consistent home safety rules.

*Clarification 2:* Instruction includes telling the truth and treating others with respect.

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HE.2.PHC.2.2 Describe ways a safe, healthy home environment can promote personal health.

Benchmark Clarifications:

*Clarification 1:* Instruction includes secured poisonous products and substances.

*Clarification 2:* Instruction includes home safety plan for events such as fires and hurricanes.

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HE.2.PHC.2.3 Describe the attributes of a safe and responsible internet user.

Benchmark Clarifications:

*Clarification 1:* Instruction includes protecting personal information, reporting cyberbullying, and recognizing inappropriate content/contact.

*Clarification 2:* Instruction includes limiting screen time to avoid health risks to vision, sleep quality, and mental health.

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**HE.2.PHC.3 Prevention and Decision Making**

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HE.2.PHC.3.1 Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

Benchmark Clarifications:

*Clarification 1:* Instruction includes determining when a friend is in trouble.

*Clarification 2:* Instruction includes choosing safe environments and safe adults to trust.

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HE.2.PHC.3.2 List healthy options to health-related issues or problems.

Benchmark Clarifications:

*Clarification 1:* Instruction includes safety practices such as wearing a bicycle helmet or water flotation devices.

*Clarification 2:* Instruction includes peer cooperation and communication.

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HE.2.PHC.3.3 Compare the consequences of following/not following rules/practices when making healthy and safe decisions.

Benchmark Clarifications:

*Clarification 1:* Instruction includes staying home when sick vs. attending school and spreading germs that can cause illness in oneself or others.

*Clarification 2:* Instruction includes being physically hurt or hurting others in your environment.

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HE.2.PHC.3.4 Discuss short-term and long-term goals and their importance to physical health.

*Example:* Daily, weekly, monthly activities that impact physical health.

Benchmark Clarifications:

*Clarification 1:* Instruction includes the difference between short- and long-term goals.

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HE.2.PHC.3.5 Establish a short-term health goal as a class and monitor progress toward achieving the goal.

*Example:* Washing hands after using bathroom and before meals, walking quietly in line, raising your hand, etc.

Benchmark Clarifications:

*Clarification 1:* To monitor progress, examples include observation, charting, etc.

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**HE.2.PHC.4 Advocacy**

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HE.2.PHC.4.1 Demonstrate appropriate responses to unwanted, unsafe, and threatening situations.

Benchmark Clarifications:

*Clarification 1:* Instruction includes talking to a trusted adult and/or parent.

*Clarification 2:* Instruction includes seeking safety and running for help.

*Clarification 3:* Instruction includes asking for help with safety items, e.g., a life jacket, hand soap, buckling a seat belt, crossing the street, etc.

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## Grade Two Community and Environmental Health Strand

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### ***HE.2.CEH.1 Core Concepts***

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HE.2.CEH.1.1 Identify how healthy behaviors affect the community.

Benchmark Clarifications:

*Clarification 1:* Instruction includes practicing healthy hygiene to prevent spread of disease.

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HE.2.CEH.1.2 Describe ways to prevent common communicable diseases in the community.

Benchmark Clarifications:

*Clarification 1:* Instruction focuses on personal hygiene to include washing hands, covering mouth to cough and sneeze, and not sharing food or utensils.

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### ***HE.2.CEH.2 Internal and External Influence***

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HE.2.CEH.2.1 Explain the ways that rules make the classroom, school, and community safer.

Benchmark Clarifications:

*Clarification 1:* Discussion includes rules such as walking instead of running, waiting your turn, and following traffic and water safety laws.

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HE.2.CEH.2.2 Describe how the school and community influence health behaviors of children.

*Example:* Nutrition in school lunches, community gardens, recycling, school health fairs.

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### ***HE.2.CEH.3 Prevention and Decision Making***

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HE.2.CEH.3.1 Describe ways the community can prevent childhood injuries in the school and community settings.

*Example:* Community/school health fairs, immunizations, swimming programs, etc.

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### ***HE.2.CEH.4 Advocacy***

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HE.2.CEH.4.1 Support peers when making positive health choices.

Benchmark Clarifications:

*Clarification 1:* Instruction includes using a buddy system and helping others.

*Clarification 2:* Instruction includes recognizing trusted adults as a resource.

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## Grade Two Consumer Health Concepts Strand

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### **HE.2.CH.1 Core Concepts**

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HE.2.CH.1.1 Understand the meaning of warning labels and signs on hazardous products.

*Example:* Hazardous products may include medication bottles, alcohol, and other substances; hazardous places may include no-entry zones, hazardous waste zones, and hot stoves.

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### **HE.2.CH.3 Prevention and Decision Making**

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HE.2.CH.3.1 Describe healthy and unhealthy choices.

Benchmark Clarifications:

*Clarification 1:* Instruction includes limiting screen time, including television, safe websites and video games, to less than two hours per day.

*Clarification 2:* Instruction includes nutritional food choices instead of unhealthy food in the cafeteria.

*Clarification 3:* Instruction includes the benefits of adequate water consumption.

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### **HE.2.CH.4 Advocacy**

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HE.2.CH.4.1 Practice ways to ask for support from a trusted adult or professional.

Benchmark Clarifications:

*Clarification 1:* Instruction includes asking to speak to a trusted adult when help is needed.

*Clarification 2:* Instruction includes seeking out the school nurse to help with a health-related problem.

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**Grade Two Resiliency Education Strand (No change from March SBOE meeting)**

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**HE.2.R.1. Character**

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HE.2.R.1.1 Identify the benefits of showing kindness and treating others with respect.

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HE.2.R.1.2 Identify what a conflict is and how disagreements can happen.

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HE.2.R.1.3 Explain the importance of being truthful.

---

**HE.2.R.2. Personal Responsibility**

---

HE.2.R.2.1 Identify ways to make positive contributions to the wellbeing of the school and the community.

---

HE.2.R.2.2 Identify personal goals and strategies to achieve those goals.

---

HE.2.R.2.3 Demonstrate healthy ways to express needs, wants, and listening skills.

Benchmark Clarifications:

*Clarification 1:* Instruction includes paying attention, making eye contact, asking for help, etc.

---

HE.2.R.2.4 Identify personal strengths and areas for improvement.

---

**HE.2.R.3. Mentorship and Citizenship**

---

HE.2.R.3.1 Identify ways to benefit the school and the community.

Benchmark Clarifications:

*Clarification 1:* Instruction includes conservation, recycling, being a classroom helper, and volunteering.

---

HE.2.R.3.2 Identify characteristics of a community leader.

---

**HE.2.R.4. Critical Thinking and Problem Solving**

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HE.2.R.4.1 Identify strategies to work together to solve problems.

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HE.2.R.4.2 Identify how disagreements can be settled using conflict resolution skills.

---

## Grade Three Personal Health Concepts Strand

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### **HE.3.PHC.1 Core Concepts**

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HE.3.PHC.1.1 Describe healthy behaviors that affect personal health.

*Example:* Covering mouth during a cough/sneeze, washing hands before eating and after using the bathroom, performing daily physical activity, never using others' hair/toothbrushes, exercising regularly, avoiding junk food, and avoiding tobacco and alcohol products.

Benchmark Clarifications:

*Clarification 1:* Instruction includes preventing the spread of germs.

---

HE.3.PHC.1.2 Apply ways you can prevent personal injuries.

Benchmark Clarifications:

*Clarification 1:* Instruction includes safety practices such as water safety, pedestrian safety, fire safety, gun safety, and bicycle safety.

*Clarification 2:* Instruction includes recognizing abusive behaviors (personal safety).

---

HE.3.PHC.1.3 Recognize that body parts and organs work together to form human body systems.

Benchmark Clarifications:

*Clarification 1:* Body systems include the circulatory system, digestive system, nervous system, reproductive system, and other body systems.

---

HE.3.PHC.1.4 Discuss behaviors that avoid or reduce health risks.

*Example:* Swimming with a buddy and following playground rules.

Benchmark Clarifications:

*Clarification 1:* Instruction focuses on following rules and personal hygiene.

---

HE.3.PHC.1.5 Demonstrate health behaviors to maintain or improve personal health.

Benchmark Clarifications:

*Clarification 1:* Instruction includes following rules and listening to trusted adults.

*Clarification 2:* Instruction includes exercising, eating healthy foods and staying hydrated.

---

### **HE.3.PHC.2 Internal and External Influence**

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HE.3.PHC.2.1 Describe how outside influences, family, and friends can influence health behaviors.



Benchmark Clarifications:

*Clarification 1:* Instruction includes family beliefs and traditions.

*Clarification 2:* Instruction includes friends' beliefs and traditions.

---

HE.3.PHC.2.2 Identify what the school and community do to support personal health practices and behaviors.

Benchmark Clarifications:

*Clarification 1:* Instruction includes nutrition in school lunches and school and community gardens.

*Clarification 2:* Instruction includes safety drills including fire, weather, and lock-down drills in the school.

---

HE.3.PHC.2.3 Understand the positive and negative impacts technology may have on health.

Benchmark Clarifications:

*Clarification 1:* Instruction for positive impacts includes calling 911 when help is needed, medical advances, telehealth, and interacting with peers online in a healthy way.

*Clarification 2:* Instruction for negative impacts includes excess screen time (over two hours per day), overuse of cell phones and computers, and overuse of video games.

---

HE.3.PHC.2.4 Identify appropriate and inappropriate uses of the internet and communicating with others through technology.

Benchmark Clarifications:

*Clarification 1:* Instruction for appropriate uses includes completing homework and visiting safe websites with a parent or trusted adult.

*Clarification 2:* Instruction for inappropriate uses includes interacting with unknown users, cyberbullying, and visiting unsafe websites.

---

HE.3.PHC.2.5 Identify types of cyberbullying.

Benchmark Clarifications:

*Clarification 1:* Instruction includes sending, posting, or sharing negative, harmful, false, or mean content about someone else online.

*Clarification 2:* Instruction includes sharing personal or private information about someone else.

---

**HE.3.PHC.3 Prevention and Decision Making**

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HE.3.PHC.3.1 Explain when assistance is needed when making a health-related decision.

Benchmark Clarifications:

*Clarification 1:* Instruction includes when to reach out to an appropriate health helper, when to call 911, and to whom fears of personal safety or health issues should be reported.

---

---

HE.3.PHC.3.2 Recognize healthy options when making decisions for yourself that avoid or reduce health risks.

Benchmark Clarifications:

*Clarification 1:* Instruction includes oral hygiene and going to the doctor.

*Clarification 2:* Instruction includes eating healthy foods and participating in physical activity.

---

HE.3.PHC.3.3 Discuss the potential short-term personal impact of each option when making a health-related decision.

Benchmark Clarifications:

*Clarification 1:* Instruction includes benefits of personal hygiene, such as preventing illness and disease.

---

HE.3.PHC.3.4 Select a personal health goal and track progress toward achievement.

Benchmark Clarifications:

*Clarification 1:* Instruction includes tracking daily physical activity or limiting media use.

---

HE.3.PHC.3.5 Discuss healthy options to health-related issues or problems.

Benchmark Clarifications:

*Clarification 1:* Instruction includes choosing healthy foods.

*Clarification 2:* Instruction includes choosing safe environments and safe adults to trust.

---

**HE.3.PHC.4 Advocacy**

---

HE.3.PHC.4.1 Practice appropriate responses to unwanted, unsafe, and threatening situations.

Benchmark Clarifications:

*Clarification 1:* Instruction includes talking to a trusted adult and/or parent.

*Clarification 2:* Instruction includes seeking safety and running for help.

*Clarification 3:* Instruction includes asking for help with safety items, e.g., a life jacket, hand soap, buckling a seat belt, crossing the street, etc.

---

## Grade Three Community and Environmental Health Strand

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### **HE.3.CEH.1 Core Concepts**

---

HE.3.CEH.1.1 Relate how healthy behaviors impact the community.

Benchmark Clarifications:

*Clarification 1:* Instruction includes practicing good hygiene.

*Clarification 2:* Instruction includes working well with others.

---

HE.3.CEH.1.2 Understand common childhood health conditions and their impact on school and community environments.

Benchmark Clarifications:

*Clarification 1:* Instruction includes diabetes, asthma, and food allergies.

---

HE.3.CEH.1.3 Identify the impact of internet and social media in the community.

Benchmark Clarifications:

*Clarification 1:* Instruction includes positive impact such as spreading awareness and information.

*Clarification 2:* Instruction includes negative impact such as sharing misinformation, cyberbullies, and health risks.

---

### **HE.3.CEH.2 Internal and External Influence**

---

HE.3.CEH.2.1 Identify classroom and school rules that promote health and disease prevention.

Benchmark Clarifications:

*Clarification 1:* Discussion includes rules such as walking instead of running, keeping areas clean, and listening to school personnel.

---

HE.3.CEH.2.2 Explore how the traditions and customs of the school and community influence health behavior of children.

*Example:* School health fundraisers and health fairs, school assemblies, community gardens.

---

### **HE.3.CEH.3 Prevention and Decision Making**

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HE.3.CEH.3.1 Explore ways the community can prevent childhood injuries in the school and community settings.

*Example:* Community/school health fairs, immunizations, swimming programs, etc.

---

### **HE.3.CEH.4 Advocacy**

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HE.3.CEH.4.1 Encourage positive behaviors and healthy choices by others.

Benchmark Clarifications:

*Clarification 1:* Instruction includes selecting healthy food choices.

*Clarification 2:* Instruction includes following playground rules.

---

## Grade Three Consumer Health Strand

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### **HE.3.CH.1 Core Concepts**

---

HE.3.CH.1.1 Locate resources from home, school, and community that provide valid health information, products, and services.

Benchmark Clarifications:

*Clarification 1:* Resources include internet, brochures, books, and local organizations such as the Department of Health.

---

HE.3.CH.1.2 Describe why it is important to seek health care.

Benchmark Clarifications:

*Clarification 1:* Instruction includes prevention of tooth decay, hearing exams to assess hearing, and eye exams to assess vision.

---

### **HE.3.CH.2 Internal and External Influence**

---

HE.3.CH.2.1 Describe how the internet and various media/social media outlets influence the selection of health information, products, and services.

Benchmark Clarifications:

*Clarification 1:* Instruction includes food packaging, television ads, billboards, and social media.

---

HE.3.CH.2.2 Identify resources that could assist in achieving personal health goals.

Benchmark Clarifications:

*Clarification 1:* Examples include family support, organized sports, school walking club, teachers, school counselors, etc.

---

### **HE.3.CH.3 Prevention and Decision Making**

---

HE.3.CH.3.1 Describe criteria for selecting health information, resources, products, and services.

Benchmark Clarifications:

*Clarification 1:* Instruction includes reading food labels.

*Clarification 2:* Instruction includes finding valid and reputable websites, books, and brochures.

---

### **HE.3.CH.4 Advocacy**

---

HE.3.CH.4.1 Describe ways to encourage healthy school environments.

Benchmark Clarifications:

*Clarification 1:* Instruction includes participating in healthy clubs or activities at school.

*Clarification 2:* Instruction includes taking safe routes to school.

---

**Grade Three Resiliency Education Strand (No change from March SBOE meeting)**

---

***HE.3.R.1. Character***

---

HE.3.R.1.1 Identify skills needed when working with others.

Benchmark Clarifications:

*Clarification 1:* Instruction includes listening, cooperating, taking turns, and compromise.

---

HE.3.R.1.2 Identify ways to display trustworthiness.

---

HE.3.R.1.3 Discuss ways to be loyal to friends and family.

---

***HE.3.R.2. Personal Responsibility***

---

HE.3.R.2.1 Categorize resources used to achieve a personal goal.

---

HE.3.R.2.2 Identify ways in which my decisions affect others.

---

HE.3.R.2.3 Describe positive ways to deal with failure and learn from challenges.

---

HE.3.R.2.4 Discuss how skills can be improved through hard work and perseverance.

---

***HE.3.R.3. Mentorship and Citizenship***

---

HE.3.R.3.1 Identify leadership opportunities within the school and the community.

---

HE.3.R.3.2 Identify opportunities to volunteer or serve others in the school or community.

---

***HE.3.R.4. Critical Thinking and Problem Solving***

---

HE.3.R.4.1 Explain the importance of always taking ownership for personal actions.

---

HE.3.R.4.2 Identify different solutions and potential outcomes when problems arise.

---

## Grade Four Personal Health Concepts Strand

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### **HE.4.PHC.1 Core Concepts**

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HE.4.PHC.1.1 Identify examples of mental and physical health.

Benchmark Clarifications:

*Clarification 1:* Mental health: examples include healthy coping skills; self-regulating and self-soothing behaviors; ability to communicate needs, control impulses, and focus/refocusing on current tasks; showing empathy and compassion; listening skills, etc.

*Clarification 2:* Physical health: examples include healthy eating behaviors; performing daily physical activity; personal hygiene care; and avoiding tobacco, alcohol, and other drugs.

---

HE.4.PHC.1.2 Analyze ways you can prevent personal injuries.

Benchmark Clarifications:

*Clarification 1:* Instruction includes safety practices such as water safety, pedestrian safety, fire safety, gun safety, and bicycle safety.

*Clarification 2:* Instruction includes recognizing abusive behaviors (personal safety).

---

HE.4.PHC.1.3 Identify the human body parts and organs that work together to form healthy body systems.

Benchmark Clarifications:

*Clarification 1:* Body systems include the circulatory system, digestive system, nervous system, reproductive system, and other body systems.

---

HE.4.PHC.1.4 Identify the relationship between healthy behaviors and personal health.

Benchmark Clarifications:

*Clarification 1:* Instruction includes choosing healthy foods for optimal growth and development.

*Clarification 2:* Instruction includes participating in daily physical activity to prevent heart disease and obesity.

*Clarification 3:* Instruction includes wearing safety gear, including a bike helmet, to prevent injuries.

*Clarification 4:* Instruction includes washing hands for disease prevention.

---

### **HE.4.PHC.2 Internal and External Influence**

---

HE.4.PHC.2.1 Identify how outside influences, including family and friends, affect health practices and behaviors.



Benchmark Clarifications:

*Clarification 1:* Instruction includes recognizing and avoiding bullying behaviors.

*Clarification 2:* Instruction includes choosing to avoid tobacco products or inhalants.

---

HE.4.PHC.2.2 Describe ways a safe, healthy school environment can influence personal health.

Benchmark Clarifications:

*Clarification 1:* Instruction includes safety patrols, school crossing guards, and safety resource officers.

*Clarification 2:* Instruction includes hand washing and practicing good hygiene.

*Clarification 3:* Instruction includes daily physical activity as part of the school day.

---

HE.4.PHC.2.3 Discuss how technology influences personal thoughts, feelings, and health behaviors.

Benchmark Clarifications:

*Clarification 1:* Instruction includes the negative impacts of cyberbullying.

*Clarification 2:* Instruction includes limiting screen time to less than two hours per day to prevent health risks such as sleep difficulties, mood problems, physical inactivity, and decreased learning opportunities.

---

HE.4.PHC.2.4 Discuss how media/social media influences personal thoughts, feelings, and health behaviors.

*Example:* Anti-drug campaigns.

Benchmark Clarifications:

*Clarification 1:* Instruction includes marketing strategies to appeal to specific audiences.

*Clarification 2:* Instruction includes negative effects on mental health, such as social media addiction.

---

HE.4.PHC.2.5 Identify health-related consequences of inappropriate and/or excessive internet use.

Benchmark Clarifications:

*Clarification 1:* Health-related consequences include decreased mental well-being, loss of vision, sleep difficulties, and decreased physical activity leading to obesity.

*Clarification 2:* Health-related consequences include musculoskeletal conditions caused by prolonged use of devices.

---

**HE.4.PHC.3 Prevention and Decision Making**

---

HE.4.PHC.3.1 Examine when assistance is needed to make a health-related decision.

Benchmark Clarifications:

*Clarification 1:* Instruction includes assistance for administering first aid.

*Clarification 2:* Instruction includes addressing conflict between peers.

---

HE.4.PHC.3.2 Apply healthy options when making decisions to maintain or improve personal health and reduce health risks.

Benchmark Clarifications:

*Clarification 1:* Instruction includes avoiding substances, such as tobacco and alcohol.

*Clarification 2:* Instruction includes practicing general personal hygiene to prevent disease and illness.

---

HE.4.PHC.3.3 Predict the potential short-term impact of each option on self and others when making a health-related decision.

Benchmark Clarifications:

*Clarification 1:* Instruction includes participating in physical activity and effect on cardiovascular and physical health.

*Clarification 2:* Instruction includes practicing proper hygiene and nutrition and effect on quality of life.

---

HE.4.PHC.3.4 Create a personal health goal and track progress toward achievement.

*Example:* Eating healthy, balanced meals and/or participating in daily physical activity.

---

HE.4.PHC.3.5 Choose healthy options to health-related issues or problems.

Benchmark Clarifications:

*Clarification 1:* Instruction includes responding to an injury; connecting with the appropriate health helper, including school counselors (mental health issues); peer pressure/healthy friendships, etc.

---

**HE.4.PHC.4 Advocacy**

---

HE.4.PHC.4.1 Select appropriate responses to unwanted, unsafe, and threatening situations.

*Example:* Talking to a trusted adult, assertiveness skills.

Benchmark Clarifications:

*Clarification 1:* Instruction includes talking to a trusted adult and/or parent.

*Clarification 2:* Instruction includes seeking safety and running for help.

*Clarification 3:* Instruction includes asking for help with safety items, e.g., a life jacket, hand soap.

---

## Grade Four Community and Environmental Health Strand

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### **HE.4.CEH.1 Core Concepts**

---

HE.4.CEH.1.1 Investigate how healthy and unhealthy behaviors impact the community.

Benchmark Clarifications:

*Clarification 1:* Instruction includes practicing good hygiene to prevent illness.

*Clarification 2:* Instruction includes disadvantages of not following community/school rules.

---

HE.4.CEH.1.2 Recognize common childhood health conditions and their impact on school and community environments.

Benchmark Clarifications:

*Clarification 1:* Instruction includes diabetes, asthma, and food allergies.

---

HE.4.CEH.1.3 Discuss the impact of internet and social media in the community.

Benchmark Clarifications:

*Clarification 1:* Instruction includes positive impact such as spreading awareness and information.

*Clarification 2:* Instruction includes negative impacts such as sharing misinformation, human trafficking, cyberbullies, permanence of social media posts, and social media addiction.

---

### **HE.4.CEH.2 Internal and External Influence**

---

HE.4.CEH.2.1 Recognize types of school rules and community laws that promote health and disease prevention.

Benchmark Clarifications:

*Clarification 1:* Discussion includes laws such as wearing a seat belt or helmet, clean indoor-air laws, and speed limits.

---

HE.4.CEH.2.2 Explain the important roles that school and community play in health practices and behaviors.

Benchmark Clarifications:

*Clarification 1:* Instruction includes disaster preparedness.

*Clarification 2:* Instruction includes school and community recycling programs and organizations.

---

### **HE.4.CEH.3 Prevention and Decision Making**

---

HE.4.CEH.3.1 Compare community resources available to prevent common childhood injuries and health problems.

*Example:* Community/school health fairs, immunizations, swimming programs, etc.

---

**HE.4.CEH.4 Advocacy**

---

HE.4.CEH.4.1 Assist others to make positive health choices in their school and community.

Benchmark Clarifications:

*Clarification 1:* Instruction includes modeling safe behaviors, including water safety and street safety.

*Clarification 2:* Instruction includes reporting bullying and unsafe behaviors.

---

## Grade Four Consumer Health Strand

---

### **HE.4.CH.1 Core Concepts**

---

HE.4.CH.1.1 Describe characteristics of valid health information, products, and services.

Benchmark Clarifications:

*Clarification 1:* Characteristics include professional certification, proper labeling, complete directions for use, source, and date.

*Clarification 2:* Instruction includes trusted adults, reliable and trustworthy websites, etc.

---

HE.4.CH.1.2 Distinguish differences among various healthcare providers, products, and services.

Benchmark Clarifications:

*Clarification 1:* Instruction includes different types of healthcare providers and emergency medical services.

*Clarification 2:* Instruction includes prescription versus non-prescription drugs.

---

### **HE.4.CH.2 Internal and External Influence**

---

HE.4.CH.2.1 Recognize ways health messages and communication techniques can be targeted for different audiences through internet and social media sources.

Benchmark Clarifications:

*Clarification 1:* Instruction includes music, television ads, billboards, and social media.

---

HE.4.CH.2.2 Categorize resources that could assist in achieving a small group personal health goal.

Benchmark Clarifications:

*Clarification 1:* Resources include family, school personnel, community service providers, and resource guides.

---

### **HE.4.CH.3 Prevention and Decision Making**

---

HE.4.CH.3.1 Construct criteria for selecting health resources, products, services, and reputable technologies.

Benchmark Clarifications:

*Clarification 1:* Instruction includes asking if resources are safe, affordable, reliable, and available.

---

### **HE.4.CH.4 Advocacy**

---

HE.4.CH.4.1 Choose ways to promote healthy school environments.

Benchmark Clarifications:

*Clarification 1:* Instruction includes participating in healthy clubs or activities at school.

*Clarification 2:* Instruction includes taking safe routes to school.

---

**Grade Four Resiliency Education Strand (No change from March SBOE meeting)**

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***HE.4.R.1. Character***

---

HE.4.R.1.1 Consider the perspectives of others.

---

HE.4.R.1.2 Identify the benefits of treating others with respect.

---

HE.4.R.1.3 Predict the potential outcomes of repeating and/or sharing information that is not true.

---

HE.4.R.1.4 Identify strategies to help persevere in difficult situations.

---

***HE.4.R.2. Personal Responsibility***

---

HE.4.R.2.1 Discuss ways to take responsibility for one’s actions.

---

HE.4.R.2.2 Identify the value of making healthy choices for personal well-being.

---

HE.4.R.2.3 Create a personal goal and track progress toward achievement.

---

HE.4.R.2.4 Explain how attitudes and thoughts can influence your behavior.

---

***HE.4.R.3. Mentorship and Citizenship***

---

HE.4.R.3.1 Identify opportunities to actively participate as a responsible citizen in the school and the local community.

---

HE.4.R.3.2 Model serving or helping others in the school or community.

---

***HE.4.R.4. Critical Thinking and Problem Solving***

---

HE.4.R.4.1 Describe how perseverance may help overcome obstacles.

---

HE.4.R.4.2 Describe strategies to resolve conflicts.

---

**Benchmark Clarifications:**

*Clarification 1:* Instruction includes compromise, agreeing to disagree, and civil discourse.

---

## Grade Five Personal Health Concepts Strand

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### **HE.5.PHC.1 Core Concepts**

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HE.5.PHC.1.1 Demonstrate the physical and mental dimensions of health.

Benchmark Clarifications:

*Clarification 1:* Instruction includes the importance of getting along with others and respecting personal space.

*Clarification 2:* Instruction includes the importance of feeling safe.

---

HE.5.PHC.1.2 Explain ways you can prevent personal injuries.

Benchmark Clarifications:

*Clarification 1:* Instruction includes safety practices such as water safety, pedestrian safety, fire safety, gun safety, and bicycle safety.

*Clarification 2:* Instruction includes recognizing abusive behaviors (personal safety).

---

HE.5.PHC.1.3 Explain how human body parts and organs work together in healthy body systems, including the endocrine and reproductive systems.

Benchmark Clarifications:

*Clarification 1:* Instruction includes the digestive and circulatory systems receiving and distributing nutrients to provide energy.

*Clarification 2:* Instruction includes endocrine glands influencing the reproductive system.

*Clarification 3:* Instruction includes respiratory system providing oxygen to other body systems.

---

HE.5.PHC.1.4 Describe the relationship between healthy behaviors and personal health.

Benchmark Clarifications:

*Clarification 1:* Instruction includes avoiding substances, including alcohol and tobacco, to prevent disease.

*Clarification 2:* Instruction includes the positive impact of healthy relationships.

*Clarification 3:* Instruction includes safe behaviors, including wearing a bike helmet or seatbelt to prevent injuries.

---

### **HE.5.PHC.2 Internal and External Influence**

---

HE.5.PHC.2.1 Explain how outside influences, including family and friends, affect health practices and behaviors.



Benchmark Clarifications:

*Clarification 1:* Instruction includes recognizing and avoiding bullying behaviors.

*Clarification 2:* Instruction includes choosing to avoid tobacco products or inhalants.

*Clarification 3:* Instruction includes media, family system, culture, peers, friends, and community.

---

HE.5.PHC.2.2 Explain ways a safe, healthy home and school environment promote personal health.

Benchmark Clarifications:

*Clarification 1:* Instruction includes having a smoke-free home environment.

*Clarification 2:* Instruction includes having a clean/orderly environment with rules.

---

HE.5.PHC.2.3 Explain how technology influences personal thoughts, feelings, and health behaviors.

Benchmark Clarifications:

*Clarification 1:* Instruction includes the negative impacts of cyberbullying.

*Clarification 2:* Instruction includes overuse of screen time leading to mental health challenges, including addiction.

---

HE.5.PHC.2.4 Discuss how media/social media influences personal and family health behaviors.

*Example:* Nutrition/diet trends.

Benchmark Clarifications:

*Clarification 1:* Instruction includes marketing strategies to appeal to specific audiences.

*Clarification 2:* Instruction includes social media impact on body image, self-esteem, and self-image.

---

HE.5.PHC.2.5 Identify the legal and social consequences of inappropriate social media use.

Benchmark Clarifications:

*Clarification 1:* Legal consequences includes disciplinary action by the school or criminal penalties.

*Clarification 2:* Social consequences include social isolation, decline in academic performance, loss of friendships, and decreased social skills.

---

**HE.5.PHC.3 Prevention and Decision Making**

---

HE.5.PHC.3.1 Analyze when assistance is needed when making a health-related decision.

Benchmark Clarifications:

*Clarification 1:* Instruction includes safety practices.

*Clarification 2:* Instruction includes addressing peer relationships and dangerous events.

---

---

HE.5.PHC.3.2 Select a healthy option when making decisions for yourself to maintain or improve personal health and reduce health risks.

Benchmark Clarifications:

*Clarification 1:* Instruction includes reporting bullying and resolving conflicts with peers.

*Clarification 2:* Instruction includes using safety equipment and gear.

---

HE.5.PHC.3.3 Compare the potential short-term impact of each option on self and others when making a health-related decision.

Benchmark Clarifications:

*Clarification 1:* Instruction includes the impact of substance use, including alcohol or tobacco.

*Clarification 2:* Instruction includes practicing positive character traits and behavior to form relationships.

---

HE.5.PHC.3.4 Develop a personal health goal and track progress toward achievement.

---

HE.5.PHC.3.5 Summarize healthy options to health-related issues or problems.

Benchmark Clarifications:

*Clarification 1:* Instruction includes discussion with a trusted adult, parent, or school counselor.

---

**HE.5.PHC.4 Advocacy**

---

HE.5.PHC.4.1 Evaluate appropriate responses to unwanted, unsafe, and threatening situations.

Benchmark Clarifications:

*Clarification 1:* Instruction includes talking to a trusted adult and/or parent.

*Clarification 2:* Instruction includes seeking safety and running for help.

*Clarification 3:* Instruction includes asking for help with safety items, e.g., a life jacket, hand soap.

---

## Grade Five Community and Environmental Health Strand

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### **HE.5.CEH.1 Core Concepts**

---

HE.5.CEH.1.1 Compare and contrast how healthy and unhealthy behaviors impact the community.

Benchmark Clarifications:

*Clarification 1:* Instruction includes outcomes of not following school and community rules.

---

HE.5.CEH.1.2 Explain common childhood health conditions and their impact on school and community environments.

Benchmark Clarifications:

*Clarification 1:* Instruction includes diabetes, asthma, and food allergies.

---

HE.5.CEH.1.3 Explain how community health can be impacted by internet and social media in the community.

Benchmark Clarifications:

*Clarification 1:* Instruction includes spreading awareness and information.

*Clarification 2:* Instruction includes public service announcements on health.

---

### **HE.5.CEH.2 Internal and External Influence**

---

HE.5.CEH.2.1 Give examples of school and public health policies that influence health promotion and disease prevention.

Benchmark Clarifications:

*Clarification 1:* Examples include seat belt laws, helmet laws, emergency drills, and school bus policies.

---

HE.5.CEH.2.2 Investigate influences that change health beliefs and behaviors.

Benchmark Clarifications:

*Clarification 1:* Instruction includes substance use behaviors being portrayed in the media.

*Clarification 2:* Instruction includes social media influence.

---

HE.5.CEH.2.3 Determine how media/social media influences health behaviors and the selection of health information, products, and services.

Benchmark Clarifications:

*Clarification 1:* Instruction includes social media platforms influencing the selection of products.

---

### **HE.5.CEH.3 Prevention and Decision Making**

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---

HE.5.CEH.3.1 Research community resources available to prevent common childhood injuries and health problems.

*Example:* Community/school health fairs, immunizations, swimming programs, etc.

---

**HE.5.CEH.4 Advocacy**

---

HE.5.CEH.4.1 Persuade others to make positive health choices.

Benchmark Clarifications:

*Clarification 1:* Instruction includes practicing negotiation skills.

*Clarification 2:* Instruction includes advocating for a tobacco-free environment.

---

## Grade Five Consumer Health Strand

---

### **HE.5.CH.1 Core Concepts**

---

HE.5.CH.1.1 Discuss characteristics of valid health information, products, and services.

Benchmark Clarifications:

*Clarification 1:* Characteristics include professional certification, proper labeling, complete directions for use, source, and date.

---

HE.5.CH.1.2 Research resources from home, school, and the community that provide valid health information.

Benchmark Clarifications:

*Clarification 1:* Resources include technology (phone, television, internet, radio), media, locations (library, health department, pharmacy, hospitals), and items (scale, pedometer).

---

HE.5.CH.1.3 Recognize appropriate health care products and services in the community.

Benchmark Clarifications:

*Clarification 1:* Instruction includes seeking counseling or healthcare for individual needs.

---

### **HE.5.CH.2 Internal and External Influence**

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HE.5.CH.2.1 Identify ways health messages and communication techniques can be targeted for different audiences through internet and social media sources.

Benchmark Clarifications:

*Clarification 1:* Instruction includes surveys, advertisements, billboards, and social media.

---

HE.5.CH.2.2 Select reliable resources that would assist in achieving a personal health goal.

Benchmark Clarifications:

*Clarification 1:* Resources include family, school personnel, community service providers, and resource guides.

---

### **HE.5.CH.3 Prevention and Decision Making**

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HE.5.CH.3.1 Evaluate criteria for selecting health resources, products, and services.

Benchmark Clarifications:

*Clarification 1:* Instruction includes determining criteria function, directions for use, competence of providers, and costs.

---

***HE.5.CH.4 Advocacy***

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HE.5.CH.4.1      Develop a plan as a class to champion healthy school environments.

Benchmark Clarifications:

*Clarification 1:* Instruction includes participating in healthy clubs or activities at school.

*Clarification 2:* Instruction includes taking safe routes to school.

---

**Grade Five Resiliency Education Strand (No change from March SBOE meeting)**

**HE.5.R.1. Character**

HE.5.R.1.1 Discuss how to work together to achieve a positive outcome.

HE.5.R.1.2 Identify how to communicate effectively within a group.

HE.5.R.1.3 Describe the importance of considering the perspective of others when communicating.

HE.5.R.1.4 Discuss ways that honesty and trustworthiness can lead to school and career success.

**HE.5.R.2. Personal Responsibility**

HE.5.R.2.1 Describe the importance of having the courage to do the right thing even when it is difficult.

HE.5.R.2.2 Discuss how responsible decision-making affects personal well-being.

HE.5.R.2.3 Select reliable resources that would assist in achieving a personal goal.

HE.5.R.2.4 Devise an individual goal (short or long term) to adopt, maintain, or improve a personal practice.

HE.5.R.2.5 Explain how attitudes and thoughts can influence your behavior and affect others.

HE.5.R.2.6 Demonstrate how to positively respond to external influences.

Benchmark Clarifications:

*Clarification 1:* Instruction includes social media, television, music, and peers.

**HE.5.R.3. Mentorship and Citizenship**

HE.5.R.3.1 Identify leadership skills that encourage and empower others.

HE.5.R.3.2 Identify ways to participate in decision-making in the school or community.

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**HE.5.R.4. Critical Thinking and Problem Solving**

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HE.5.R.4.1      Apply organizational strategies that support completing multiple tasks efficiently.

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HE.5.R.4.2      Identify successful strategies for adjusting to change and setbacks.

Benchmark Clarifications:

*Clarification 1:* Instruction includes coping, grit, and new learning opportunities.

---

HE.5.R.4.3      Compare conflict resolution methods to identify potential solutions.

Benchmark Clarifications:

*Clarification 1:* Methods include negotiation, give and take, and analyze pros and cons.

---



## Grade Six Personal Health Concepts Strand

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### **HE.6.PHC.1 Core Concepts**

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HE.6.PHC.1.1 Describe how the physical, mental social, and intellectual dimensions of health are interrelated.

Benchmark Clarifications:

*Clarification 1:* Instruction includes nutrition, sleep, physical stamina, and hunger.

*Clarification 2:* Instruction includes mental alertness, interpersonal conflicts, mental stress, and solving problems.

---

HE.6.PHC.1.2 Identify personal health problems and concerns common to adolescents including reproductive development.

Benchmark Clarifications:

*Clarification 1:* Instruction includes acne, eating disorders, depression, suicidal ideations, and puberty.

---

HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors.

Benchmark Clarifications:

*Clarification 1:* Instruction includes hygiene, physical activity, nutrition, and medical/dental checkups.

*Clarification 2:* Instruction includes resisting peer pressure and developing healthy relationships.

---

HE.6.PHC.1.4 Describe situations when professional health services may be required.

Benchmark Clarifications:

*Clarification 1:* Instruction includes injuries, influenza, and depression.

*Clarification 2:* Instruction includes substance use and abuse, child abuse, and domestic violence.

---

### **HE.6.PHC.2 Internal and External Influence**

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HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors.

*Example:* Social media dependence affecting friendships and body image influence.

Benchmark Clarifications:

*Clarification 1:* Instruction includes marketing strategies to appeal to specific audiences.

*Clarification 2:* Instruction includes misconception of “friends” online versus friendship in real life.

---

HE.6.PHC.2.2 Identify environmental factors that affect personal health.

Benchmark Clarifications:

*Clarification 1:* Instruction includes contaminated food, air, and water quality.

*Clarification 2:* Instruction includes availability of sidewalks and road hazards.

---

HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents.

Benchmark Clarifications:

*Clarification 1:* Instruction includes media, social media, and spreading rumors.

*Clarification 2:* Instruction includes conflict resolution skills.

---

HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents.

Benchmark Clarifications:

*Clarification 1:* Instruction includes family rules, family diet, and physical activity.

*Clarification 2:* Instruction includes how family relationships impact behaviors.

---

HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors.

Benchmark Clarifications:

*Clarification 1:* Instruction includes healthy choices that reduce the impact of hereditary diseases such as heart disease or cancers, allergies, and asthma.

---

HE.6.PHC.2.6 Determine how social norms may impact healthy and unhealthy behavior.

Benchmark Clarifications:

*Clarification 1:* Instruction includes how social norms can function as unspoken rules or guidelines for behavior and expected behavior, such as substance use, bullying, and participating in extracurricular activities.

---

HE.6.PHC.2.7 Explain how body systems are impacted by hereditary factors and infectious diseases.

Benchmark Clarifications:

*Clarification 1:* Instruction includes hereditary diseases, such as sickle cell disease, cancer, and heart disease.

*Clarification 2:* Instruction includes how medical conditions, such as asthma, allergies, diabetes, and Cystic Fibrosis, are exacerbated by infectious diseases.

---

HE.6.PHC.2.8 Describe legal and ethical behaviors when using the internet and social media.

Benchmark Clarifications:

*Clarification 1:* Instruction includes respecting privacy, being honest, and sharing appropriate information.

*Clarification 2:* Instruction includes recognizing and reporting signs of human trafficking and cyberbullying.

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### **HE.6.PHC.3 Prevention and Decision Making**

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HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making.

Benchmark Clarifications:

*Clarification 1:* Instruction includes considering the severity of the situation and personal skills.

*Clarification 2:* Instruction includes considering when someone is a danger to self or others.

---

HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision.

Benchmark Clarifications:

*Clarification 1:* Instruction includes physical, social, financial, and legal consequences.

*Clarification 2:* Instruction includes emergency preparedness.

---

HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision.

Benchmark Clarifications:

*Clarification 1:* Instruction includes negative outcomes of not following safety guidelines and being inactive.

*Clarification 2:* Instruction includes positive outcomes of eating healthy and being physically active.

---

HE.6.PHC.3.4 Use various methods to measure personal health status.

Benchmark Clarifications:

*Clarification 1:* Instruction includes body composition, surveys, heart-rate monitors, pedometer, blood pressure cuff, and other clinical measurements.

*Clarification 2:* Instruction includes stress-management techniques, such as breathing exercises and journaling.

---

HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice.

Benchmark Clarifications:

*Clarification 1:* Instruction includes physical activity, eating habits, and personal hygiene.

*Clarification 2:* Instruction includes safety habits, internet use/safety, and bullying-prevention strategies.

---

HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal.

Benchmark Clarifications:

*Clarification 1:* Instruction includes journaling, daily checklists, identify peer supports, injury-prevention measures, and use of health-related apps.

---

HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal.

---

Benchmark Clarifications:

*Clarification 1:* Instruction includes use of checklists, logs, pedometers, websites, and health monitoring apps.

---

HE.6.PHC.3.8      Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors.

Benchmark Clarifications:

*Clarification 1:* Instruction includes disease related to poor nutrition and inactivity.

*Clarification 2:* Instruction includes cancer and chronic lung disease related to tobacco use.

*Clarification 3:* Instruction includes injuries caused from failure to follow safety guidelines.

---

HE.6.PHC.3.9      Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks.

Benchmark Clarifications:

*Clarification 1:* Instruction includes internal influences, such as hygiene, sleep, and fitness.

*Clarification 2:* Instruction includes external influences, such as healthy relationship skills, influences of advertising, social media, and internet safety.

*Clarification 3:* Instruction includes abstaining from risky behaviors.

---

**HE.6.PHC.4 Advocacy**

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HE.6.PHC.4.1      Use valid and reliable information to request access to health products, services, or environments.

Benchmark Clarifications:

*Clarification 1:* Instruction includes requesting sidewalks and accessing recreational areas.

---

## Grade Six Community and Environmental Health Strand

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### **HE.6.CEH.1 Core Concepts**

---

HE.6.CEH.1.1 Describe how the physical, mental, social, and intellectual dimensions of community health are interrelated.

*Example:* Nutrition leading to increased mental alertness, interpersonal conflicts leading to mental stress.

Benchmark Clarifications:

*Clarification 1:* Instruction includes connections between healthy behaviors and healthy outcomes.

---

HE.6.CEH.1.2 Identify community health problems and concerns common to adolescents.

Benchmark Clarifications:

*Clarification 1:* Community health problems may include teen dating violence and teen pregnancy.

*Clarification 2:* Instruction may include human trafficking awareness and prevention.

---

### **HE.6.CEH.2 Internal and External Influence**

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HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community.

Benchmark Clarifications:

*Clarification 1:* Instruction includes first-aid education and safety education in school and how it benefits students.

*Clarification 2:* Instruction includes the impact of substance use prevention programs.

---

HE.6.CEH.2.2 Investigate changes to societal norms and how they influence health beliefs and behaviors.

*Example:* Location sharing, creation of designated smoking areas, increased access to community-based activities.

---

HE.6.CEH.2.3 Examine how media/social media influences peer and community health behaviors.

*Example:* Music lyrics that encourage risky health behaviors, vaping and tobacco ads targeting younger populations, body image influence on social media.

Benchmark Clarifications:

*Clarification 1:* Instruction includes social media platforms influencing health behaviors and practices.

---

HE.6.CEH.2.4 Propose ways that technology can influence peer and community health behaviors.

Benchmark Clarifications:

*Clarification 1:* Instruction includes how internet and social media apps influence nutrition and physical activity.

---

**HE.6.CEH.3 Prevention and Decision Making**

---

HE.6.CEH.3.1 Choose healthy alternatives over unhealthy alternatives when making a decision.

*Example:* Saying no to drugs, eating a balanced diet over fast food, exercising daily.

Benchmark Clarifications:

*Clarification 1:* Instruction includes practicing responsible behavior such as treating others with respect.

---

HE.6.CEH.3.2 Specify the potential outcomes of each option when making a community health-related decision.

*Example:* Building trails, opening/closing community centers, opportunities to access fresh fruits/vegetables.

---

**HE.6.CEH.4 Advocacy**

---

HE.6.CEH.4.1 Describe how the community can influence and support others to make positive health choices.

*Example:* Bike trails, recreational areas, health-related community events.

---

HE.6.CEH.4.2 State a health-enhancing position on a topic and support it with accurate information.

*Example:* Health-enhancing positions may include tobacco and vaping laws, zero-tolerance policies, and bullying rules.

---

## Grade Six Consumer Health Strand

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### **HE.6.CH.1 Core Concepts**

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HE.6.CH.1.1 Examine how appropriate health care can promote personal health.

Benchmark Clarifications:

*Clarification 1:* Instruction includes following recommended visits to health care providers, such as pediatrician and dentist.

---

HE.6.CH.1.2 Investigate a variety of technologies to gather health information.

Benchmark Clarifications:

*Clarification 1:* Technologies include a thermometer, scale, blood pressure machine, and other health related tools.

*Clarification 2:* Technologies may include television, internet, social media, and health-related apps.

---

HE.6.CH.1.3 Identify available resources and services needed to attain a personal health goal.

Benchmark Clarifications:

*Clarification 1:* Resources include technology (phone, television, internet, radio), media, locations (library, health department, pharmacy, hospitals), and items (scale, pedometer).

---

### **HE.6.CH.2 Internal and External Influence**

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HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources.

Benchmark Clarifications:

*Clarification 1:* Instruction includes how social media platforms use algorithms to target specific audiences to promote products or services.

---

### **HE.6.CH.3 Prevention and Decision Making**

---

HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.

Benchmark Clarifications:

*Clarification 1:* Instruction includes determining criteria function, directions for use, competence of providers, and costs.

---

### **HE.6.CH.4 Advocacy**

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HE.6.CH.4.1 Identify ways students can request access to appropriate resources and services that promote healthy living.

Benchmark Clarifications:

*Clarification 1:* Instruction includes contacting a school counselor, school nurse, and school personnel for medical care.

---



## Grade Seven Personal Health Concepts Strand

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### **HE.7.PHC.1 Core Concepts**

---

HE.7.PHC.1.1 Explain how physical, mental, social, and intellectual dimensions of health are interrelated.

Benchmark Clarifications:

*Clarification 1:* Instruction includes mental stress that may arise from exam season at school.

*Clarification 2:* Instruction includes mental stress leading to physical illness.

*Clarification 3:* Instruction includes peer relationship conflict leading to decreased self-esteem.

---

HE.7.PHC.1.2 Classify infectious diseases and their modes of transmission to the human body.

*Example:* Malaria and Zika through mosquitoes, transmission of viruses through sharing of personal items, human immunodeficiency virus.

---

HE.7.PHC.1.3 Explain the importance of assuming responsibility for personal and reproductive health behaviors.

Benchmark Clarifications:

*Clarification 1:* Instruction includes physical activity, eating habits, and adequate sleep.

*Clarification 2:* Instruction includes proper care of reproductive organs/systems.

---

HE.7.PHC.1.4 Differentiate among professional health services that may be required.

Benchmark Clarifications:

*Clarification 1:* Instruction includes difference between dentist vs. orthodontist.

*Clarification 2:* Instruction includes difference between family physician vs. specialist.

---

### **HE.7.PHC.2 Internal and External Influence**

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HE.7.PHC.2.1 Interpret the potential impact of media/social media on health behaviors, personal thoughts, and feelings.

Benchmark Clarifications:

*Clarification 1:* Instruction includes social media influence, such as targeted ads, “influencers,” challenges, and trends.

*Clarification 2:* Instruction includes misconception of “friends” online versus friendship in real life.

*Clarification 3:* Instruction includes the permanence of what a person posts online, and how it may affect them throughout life.

---

HE.7.PHC.2.2 Analyze how environmental factors affect personal health.

---

Benchmark Clarifications:

*Clarification 1:* Instruction includes safe food handling practices to avoid foodborne illnesses.

*Clarification 2:* Instruction includes appropriate home heating and cooling, air, and water quality.

---

HE.7.PHC.2.3 Analyze how friends and peers influence the health of adolescents.

*Example:* Teen dating violence and abuse.

Benchmark Clarifications:

*Clarification 1:* Instruction includes how friends and peers can influence self-confidence, behaviors, and relationships.

---

HE.7.PHC.2.4 Analyze how family and cultural changes influence the health of adolescents.

Benchmark Clarifications:

*Clarification 1:* Instruction includes family communication behaviors.

*Clarification 2:* Instruction includes smoking in home and alcohol consumption by family members.

---

HE.7.PHC.2.5 Describe how personal health choices can affect hereditary risk factors.

Benchmark Clarifications:

*Clarification 1:* Instruction includes healthy choices that reduce the impact of hereditary diseases such as sickle cell disease, diabetes, and acne.

---

HE.7.PHC.2.6 Analyze personal beliefs as they relate to health practices.

Benchmark Clarifications:

*Clarification 1:* Instruction includes weight management through physical activity.

*Clarification 2:* Instruction includes disease prevention through hand washing.

*Clarification 3:* Instruction includes knowing when sharing personal information is safe and secure.

---

HE.7.PHC.2.7 Explain the influence of personal values, attitudes, and beliefs about individual health practices and behaviors.

Benchmark Clarifications:

*Clarification 1:* Instruction includes how a healthy level of self-respect deters unhealthy choices and behaviors.

---

HE.7.PHC.2.8 Describe safe and legal practices when participating in online communities.

Benchmark Clarifications:

*Clarification 1:* Instruction includes online communities such as discussion groups, blogs, and social networking websites.

*Clarification 2:* Instruction includes reporting unsafe activity, reporting dangerous or unwanted activity, reporting cyberbullying, and limiting screen time for personal health.

---

**HE.7.PHC.3 Prevention and Decision Making**

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HE.7.PHC.3.1 Predict when health-related situations require the application of a thoughtful decision-making process.

*Example:* Riding in a vehicle with underage drivers, drug use, determining whether a relationship is healthy or not.

---

HE.7.PHC.3.2 Select healthy alternatives over unhealthy alternatives when making a decision.

*Example:* Prescription drug use, using safety equipment, selecting nutritious food, internet safety, managing stress.

---

HE.7.PHC.3.3 Determine when individual or collaborative decision making is appropriate.

*Example:* Reaching a fork in the road.

Benchmark Clarifications:

*Clarification 1:* Instruction includes identifying healthy peer groups and trusted adults.

*Clarification 2:* Instruction includes identifying when to reach out for help.

---

HE.7.PHC.3.4 Predict the short and long-term consequences of engaging in health-risk behaviors.

Benchmark Clarifications:

*Clarification 1:* Instruction includes risky behaviors such as driving under the influence.

*Clarification 2:* Instruction includes poor health maintenance such as lack of exercise and poor diet.

*Clarification 3:* Instruction includes consequences of teenage pregnancy.

---

HE.7.PHC.3.5 Devise an individual goal (short or long term) to adopt, maintain, or improve a personal health practice.

Benchmark Clarifications:

*Clarification 1:* Instruction includes participation in organized activities/sports.

*Clarification 2:* Instruction includes safety habits, internet use and safety, and conflict resolution.

---

HE.7.PHC.3.6 Explain strategies and skills needed to assess progress and maintenance of a personal health goal.

Benchmark Clarifications:

*Clarification 1:* Instruction includes journaling, daily checklists, and rewarding milestones.

*Clarification 2:* Instruction includes use of pedometers, monitoring healthy food intake, and identification of groups for support.

---

HE.7.PHC.3.7 Compare and contrast the effects of healthy and unhealthy behaviors on personal health.

*Example:* Smoking vs. nonsmoking, fast food vs. well-balanced diet.

---

HE.7.PHC.3.8 Describe ways one can reduce or prevent injuries and adolescent health problems.

Benchmark Clarifications:

*Clarification 1:* Instruction includes helmet use, seat belt use, pedestrian safety, unsupervised handling of firearms, and proper use of over-the-counter medications.

---

HE.7.PHC.3.9 Practice behaviors that will maintain or improve personal health and reduce health risks, including reproductive health.

Benchmark Clarifications:

*Clarification 1:* Instruction includes refusal skills, problem solving, and engaging in respectful relationships.

*Clarification 2:* Instruction includes engaging or reengaging abstinence.

---

**HE.7.PHC.4 Advocacy**

---

HE.7.PHC.4.1 Articulate ways to request access to healthy products, services, and environments.

*Example:* Accessing first aid, band-aids, hygiene products, counseling services, smoke free environments, healthy food options.

Benchmark Clarifications:

*Clarification 1:* Instruction includes appropriate communication to a trusted adult that products or services are needed.

---

## Grade Seven Community and Environmental Health Concepts Strand

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### **HE.7.CEH.1 Core Concepts**

---

HE.7.CEH.1.1 Investigate how the physical, mental, social, and intellectual dimensions of community health are interrelated.

*Example:* Nutrition leading to increased mental alertness, interpersonal conflicts leading to mental stress.

Benchmark Clarifications:

*Clarification 1:* Instruction includes connections between healthy behaviors and healthy outcomes.

---

HE.7.CEH.1.2 Describe community health problems and concerns common to adolescents.

Benchmark Clarifications:

*Clarification 1:* Instruction includes community health problems may include teen dating violence and teen pregnancy.

*Clarification 2:* Instruction includes human trafficking awareness and prevention.

---

### **HE.7.CEH.2 Internal and External Influence**

---

HE.7.CEH.2.1 Examine how the school and community may influence the health behaviors of adolescents.

*Example:* Safety drills and education, digital devices policies, food choices.

Benchmark Clarifications:

*Clarification 1:* Instruction includes rules and policies enforced by the school and community that may lead to better health outcomes.

---

HE.7.CEH.2.2 Evaluate how changes in social norms impact healthy and unhealthy behavior.

Benchmark Clarifications:

*Clarification 1:* Instruction includes impact of substance abuse, including secondhand smoke or driving/operating under the influence.

---

HE.7.CEH.2.3 Evaluate how media/social media influences peer and community health behaviors.

*Example:* Music lyrics that encourage risky health behaviors, vaping and tobacco ads targeting younger populations, body image influence on social media.

---

Benchmark Clarifications:

*Clarification 1:* Instruction includes social media platforms influencing health behaviors and practices.

*Clarification 2:* Instruction includes permanency of sharing materials online.

---

**HE.7.CEH.3 Prevention and Decision Making**

---

HE.7.CEH.3.1 Describe ways the community can reduce or prevent injuries and adolescent health problems.

*Example:* Helmet use, seat belt use, firearm safety, internet safety.

Benchmark Clarifications:

*Clarification 1:* Instruction includes safe practices such as protective gear.

*Clarification 2:* Instruction includes safe practices on the internet such as reporting cyberbullying and practicing safety on social media.

---

HE.7.CEH.3.2 Explain how injury or illness stemming from unhealthy or risky behaviors impacts the community.

Benchmark Clarifications:

*Clarification 1:* Instruction includes how increased community illnesses burdens local resources, such as healthcare and workforce.

*Clarification 2:* Instruction includes the impact of death, illness, or injury of a community member.

---

**HE.7.CEH.4 Advocacy**

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HE.7.CEH.4.1 Evaluate how community practices influence the positive health choices of others.

*Example:* Public service announcements, health forums, guest speakers.

---

HE.7.CEH.4.2 Articulate a position on a health-related issue and support it with accurate health information.

*Example:* Health-enhancing positions may include tobacco and vaping laws, zero-tolerance policies, and bullying rules.

---

## Grade Seven Consumer Health Concepts Strand

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### **HE.7.CH.1 Core Concepts**

---

HE.7.CH.1.1 Explain how appropriate health care can promote personal health.

*Example:* Asthma action plan, registered dietitian to plan healthy meals, doctor to prescribe medicine.

Benchmark Clarifications:

*Clarification 1:* Instruction includes having a health action plan or provider to contact when help is needed.

---

HE.7.CH.1.2 Evaluate a variety of technologies to gather health information.

*Example:* Technologies may include fitness apps, wearable devices, web resources.

Benchmark Clarifications:

*Clarification 1:* Instruction includes identifying appropriate technologies under a variety of circumstances.

---

HE.7.CH.1.3 Determine appropriate resources and services needed to attain a personal health goal.

Benchmark Clarifications:

*Clarification 1:* Resources include technology (phone, television, internet, apps), media, locations (library, health department, pharmacy, hospitals), support groups (weight management, running clubs, fitness classes), and items (scale, pedometer).

---

### **HE.7.CH.2 Internal and External Influence**

---

HE.7.CH.2.1 Analyze ways consumer health messages can target different audiences through internet and social media sources.

Benchmark Clarifications:

*Clarification 1:* Instruction includes how organizations/companies use a variety of public service announcements, celebrities, social media posts, and platforms.

---

HE.7.CH.2.2 Analyze how messages from media/social media influence health behaviors.

*Example:* Examples include sports figures promoting fast food and provocative images on media/social media.

Benchmark Clarifications:

*Clarification 1:* Instruction includes cyberbullying affecting mental well-being.

*Clarification 2:* Instruction includes the compounding influence of “likes” and “comments” on posts and how they activate the reward centers in the brain.

---

HE.7.CH.2.3 Evaluate the influence of technology in locating valid health information.

Benchmark Clarifications:

*Clarification 1:* Instruction includes evaluation of a variety of health websites, apps, health devices, and organizations to receive information.

---

**HE.7.CH.3 Prevention and Decision Making**

---

HE.7.CH.3.1 Analyze the validity of health information, products, and services.

Benchmark Clarifications:

*Clarification 1:* Instruction includes reviewing a variety of resources including advertisements, health-claim articles, and personal claims.

---

HE.7.CH.3.2 Compare resources and services needed to attain a personal health goal.

Benchmark Clarifications:

*Clarification 1:* Instruction includes determining criteria function, directions for use, competence of providers, and costs.

---

**HE.7.CH.4 Advocacy**

---

HE.7.CH.4.1 Articulate ways students can request access to appropriate resources and services that promote healthy living.

Benchmark Clarifications:

*Clarification 1:* Instruction includes how to request support from a school counselor, school nurse, and school personnel for medical care.

---



## Grade Eight Personal Health Concepts Strand

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### **HE.8.PHC.1 Core Concepts**

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HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated.

Benchmark Clarifications:

*Clarification 1:* Instruction includes the relationship between sleeping and studying for tests.

*Clarification 2:* Instruction includes the relationship between road rage and vehicular crashes.

*Clarification 3:* Instruction includes the relationship between bullying, dating violence, human trafficking and self-esteem.

---

HE.8.PHC.1.2 Identify major chronic diseases that impact human body systems.

Benchmark Clarifications:

*Clarification 1:* Instruction includes cancer, hypertension and coronary artery disease, asthma, and diabetes.

---

HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors.

Benchmark Clarifications:

*Clarification 1:* Instruction includes teen pregnancy, sexually transmitted infections (STI), and abstinence to prevent STIs.

*Clarification 2:* Instruction includes diet, physical activity, hygiene.

---

HE.8.PHC.1.4 Assess personal health practices.

Benchmark Clarifications:

*Clarification 1:* Instruction includes physical activity and sleep habits.

*Clarification 2:* Instruction includes interpersonal skills

*Clarification 3:* Instruction includes risky behavior and injury prevention.

---

### **HE.8.PHC.2 Internal and External Influence**

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HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social health.

*Example:* Normalization of underage substance use.

Benchmark Clarifications:

*Clarification 1:* Instruction includes sleep deprivation influencing increased risk of disease, obesity, and chronic health conditions.

*Clarification 2:* Instruction includes too much screen time leading to loss of cognitive capacity, stress management capabilities, and social skills.

---

HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors.

---

Benchmark Clarifications:

*Clarification 1:* Instruction includes social conformity, desires, and impulses.

*Clarification 2:* Instruction includes how a healthy level of self-respect deters unhealthy choices and behaviors.

---

HE.8.PHC.2.3 Predict how environmental factors affect personal health.

Benchmark Clarifications:

*Clarification 1:* Instruction includes heat index, air, and water quality.

*Clarification 2:* Instruction includes streetlights and signs.

*Clarification 3:* Instruction includes bullying, gangs, and weapons in the community.

---

HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents.

Benchmark Clarifications:

*Clarification 1:* Instruction includes drug-use myths.

*Clarification 2:* Instruction includes perception of healthy body composition.

*Clarification 3:* Instruction includes energy drink myths.

---

HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents.

Benchmark Clarifications:

*Clarification 1:* Instruction includes impact of alternative medical care and family religious beliefs on health practices.

---

HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors.

*Example:* Faith-based fasting, diet, rites of passage, exercise.

---

HE.8.PHC.2.7 Explore how heredity and family history can affect personal health.

Benchmark Clarifications:

*Clarification 1:* Instruction includes sickle cell disease, heart disease, diabetes, and mental health.

---

HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors.

*Example:* Body size determining health status, fad diets leading to weight loss.

---

HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.

Benchmark Clarifications:

*Clarification 1:* Instruction includes weight reduction, cost of healthier food, availability of exercise equipment, and general health.

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HE.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness.

Benchmark Clarifications:

*Clarification 1:* Instruction includes the compounding impact on mental health, such as depression, anxiety, loneliness, social isolation, and susceptibility to human trafficking.

---

***HE.8.PHC.3 Prevention and Decision Making***

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HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action.

Benchmark Clarifications:

*Clarification 1:* Instruction includes consumption of alcohol, use of marijuana, and prescription drug abuse.

*Clarification 2:* Instruction includes prevention of dating violence.

---

HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision.

Benchmark Clarifications:

*Clarification 1:* Instruction includes consequences related to injury, addiction, and reproductive health.

*Clarification 2:* Instruction includes consequences related to legal, social, and financial ramifications.

---

HE.8.PHC.3.3 Distinguish when individual or collaborative decision-making is appropriate.

Benchmark Clarifications:

*Clarification 1:* Instruction includes pressure to consume alcohol, self-injury, weight management, and mental-health concerns.

---

HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision.

Benchmark Clarifications:

*Clarification 1:* Instruction includes substance use and abuse outcomes such as addiction and brain damage.

*Clarification 2:* Instruction includes weight management from proper nutrition and exercise.

*Clarification 3:* Instruction includes disease prevention from personal hygiene practices and reproductive health.

*Clarification 4:* Instruction includes injury prevention from safety practices.

---

HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required.

Benchmark Clarifications:

*Clarification 1:* Instruction includes head injuries, infections, depression, human trafficking, and abuse.

---

HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems.

Benchmark Clarifications:

*Clarification 1:* Instruction includes recognize signs and symptoms of depression, accessing resources, avoiding unsafe areas, and healthy relationship skills.

---

HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice.

Benchmark Clarifications:

*Clarification 1:* Instruction includes physical activity, eating habits, and sleep habits.

---

HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal.

Benchmark Clarifications:

*Clarification 1:* Instruction includes physical activity and nutrition modification.

*Clarification 2:* Instruction includes use of health apps.

---

HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks.

Benchmark Clarifications:

*Clarification 1:* Instruction includes participating in various physical activities, setting healthy goals, making healthy food choices, adequate sleep patterns.

*Clarification 2:* Instruction includes fostering healthy relationships, resisting negative peer pressure, and reproductive health practices.

*Clarification 3:* Instruction includes practicing internet safety.

*Clarification 4:* Instruction includes limiting screentime to reduce the risk of musculoskeletal conditions caused by prolonged use of devices.

---

***HE.8.PHC.4 Advocacy***

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HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful information.

*Example:* Safe routes to school, such as lighting, sidewalks, crosswalks, and/or environments.

Benchmark Clarifications:

*Clarification 1:* Instruction includes advocating for one's own health, wellbeing, and quality of life.

---

HE.8.PHC.4.2 Identify strategies to combat cyberbullying and online harassment.

*Example:* Reporting online suspicious behavior, reporting cyberbullying and harassment, maintaining personal security, identifying human trafficking.

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## Grade Eight Community and Environmental Health Concepts Strand

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### **HE.8.CEH.1 Core Concepts**

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HE.8.CEH.1.1 Analyze how the physical, mental, social, and intellectual dimensions of community health are interrelated.

*Example:* Road rage leading to vehicular crashes, bullying impacting self-esteem, interpersonal conflicts leading to mental stress.

Benchmark Clarifications:

*Clarification 1:* Instruction includes connections between healthy behaviors and healthy outcomes.

---

HE.8.CEH.1.2 Evaluate community health problems and concerns common to adolescents.

Benchmark Clarifications:

*Clarification 1:* Instruction includes community health problems may include teen dating violence and teen pregnancy.

*Clarification 2:* Instruction includes human trafficking and cyberbullying awareness/prevention.

---

HE.8.CEH.1.3 Identify the social determinants of health.

Benchmark Clarifications:

*Clarification 1:* Instruction includes economic stability, education access and quality, healthcare access and quality, neighborhood and built environment, and social and community context.

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### **HE.8.CEH.2 Internal and External Influence**

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HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health.

*Example:* Drug abuse education programs, volunteering opportunities, availability of facilities and programs for students.

Benchmark Clarifications:

*Clarification 1:* Instruction includes practices and resources in the school and community that may lead to better health outcomes for adolescents.

---

HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention.

*Example:* Driving laws and sanitation laws.

Benchmark Clarifications:

*Clarification 1:* Instruction includes rules and policies enforced by the school and community that may lead to better health outcomes.

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HE.8.CEH.2.3 Analyze how media/social media influences community health behaviors.

*Example:* Ads encouraging substance use in youth populations, language on social media and in music/television shows, fashion trends.

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HE.8.CEH.2.4 Predict how environmental factors affect community health.

Benchmark Clarifications:

*Clarification 1:* Instruction includes impact of weather, to include hurricanes and tornadoes, on community health and wellbeing.

*Clarification 2:* Instruction includes impact of violence and safety on community health and wellbeing.

---

**HE.8.CEH.3 Prevention and Decision Making**

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HE.8.CEH.3.1 Investigate community strategies to reduce or prevent injuries and other adolescent health problems.

Benchmark Clarifications:

*Clarification 1:* Instruction includes recognizing signs and symptoms of physical or mental illness.

*Clarification 2:* Instruction includes identifying and accessing resources to reduce or prevent injuries and other adolescent health problems.

---

HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community.

Benchmark Clarifications:

*Clarification 1:* Instruction includes death or injury from car crashes and underage drinking/distracted driving.

*Clarification 2:* Instruction includes infections and disease from poor personal health practices.

---

HE.8.CEH.3.3 Categorize healthy and unhealthy alternatives to community health-related issues or problems.

*Example:* Health-related issues may include drug use, obesity, teen pregnancy, food deserts.

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**HE.8.CEH.4 Advocacy**

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HE.8.CEH.4.1 Promote positive health choices with the influence and support of others.

Benchmark Clarifications:

*Clarification 1:* Instruction includes promotion of sexual abstinence and substance use prevention.

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HE.8.CEH.4.2 Justify a health-enhancing position on a topic and support it with accurate information.

*Example:* Health-enhancing positions may include abstinence from unhealthy behaviors, legal-age limits, and zero-tolerance policies.

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HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools.

*Example:* Media campaigns, posters, performances, public service announcements, School Health Advisory Committee.

Benchmark Clarifications:

*Clarification 1:* Instruction includes promotion of community initiatives, such as media or prevention campaigns.

*Clarification 2:* Instruction includes participation in school community wellness and organizations.

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## Grade Eight Consumer Health Concepts Strand

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### **HE.8.CH.1 Core Concepts**

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HE.8.CH.1.1 Analyze how appropriate health care can influence personal health.

Benchmark Clarifications:

*Clarification 1:* Instruction includes going to a medical professional for prevention and treatment of illness.

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HE.8.CH.1.2 Compare and contrast a variety of technologies to gather health information.

*Example:* Technologies may include fitness apps, wearable devices, web resources.

Benchmark Clarifications:

*Clarification 1:* Instruction includes identifying appropriate technologies under a variety of circumstances.

---

### **HE.8.CH.2 Internal and External Influence**

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HE.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences.

Benchmark Clarifications:

*Clarification 1:* Instruction includes how organizations/companies use a variety of public service announcements, celebrities, social media posts, and platforms.

---

HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages.

*Example:* Social glorification of substance use, negative body image messaging, and normalization of violence.

Benchmark Clarifications:

*Clarification 1:* Instruction includes identifying and researching strategies that media companies use to create trends.

---

HE.8.CH.2.3 Analyze the influence of technology on personal and family health.



Benchmark Clarifications:

*Clarification 1:* Instruction includes social marketing for health information.

*Clarification 2:* Instruction includes how technology can positively and negatively influence personal and family health behaviors.

---

**HE.8.CH.3 Prevention and Decision Making**

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HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health.

*Example:* Products and services may include prescription medication, health clinics, grocery stores.

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HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products.

Benchmark Clarifications:

*Clarification 1:* Instruction includes reviewing a variety of resources including advertisements, health-claim articles, and personal claims.

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**HE.8.CH.4 Advocacy**

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HE.8.CH.4.1 Promote resources that assist in goal setting.

*Example:* Support groups, running clubs, extracurricular activities.

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HE.8.CH.4.2 Recommend a variety of technologies to gather health information.

*Example:* Use of a glucose monitor, scale, pedometer, and wearable devices.

Benchmark Clarifications:

*Clarification 1:* Instruction includes technologies including those in available in a provider setting and technologies including cell phones, the internet, and social media.

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**Grade Six through Eight Resiliency Education Strand (No change from March SBOE meeting)**

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**HE.68.R.1. Character**

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HE.68.R.1.1 Demonstrate the ability to respond with empathy in a variety of contexts and situations.

Benchmark Clarifications:

*Clarification 1:* Instruction includes identifying others' feelings, perspectives, circumstances, experiences, and active listening.

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HE.68.R.1.2 Describe the importance of empathy, kindness, honesty and trust in building and sustaining relationships.

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HE.68.R.1.3 Identify sources of relational conflicts and healthy approaches to conflict resolutions.

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**HE.68.R.2. Personal Responsibility**

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HE.68.R.2.1 Discuss how character is shaped by attitudes, decisions and actions.

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HE.68.R.2.2 Demonstrate responsible decision-making that considers multiple perspectives.

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HE.68.R.2.3 Describe the importance of following school and community laws and rules.

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HE.68.R.2.4 Monitor progress toward attaining a personal goal.

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HE.68.R.2.5 Explain strategies and skills needed to assess progress and maintenance of a challenging personal goal.

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HE.68.R.2.6 Describe how personal goals can vary with changing abilities, priorities, and responsibilities.

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HE.68.R.2.7 Identify how continuous learning leads to personal growth.

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HE.68.R.2.8 Identify strategies to manage challenges and setbacks.

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Benchmark Clarifications:

*Clarification 1:* Instruction includes time management, setting boundaries, setting realistic goals, and self-care.

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HE.68.R.2.9 Identify healthy responses to negative peer pressure.

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***HE.68.R.3. Mentorship and Citizenship***

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HE.68.R.3.1 Discuss ways a leader can build the trust of individuals and groups.

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HE.68.R.3.2 Explain and develop ways to apply leadership skills in the school and the community.

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HE.68.R.3.3 Identify the importance of volunteerism in positively affecting the community and nation.

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HE.68.R.3.4 Identify ways to participate in our constitutional republic through public policy, voting, and leadership positions.

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***HE.68.R.4. Critical Thinking and Problem Solving***

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HE.68.R.4.1 Analyze possible solutions to a problem to determine the best outcome for oneself and others.

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HE.68.R.4.2 Develop and apply conflict resolution skills in a variety of situations.

Benchmark Clarifications:

*Clarification 1:* Instruction includes coping, grit, and new learning opportunities.

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HE.68.R.4.3 Analyze ways to pursue common goals as a part of a team or group.

Benchmark Clarifications:

*Clarification 1:* Methods include negotiation, give and take, and analyze pros and cons.

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HE.68.R.4.4 Identify the importance of perseverance when facing difficulty solving a problem.

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**Grade Six through Eight Substance Use and Abuse Strand (No change from March SBOE meeting)**

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***HE.68.SUA.1. Health promotion and disease prevention concepts***

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HE.68.SUA.1.1 Demonstrate responsible decision-making about the use of substances.

Benchmark Clarifications:

*Clarification 1:* Instruction includes decisions related to underage alcohol consumption, illicit and illegal substance use, fentanyl and opioids, tobacco or vaping.

---

HE.68.SUA.1.2 Define terminology specific to alcohol misuse/abuse and discuss the short- and long-term effects of consuming alcohol.

*Example:* Depressant, binge drinking, abstain/avoid, addiction, alcoholism, sober/sobriety, recovery, intoxicated, under-the-influence.

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HE.68.SUA.1.3 Discuss the health risks associated with alcohol misuse including liver disease, cancer, cardiovascular disease, and neurological/brain damage.

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HE.68.SUA.1.4 Describe the types, delivery devices and accessibility of marijuana/THC products and their impacts on prevalence of use.

Benchmark Clarifications:

*Clarification 1:* Instruction includes potency and availability.

*Clarification 2:* Instruction includes the ability to conceal use, e.g., clothing, food, and beverages, vapes.

---

HE.68.SUA.1.5 Examine the effects of marijuana/THC and opioids on body systems and behavior.

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HE.68.SUA.1.6 State the risks of misusing and sharing prescription and/or illicit drugs, including fentanyl and other opioids.

Benchmark Clarifications:

*Clarification 1:* Instruction includes physical, mental, social, performance, and legal risks.

---

HE.68.SUA.1.7 Identify signs and symptoms of prescription and/or illicit drug misuse and overdose, including fentanyl and other opioids.

Benchmark Clarifications:

*Clarification 1:* Instruction includes short- and long-term effects of prescription drug use on an individual's health.

---

HE.68.SUA.1.8 Describe the short- and long-term physical and social consequences of tobacco, nicotine use and/or vaping.

Benchmark Clarifications:

*Clarification 1:* Instruction includes severity of tobacco-related illnesses and impacts to a person's social life and relationships.

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**HE.68.SUA.2 Internal and external influences**

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HE.68.SUA.2.1 Discuss family rules, school rules and state laws about the use of alcohol and other drugs.

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HE.68.SUA.2.2 Discuss the dangers of underage consumption of alcohol and the benefits of abstaining from drinking alcohol.

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HE.68.SUA.2.3 Describe how external factors can influence behaviors related to tobacco, nicotine use, and/or vaping.

Benchmark Clarifications:

*Clarification 1:* Instruction includes perceptions of norms, culture, advertising via mainstream or social media, portrayals in mainstream media, and school.

---

HE.68.SUA.2.4 Explain school-based policies and legal consequences related to the sale, promotion, and use of tobacco, nicotine, and/or vaping products on school property.

Benchmark Clarifications:

*Clarification 1:* Instruction includes the school district tobacco-free policy and how its consequences impact students.

---

**HE.68.SUA.3 Access to valid information, products and services**

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HE.68.SUA.3.1 Discuss ways to identify valid and reliable multi-media information as it pertains to alcohol and other drugs.

Benchmark Clarifications:

*Clarification 1:* Instruction includes tobacco, marijuana/THC, prescription drugs, and illicit drugs such as fentanyl, cocaine, heroin, methamphetamines.

---

HE.68.SUA.3.2 Identify how to find and access school and community resources related to alcohol misuse and/or abuse.

Benchmark Clarifications:

*Clarification 1:* Instruction includes seeking help for self or others through school and community-based resources.

---

HE.68.SUA.3.3 Differentiate between marijuana/THC myths and facts.

Benchmark Clarifications:

*Clarification 1:* Instruction includes comparing perceived norms with actual prevalence of marijuana/THC use.

---

HE.68.SUA.3.4 Explain how family, peers and multi-media messages over time can influence the use of marijuana/THC.

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HE.68.SUA.3.5 Describe the three major categories, purposes and side effects of prescription drugs.

Benchmark Clarifications:

*Clarification 1:* Instruction includes opioids, stimulants, and depressants.

---

HE.68.SUA.3.6 Distinguish valid and reliable resources for cessation.

Benchmark Clarifications:

*Clarification 1:* Vaping and other synthetic nicotine products are not proven-effective methods for cessation. Refer to FDA-approved products and services.

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***HE.68.SUA.4 Communication skills and resilient behaviors to reduce health risks***

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HE.68.SUA.4.1 Demonstrate refusal and communication skills in specific scenarios related to underage drinking and illicit drug use.

Benchmark Clarifications:

*Clarification 1:* Instruction includes not riding in a motor vehicle with a driver who is intoxicated or impaired, peer pressure to vape/smoke or drink prior to the legal age, impact of substance use on academic performance, health risks of substance use.

---

HE.68.SUA.4.2 Predict the potential short- and long-term impacts on self and others when responding to pressure to use alcohol and/or other drugs.

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***HE.68.SUA.5 Advocacy for personal, family and community health***

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HE.68.SUA.5.1 Work cooperatively with peers to advocate for others to remain alcohol and drug free.

Benchmark Clarifications:

*Clarification 1:* Instruction includes tobacco, vaping, marijuana/THC, prescription drugs, and illicit drugs.

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HE.68.SUA.5.2 Demonstrate ways to seek help and support from trusted adults for peers involved in unwanted, threatening or dangerous situations.

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HE.68.SUA.5.3 Identify the consequences of marijuana/THC use and work cooperatively to advocate for healthy behaviors.

Benchmark Clarifications:

*Clarification 1:* Instruction includes academic success, goals, and achievements.

---

HE.68.SUA.5.4 Model ways that encourage others to avoid situations where alcohol and other drugs are present or may be used.

*Example:* Buddy system, upstander, ally, propose alternative activities when offered harmful substances, refusal skills.

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HE.68.SUA.5.5 Encourage peers to model healthy choices related to goals, communication, friendship and peer pressure.

*Example:* Student-led marketing campaigns, public service announcements.

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HE.68.SUA.5.6 Describe how to support family and friends who are trying to stop using tobacco, nicotine, and/or vaping.

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## Grade Nine-Twelve Personal Health Concepts Strand

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### **HE.912.PHC.1 Core Concepts**

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HE.912.PHC.1.1 Evaluate personal health practices and overall health status to include all dimensions of health.

Benchmark Clarifications:

*Clarification 1:* Instruction includes evaluating personal strengths, physical fitness, peer relationships, and personal hygiene.

*Clarification 2:* Instruction includes evaluating disease and injury prevention practices.

---

HE.912.PHC.1.2 Analyze personal strategies for prevention, detection, and treatment of communicable and chronic diseases.

Benchmark Clarifications:

*Clarification 1:* Instruction includes prevention, detection, and treatment of cancer, obesity, heart disease, respiratory disease, neurological disease, sexually transmitted infections (STI), and additional diseases.

---

HE.912.PHC.1.3 Analyze the role of individual responsibility in enhancing health.

Benchmark Clarifications:

*Clarification 1:* Instruction includes food choices, media use, lifestyle choices, stress management, and the individual responsibility for health protection.

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HE.912.PHC.1.4 Interpret the significance of interrelationships in mental and physical health.

Benchmark Clarifications:

*Clarification 1:* Instruction includes interrelationships between mental and physical health and substance use and abuse behaviors.

*Clarification 2:* Instruction includes the positive health impact of healthy relationships with friends and family.

*Clarification 3:* Instruction includes correlation between body image and relationships with food.

*Clarification 4:* Instruction includes correlation between stress and anger management and overall health.

---

### **HE.912.PHC.2 Internal and External Influence**

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HE.912.PHC.2.1 Evaluate how the influences of social media affect physical and/or mental health, and the ability to make healthy choices.

Benchmark Clarifications:

*Clarification 1:* Instruction includes body image, dietary habits, cyberbullying, and online support presence.

*Clarification 2:* Instruction includes prevention of human trafficking by maintaining personal security.

*Clarification 3:* Instruction includes identification of predatory behavior on the internet.

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HE.912.PHC.2.2 Evaluate how environment and personal health are interrelated.

Benchmark Clarifications:

*Clarification 1:* Instruction includes food options within a community.

*Clarification 2:* Instruction includes availability of services such as access to medical care.

*Clarification 3:* Instruction includes environmental factors such as weather, air, and water conditions.

---

HE.912.PHC.2.3 Analyze how friends and peers influence the health of individuals.

Benchmark Clarifications:

*Clarification 1:* Instruction includes impact of peer relationships on health decisions and behaviors.

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HE.912.PHC.2.4 Analyze how family and culture influence the health of individuals.

Benchmark Clarifications:

*Clarification 1:* Instruction includes impact of family and culture on health decisions and behaviors.

---

HE.912.PHC.2.5 Analyze how heredity and family history can impact personal health.

Benchmark Clarifications:

*Clarification 1:* Instruction includes genetic conditions such as substance abuse, family obesity, heart disease, and mental illness.

---

HE.912.PHC.2.6 Predict how healthy behaviors can affect health status.

*Example:* Eating healthy foods, safe driving practices, building healthy relationships, health prevention practices, abstinence.

---

HE.912.PHC.2.7 Evaluate the influence of personal values, attitudes, and beliefs about individual health practices and behaviors.

Benchmark Clarifications:

*Clarification 1:* Instruction includes social conformity, self-discipline, and impulse versus delayed gratification.

---

HE.912.PHC.2.8 Design a social media campaign that positively influences physical and/or mental health.

*Example:* Memes, public service announcements, reels that promote healthy behavior outcomes.

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HE.912.PHC.2.9 Analyze the impacts of technology and social media on popular culture and personal life.

Benchmark Clarifications:

*Clarification 1:* Instruction includes impact of “influencers” and trends/challenges relating to mental and physical health.

*Clarification 2:* Instruction includes how interactions such as “comments,” “saves,” “likes,” and “shares” on social media can increase the release of dopamine in the brain, similar to other addictive behaviors.

---

HE.912.PHC.2.10 Demonstrate ethical and responsible use of technology.

Benchmark Clarifications:

*Clarification 1:* Instruction includes respecting privacy, being honest, and sharing appropriate information.

*Clarification 2:* Instruction includes recognizing and reporting signs of human trafficking, cyberbullying, and other suspicious behavior.

---

**HE.912.PHC.3 Prevention and Decision Making**

---

HE.912.PHC.3.1 Determine the value of applying a thoughtful decision making process in health-related situations.

Benchmark Clarifications:

*Clarification 1:* Instruction includes defining healthy boundaries in relationships.

*Clarification 2:* Instruction includes prevention and decision making in scenarios involving peer pressure, substance use, and sexual activity/family planning.

---

HE.912.PHC.3.2 Assess whether individual or collaborative decision making is needed to make a healthy decision.

Benchmark Clarifications:

*Clarification 1:* Instruction includes planning a post-high school career.

*Clarification 2:* Instruction includes considering the severity of the situation and personal skills.

*Clarification 3:* Instruction includes considering when someone is a danger to self or others.

---

HE.912.PHC.3.3 Identify protective factors that help to mitigate the risks of suicide and mental health disorders.

*Example:* Healthy relationships, sense of belonging, support system.

Benchmark Clarifications:

*Clarification 1:* Instruction includes how protective factors promote positive health and well-being.

---

HE.912.PHC.3.4 Recognize the signs, symptoms and how to seek treatment or support for mental health disorders.

*Example:* Mental health disorders include anxiety, depression, post-traumatic stress disorder, bipolar disorder.

**Benchmark Clarifications:**

*Clarification 1:* Instruction includes signs and symptoms of mental health disorders, such as dramatic changes to sleeping, eating and behavior patterns, loss of energy, withdrawal from others, increased difficulty with solving problems.

*Clarification 2:* Instruction includes accessing support or referral for treatment through school resources, such as school counselors, school nurses, school psychologists, and school social workers.

---

HE.912.PHC.3.5 Recognize the signs and symptoms of suicidal ideations.

*Example:* Some signs and symptoms may include risky behavior, self-harm, social withdrawal, writing or drawing about death and dying, feelings of hopelessness.

---

HE.912.PHC.3.6 Identify when and who can provide assistance with suicidal ideations.

**Benchmark Clarifications:**

*Clarification 1:* Instruction includes identification of trusted adult and school supports, such as school counselor, school psychologist, or school social worker.

*Clarification 2:* Instruction includes identification of suicidal ideation results in immediate reporting of concerns.

---

HE.912.PHC.3.7 Assess the degree of susceptibility to injury, illness, or death if engaging in unhealthy/risky behaviors.

**Benchmark Clarifications:**

*Clarification 1:* Instruction includes risks associated with alcohol and substance abuse, distracted driving, negative peer groups.

*Clarification 2:* Instruction includes risk of chronic disease due to lack of hygiene practices.

*Clarification 3:* Instruction includes risk of teenage pregnancy, sexually transmitted infections (STI) and abstinence as the expected standard.

---

HE.912.PHC.3.8 Formulate a plan to attain a personal health goal that addresses strengths, needs, barriers, and risks.

**Benchmark Clarifications:**

*Clarification 1:* Instruction includes using methods such as a SWOT (strengths, weaknesses, opportunities, and threats) analysis or SMART (specific, measurable, achievable, realistic, and timely) goals.

*Clarification 2:* Instruction includes setting realistic expectations for oneself and others.

---

HE.912.PHC.3.9 Implement strategies and monitor progress in achieving a personal health goal.

**Benchmark Clarifications:**

*Clarification 1:* Instruction includes stress management such as exercising, coping skills, and talking with a friend or trusted adult.

*Clarification 2:* Instruction includes using health apps, logs, and journals.

*Clarification 3:* Instruction includes finding support when needed.

---

HE.912.PHC.3.10 Evaluate healthy practices and behaviors that will maintain or improve health and reduce health risks, including reproductive health.

**Benchmark Clarifications:**

*Clarification 1:* Instruction includes lifestyle choices to include substance use and abuse, a healthy diet, physical activity, and abstinence from sexual behavior.

*Clarification 2:* Instruction includes riding in a car with impaired drivers.

*Clarification 3:* Instruction includes seeking and maintaining healthy relationships.

*Clarification 4:* Instruction includes seeking services for physical and mental health when needed.

---

***HE.912.PHC.4 Advocacy***

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HE.912.PHC.4.1 Justify when professional health services or providers may be required.

**Benchmark Clarifications:**

*Clarification 1:* Instruction includes addressing a medical emergency, seeking assistance, and calling 911.

*Clarification 2:* Instruction includes physical or mental crisis situations, domestic and/or dating violence, and environmental crisis situations.

---

HE.912.PHC.4.2 Propose strategies to reduce or prevent injuries and health problems.

**Benchmark Clarifications:**

*Clarification 1:* Instruction includes safe driving practices, not entering restricted territory, and additional safety practices.

*Clarification 2:* Instruction includes refusal skills and healthy relationship skills.

---

HE.912.PHC.4.3 Develop strategies to combat cyberbullying and online harassment.

*Example:* Social media campaign for mental health, reporting online harassment and suspicious behavior, spreading awareness.

## Grade Nine-Twelve Community and Environmental Health Concepts Strand

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### **HE.912.CEH.1 Core Concepts**

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HE.912.CEH.1.1 Interpret the significance of interrelationships in community health.

Benchmark Clarifications:

*Clarification 1:* Instruction includes the benefits of relationships between organizations, such as school systems, health department, law enforcement, local government.

---

HE.912.CEH.1.2 Utilize current, accurate data/information to formulate a health-enhancing message.

*Example:* Health-enhancing positions may include abstinence from unhealthy behaviors, legal-age limits, and zero-tolerance policies.

Benchmark Clarifications:

*Clarification 1:* Instruction includes validating and analyzing data regarding drug use, violence, sexual activity, and teen-driving safety.

---

HE.912.CEH.1.3 Investigate the social determinants of health in a community.

*Example:* Neighborhood violence, lack of education, poverty levels, safe and available housing, polluted air and water.

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### **HE.912.CEH.2 Internal and External Influence**

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HE.912.CEH.2.1 Assess how the school and community can affect personal health practices and behaviors.

Benchmark Clarifications:

*Clarification 1:* Instruction includes impact of required health education and healthcare screenings.

*Clarification 2:* Instruction includes enforcement of “no tolerance” policies related to violence.

*Clarification 3:* Instruction includes automated external defibrillator availability and training.

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HE.912.CEH.2.2 Evaluate how public health policies and government regulations can influence health promotion and disease prevention.

*Example:* Seat belt laws, emergency drills, underage alcohol sales.

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HE.912.CEH.2.3 Propose strategies to avoid risks on social media and the internet.

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*Example:* Limiting screen time to under two hours a day to avoid physical health risks, reporting messages from unknown senders, not sharing personal information online.

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HE.912.CEH.2.4 Evaluate how environment and community health are interrelated.

Benchmark Clarifications:

*Clarification 1:* Instruction includes food options with a community.

*Clarification 2:* Instruction includes access to services and healthcare.

*Clarification 3:* Instruction includes disaster preparedness and weather, air, and water conditions.

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HE.912.CEH.2.5 Predict how healthy behaviors can affect community health status.

Benchmark Clarifications:

*Clarification 1:* Instruction includes making positive choices that lead to better health outcomes in the community, including reproductive health.

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HE.912.CEH.2.6 Analyze how culture supports and challenges health beliefs, practices, and behaviors.

Benchmark Clarifications:

*Clarification 1:* Instruction includes a variety of cultural dietary patterns, rites of passage, family roles, parenting styles, and ethics.

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HE.912.CEH.2.7 Analyze how the perceptions of norms influence healthy and unhealthy behaviors.

Benchmark Clarifications:

*Clarification 1:* Instruction includes validating and analyzing perceptions of societal norms regarding drug use, violence, sexual activity, and teen-driving safety.

*Clarification 2:* Instruction includes substance use and binge drinking due to peer pressure.

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HE.912.CEH.2.8 Evaluate how the social determinants of health impact a community's health, wellbeing, and quality of life.

*Example:* Low birth rates, higher obesity rates, higher mortality rates, higher rates of disease due to contributing factors.

Benchmark Clarifications:

*Clarification 1:* Instruction includes how barriers affect community health outcomes.

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HE.912.CEH.2.9 Identify computer related laws and analyze their impact on internet safety.

*Example:* Digital privacy, security, intellectual property, network access, harassment.

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**HE.912.CEH.3 Prevention and Decision Making**

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HE.912.CEH.3.1 Analyze community strategies for prevention, detection, and treatment of communicable and chronic diseases.

Benchmark Clarifications:

*Clarification 1:* Instruction includes health prevention resources.

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HE.912.CEH.3.2 Propose community strategies to reduce or prevent injuries and health problems.

*Example:* Street lighting, road signs, health fairs, car seat fittings.

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HE.912.CEH.3.3 Formulate alternatives to community health-related issues or problems.

*Example:* Obesity, food deserts, lack of prenatal care, drug abuse.

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HE.912.CEH.3.4 Appraise the potential short-term and long-term outcomes of alternative solutions to community health-related issues or problems.

*Example:* Related to lack of prenatal care, a short-term outcome may include more live births and a long-term outcome may include decrease in infant mortality.

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HE.912.CEH.3.5 Examine barriers that can hinder healthy decision making.

*Example:* Relationships, finances, environmental factors, educational opportunities.

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HE.912.CEH.3.6 Design a campaign promoting health literacy that would result in a variety of positive health and quality of life outcomes.

*Example:* Brochures, posters, public service announcements that promote healthy behavior outcomes.

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**HE.912.CEH.4 Advocacy**

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HE.912.CEH.4.1 Develop a resource that influences and supports others in making positive health choices.

*Example:* Positive health choices may include safe driving practices, cardiopulmonary resuscitation certification, recognizing signs of teen dating violence/abuse.

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HE.912.CEH.4.2 Demonstrate leadership skills by advocating for personal, family, and community health.

*Example:* Writing to government agencies, lead a student group, meet with community leaders.

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## Grade Nine-Twelve Consumer Health Concepts Strand

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### **HE.912.CH.1 Core Concepts**

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HE.912.CH.1.1 Evaluate the relationship between access to health care and health status.

Benchmark Clarifications:

*Clarification 1:* Instruction includes early detection and treatment of health conditions such as cancer, human immunodeficiency virus, diabetes, asthma, and mental health disorders.

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HE.912.CH.1.2 Describe resources or services that facilitate achieving personal health goals.

*Example:* Healthcare services, fitness centers, healthy food options.

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### **HE.912.CH.2 Internal and External Influence**

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HE.912.CH.2.1 Adapt health messages and communication techniques to a specific target audience using various media.

*Example:* Positive messaging in music, creating a positive social media message.

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HE.912.CH.2.2 Evaluate the effect of media/social media on personal and family health.

Benchmark Clarifications:

*Clarification 1:* Instruction includes television viewing habits, consumer skills, susceptibility to ads of health-related resources, and participation in risky behaviors.

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### **HE.912.CH.3 Prevention and Decision Making**

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HE.912.CH.3.1 Authenticate the validity of health information and resources.

Benchmark Clarifications:

*Clarification 1:* Instruction includes using valid and reliable resources.

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HE.912.CH.3.2 Verify the validity of health information, products, and services.

Benchmark Clarifications:

*Clarification 1:* Instruction includes understanding product-packaging claims, qualifications of service provider, type of service, type of product, product safety, and reliability.

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### **HE.912.CH.4 Advocacy**

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HE.912.CH.4.1 Justify the use of valid technologies to gather health information.

Benchmark Clarifications:

*Clarification 1:* Instruction includes 911 access, and access to health information via the internet or telephone.

*Clarification 2:* Instruction includes medical technology, including X-rays, ultrasounds, mammograms, thermal imaging, and magnetic resonance imaging.

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**Grade Nine through Twelve Resiliency Education Strand (No change from March SBOE meeting)**

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**HE.912.R.1. Character**

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HE.912.R.1.1 Demonstrate effective and respectful communication skills and strategies.

Benchmark Clarifications:

*Clarification 1:* Instruction includes differing opinions.

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HE.912.R.1.2 Demonstrate empathy in a variety of contexts and situations.

Benchmark Clarifications:

*Clarification 1:* Instruction includes identifying others' feelings, perspectives, circumstances, experiences, and active listening.

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HE.912.R.1.3 Adjust behavior to respect the needs of others.

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**HE.912.R.2. Personal Responsibility**

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HE.912.R.2.1 Describe the importance of leadership skills in the school and the community.

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HE.912.R.2.2 Analyze different perspectives to inform responsible decision-making.

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HE.912.R.2.3 Formulate a plan to attain a personal goal that addresses strengths, needs, and risks.

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HE.912.R.2.4 Implement strategies and monitor progress in achieving a personal goal.

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HE.912.R.2.5 Formulate an effective long-term plan to include all dimensions of wellness.

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HE.912.R.2.6 Analyze how actions and reactions can influence one to respond in different situations.

Benchmark Clarifications:

*Clarification 1:* Instruction includes emotions not governing behavior.

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HE.912.R.2.7 Evaluate strategies that assist with managing challenges or setbacks.

Benchmark Clarifications:

*Clarification 1:* Instruction includes time management, setting boundaries, setting realistic goals, self-care.

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**HE.912.R.3. Mentorship and Citizenship**

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HE.912.R.3.1 Identify benefits of voting, volunteering, mentoring, and seeking leadership positions.

Benchmark Clarifications:

*Clarification 1:* Instruction includes student government, school clubs, and volunteering in the community.

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HE.912.R.3.2 Analyze ways a leader can inspire confidence and motivate others.

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HE.912.R.3.3 Analyze situations and demonstrate strategies to engage in respectful debate.

Benchmark Clarifications:

*Clarification 1:* Instruction includes group projects and class discussions.

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**HE.912.R.4. Critical Thinking and Problem Solving**

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HE.912.R.4.1 Analyze the importance of character and grit to achieve successful outcomes.

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HE.912.R.4.2 Generate and apply alternative solutions when solving problems or resolving conflict.

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HE.912.R.4.3 Describe ways to anticipate, avoid or de-escalate conflicts.

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HE.912.R.4.4 Identify the importance of perseverance when facing difficulty solving a problem.

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Grade Nine through Twelve Substance Use and Abuse Strand (No change from March

*SBOE meeting)*

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**HE.912.SUA.1. Health promotion and disease prevention concepts**

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HE.912.SUA.1.1 Differentiate between various levels of alcohol consumption and its effects on the body.

*Example:* Standard drink vs. excessive/heavy/binge drinking, effects on blood alcohol concentration.

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HE.912.SUA.1.2 Analyze how moderate and excessive alcohol consumption can contribute to risky, unsafe behaviors and consequences.

Benchmark Clarifications:

*Clarification 1:* Instruction includes driving under the influence and fetal alcohol syndrome.

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HE.912.SUA.1.3 Analyze the long-term health risks associated with alcohol misuse including physical and neurological damage.

Benchmark Clarifications:

*Clarification 1:* Neurological damage can include learning, memory, mental health and brain development.

*Clarification 2:* Physical damage may include liver disease, cancer, cardiovascular disease, and other organ damage.

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HE.912.SUA.1.4 Analyze how alcohol, marijuana/THC, tobacco, nicotine, and/or drug use can impede goals, activities, achievements, and college and career readiness.

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HE.912.SUA.1.5 Analyze the physical, mental, social and legal consequences of marijuana/THC use.

Benchmark Clarifications:

*Clarification 1:* Instruction includes psychological aspects, drug misuse, dependency and addiction.

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HE.912.SUA.1.6 Examine the effects of marijuana/THC and vaping on brain function and development.

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HE.912.SUA.1.7 Differentiate between the three major categories of prescription drugs and describe the purposes and side effects.

Benchmark Clarifications:

*Clarification 1:* Instruction includes opioids, stimulants, and depressants.

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HE.912.SUA.1.8 Analyze signs and symptoms of prescription drug and/or illicit drug misuse and overdose.

Benchmark Clarifications:

*Clarification 1:* Instruction includes short- and long-term effects of prescription drug use on an individual's health.

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HE.912.SUA.1.9 Summarize the risks and consequences of misusing and sharing prescription drugs and/or illicit drugs.

Benchmark Clarifications:

*Clarification 1:* Instruction includes physical, mental, social, performance, and legal consequences.

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HE.912.SUA.1.10 Analyze the short- and long-term physical, psychological, financial, and social consequences of tobacco, nicotine use, and/or vaping.

Benchmark Clarifications:

*Clarification 1:* Instruction includes psychological consequences such as anxiety and depression.

*Clarification 2:* Instruction includes financial impacts such as the long-term impact on personal financial goals, and avoidable cost of tobacco-related illnesses to society.

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***HE.912.SUA.2 Internal and external influences***

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HE.912.SUA.2.1 Analyze the legal, mental and social consequences of underage consumption of alcohol.

HE.912.SUA.2.2 Distinguish how external factors, including industry practices, can influence behaviors related to tobacco, nicotine use, and/or vaping.

Benchmark Clarifications:

*Clarification 1:* Instruction includes perceptions of norms, media advertising, and portrayals in media.

*Clarification 2:* Instruction includes tobacco or vaping industry practices involving efforts to attract youth and counter public health protections.

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***HE.912.SUA.3 Access to valid information, products and services***

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HE.912.SUA.3.1 Discuss valid, reliable school and community resources where an individual can seek help for issues related to alcohol and/or other drug misuse and/or abuse.

Benchmark Clarifications:

*Clarification 1:* Instruction includes immediate and long-term issues related to alcohol and/or other drug misuse and/or abuse.

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HE.912.SUA.3.2 Assess and examine the misconceptions and perceived norms that surround marijuana/THC and factors that contribute and influence decisions regarding usage.

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HE.912.SUA.3.3 Evaluate the accessibility of effective nicotine cessation products and services.

Benchmark Clarifications:

*Clarification 1:* Instruction includes available nicotine cessation products/services and barriers to access such as transportation, cost, phone/web access.

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***HE.912.SUA.4 Communication skills and resilient behaviors to reduce health risks***

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HE.912.SUA.4.1 Propose strategies that can reduce health risks for self and others for potential pressures at the college or career level.

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***HE.912.SUA.5 Advocacy for personal, family and community health***

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HE.912.SUA.5.1 Plan how to effectively ask for help if a person in your immediate environment experiences a problem with alcohol and/or other drugs.

Benchmark Clarifications:

*Clarification 1:* Instruction includes asking family, guardians, caregivers, teachers, and school counselors.

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HE.912.SUA.5.2 Utilize current, accurate data/information to formulate a health-enhancing message to effectively persuade others to be drug and alcohol free.

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HE.912.SUA.5.3 Propose strategies for prevention, detection and treatment options for youth who misuse, are dependent on or are addicted to alcohol, marijuana/THC, nicotine, tobacco, vaping, and other drugs.

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