***Standards Correlation Guidance***

***Grades 9-12***

| **Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.** | |
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| **Core Health Concepts** | |
| **Indiana Academic Standards 2017** | **Indiana Academic Standards 2010** |
| 2.1.1  Predict how healthy behaviors can impact personal health. | HW.1.1 Document how personal behaviors can impact health. |
| AH.1.1 Predict how healthy behaviors can impact health status. |
| 12.1.2  Cite evidence that demonstrates the interrelationships of emotional, intellectual, physical, and social health across the lifespan. | HW.1.2 Explain the interrelationships of emotional, social and physical health. |
| AH.1.2 Describe the interrelationships of emotional, intellectual, physical and social health. |
| 12.1.3  Analyze how environment and personal health are interrelated. | HW.1.3 Examine how the environment and health are connected. |
| AH.1.3 Analyze how environment and personal health are interrelated |
| 12.1.4  Propose ways to reduce or prevent injuries and health problems. | HW.1.4 Examine the impact that genetics can have on personal health. |
| AH.1.4 Analyze how genetics and family history can affect personal health. |
| 12.1.5  Analyze the relationship between access to health care and personal health. | HW.1.5 Formulate ways to prevent or reduce the risk of health problems. |
| AH.1.5 Propose ways to reduce or prevent injuries and health problems. |

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| **Core Health Concepts** | |
| **Indiana Academic Standards 2017** | **Indiana Academic Standards 2010** |
| 12.1.6  Analyze how genetics and family history can affect personal health. | HW.1.6 Investigate the connection between access to health care and health status. |
| AH.1.6 Analyze the relationship between access to health care and health status. |
| 12.1.7  Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors. | HW.1.7 Summarize the benefits and barriers to practicing healthy behaviors. |
| AH.1.7 Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors. |
| 12.1.8  Analyze the potential severity of injury and/or illness if engaging in unhealthy behaviors. | HW.1.8 Predict susceptibility to injury or illness if engaging in unhealthy behaviors. |
| AH.1.8 Analyze personal susceptibility to injury, illness or death if engaging in unhealthy behaviors. |
| 12.1.9  Analyze personal susceptibility to injury, illness or death if engaging in unhealthy behaviors. | HW.1.9 Discover the severity of illness if engaging in unhealthy behaviors. |
| AH.1.9 Analyze the potential severity of injury or illness if engaging in unhealthy behaviors. |

| **Standard 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.** | |
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| **Analyzing Influences** | |
| **Indiana Academic Standards 2017** | **Indiana Academic Standards 2010** |
| 12.2.1  Analyze how the family influences the health or individuals across the lifespan. | HW.2.1 Examine how the family impacts the health of individuals. |
| AH.2.1 Analyze how the family influences the health of individuals. |

| **Standard 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.** | |
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| **Analyzing Influences** | |
| **Indiana Academic Standards 2017** | **Indiana Academic Standards 2010** |
| 12.2.2  Evaluate how the school and community can impact personal health practice and behaviors. | HW.2.2 Examine how society supports and challenges health beliefs, practices and behaviors. |
| AH.2.2 Analyze how culture supports and challenges health beliefs, practices and behaviors. |
| 12.2.3  Evaluate the effect of media on health behaviors. | HW.2.3 Examine how adolescents influence healthy and unhealthy behaviors**.** |
| AH.2.3 Analyze how peers influence healthy and unhealthy behaviors. |
| 12.2.4  Analyze how peers can influence healthy and unhealthy behaviors. | HW.2.4 Assess how the school and community can influence health practices and behaviors. |
| AH.2.4 Evaluate how the school and community can impact personal health practice and behaviors. |
| 12.2.5  Analyze how culture supports and challenges health beliefs, practices and behaviors. | HW.2.5 Analyze the effect of media on personal health. |
| AH.2.5 Evaluate the effect of media on personal and family health. |
| 12.2.6  Evaluate the impact of technology on personal, family and community health. | HW.2.6 Analyze the impact of technology on personal and family health. |
| AH.2.6 Evaluate the impact of technology on personal, family and community health. |
| 12.2.7  Analyze how the perceptions of norms influence healthy and unhealthy behaviors. | HW.2.7 Examine how norms influence health-related behaviors. |
| AH.2.7 Analyze how the perceptions of norms influence healthy and unhealthy behaviors. |
| 12.2.8  Analyze the influence of personal values and beliefs on individual health practices and behaviors. | HW.2.8 Determine the influence of personal values on health practices and behaviors. |
| AH.2.8 Analyze the influence of personal values and beliefs on individual health practices and behaviors. |

| **Standard 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.** | |
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| **Analyzing Influences** | |
| **Indiana Academic Standards 2017** | **Indiana Academic Standards 2010** |
| 12.2.9  Analyze how some health risk behaviors can increase the likelihood of engaging in additional unhealthy behaviors. | HW.2.9 Examine how some health risk behaviors can influence the likelihood of taking part in other unhealthy behaviors. |
| AH.2.9 Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors. |
| 12.2.10  Analyze how public health policies and government regulations can influence health practices and behaviors. | HW.2.10 Examine how public health policies and government regulations can influence health promotion and disease prevention. |
| AH.2.10 Analyze how public health policies and government regulations can influence health promotion and disease prevention. |

| **Standard 3: Students will demonstrate the ability to access valid information, products and services to enhance health.** | |
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| **Accessing Resources** | |
| **Indiana Academic Standards 2017** | **Indiana Academic Standards 2010** |
| 12.3.1  Evaluate the validity of health information, products and services. | HW.3.1 Assess how to determine the validity of health information, products and services. |
| AH.3.1 Evaluate the validity of health information, products and services. |
| 12.3.2  Use resources from home, school, and community that provide valid health information for making personal health decisions. | HW.3.2 Utilize resources from school and community that provide valid health information. |
| AH.3.2 Use resources from home, school and community that provide valid health information. |

| **Standard 3: Students will demonstrate the ability to access valid information, products and services to enhance health.** | |
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| **Accessing Resources** | |
| **Indiana Academic Standards 2017** | **Indiana Academic Standards 2010** |
| 12.3.3  Determine the accessibility of products and services that enhance health. | HW.3.3 Investigate the accessibility of products and services that enhance health. |
| AH.3.3 Determine the accessibility of products and services that enhance health. |
| 12.3.4  Determine when professional health services may be required. | HW.3.4 Examine when professional health services may be required. |
| AH.3.4 Determine when professional health services may be required. |
| 12.3.5  Access valid and reliable health products and services that enhance health. | HW.3.5 Select valid and reliable health products and services. |
| AH.3.5 Access valid and reliable health products and services. |

| **Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.** | |
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| **Communication Skills** | |
| **Indiana Academic Standards 2017** | **Indiana Academic Standards 2010** |
| 12.4.1  Apply effective verbal (assertiveness) and nonverbal communication skills in real-life health situations. | HW.4.1 Model skills for communicating effectively with others to enhance health. |
| AH.4.1 Use skills for communicating effectively with family, peers and others to enhance health. |

| **Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.** | |
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| **Communication Skills** | |
| **Indiana Academic Standards 2017** | **Indiana Academic Standards 2010** |
| 12.4.2  Employ active listening and response skills to enhance health. | HW.4.2 Apply refusal, negotiation and collaboration skills to enhance health and avoid or reduce health risks. |
| AH.4.2 Demonstrate refusal, negotiation and collaboration skills to enhance health and avoid or reduce health risks. |
| 12.4.3  Demonstrate healthy ways to express needs, wants and feelings. | HW.4.3 Apply strategies to manage or resolve interpersonal conflicts without harming self or others. |
| AH.4.3 Demonstrate strategies to prevent, manage or resolve interpersonal conflicts without harming self or others. |
| 12.4.4  Demonstrate ways to communicate care, consideration, and respect of self and others. | HW.4.4 Illustrate how to offer assistance to enhance the health of self and others. |
| AH.4.4 Demonstrate how to ask for and offer assistance to enhance the health of self and others. |
| 12.4.5  Demonstrate effective refusal skills in real-life health-related situations. |  |
| 12.4.6  Demonstrate how to ask for and offer assistance to enhance the health of self and others. |  |
| 12.4.7  Implement and evaluate strategies to prevent and manage conflict. |  |
| 12.4.8  Implement strategies for overcoming health-related communication barriers. |  |

| **Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.** | |
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| **Communication Skills** | |
| **Indiana Academic Standards 2017** | **Indiana Academic Standards 2010** |
| 12.4.9  Analyze how interpersonal communication impacts and is impacted by relationships. |  |

| **Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.** | |
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| **Decision Making** | |
| **Indiana Academic Standards 2017** | **Indiana Academic Standards 2010** |
| 12.5.1  Identify personal health decisions and analyze related internal and external influences. | HW.5.1 Determine barriers to healthy decision making. |
| AH.5.1 Examine barriers that can hinder healthy decision making. |
| 12.5.2  Gather, synthesize, and evaluate available information to enhance health. | HW.5.2 Outline the value of applying a thoughtful decision-making process to a health-related situation. |
| AH.5.2 Determine the value of applying a thoughtful decision-making process in health-related situations. |
| 12.5.3  Personalize health risk of decisions to self and others. | HW.5.3 Assess when independent or collaborative decision making is appropriate. |
| AH.5.3 Justify when individual or collaborative decision making is appropriate. |
| 12.5.4  Apply a decision making process to real-life health-related situations. | HW.5.4 Propose alternative choices to health-related issues or problems. |
| AH.5.4 Generate alternatives to health-related issues or problems. |

| **Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.** | |
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| **Decision Making** | |
| **Indiana Academic Standards 2017** | **Indiana Academic Standards 2010** |
| 12.5.5  Describe how personal health decisions may affect subsequent decisions. | HW.5.5 Analyze the potential short and long-term outcome of each alternative on self and others. |
| AH.5.5 Predict the potential short and long-term impact of each alternative on self and others. |
| 12.5.6  Assume responsibility for personal health decisions | HW.5.6 Determine the health-enhancing choice when making decisions. |
| AH.5.6 Defend the healthy choice when making decisions. |
|  | HW.5.7 Assess the potential success or consequence of health-related decisions. |
| AH.5.7 Evaluate the effectiveness of health-related decisions. |

| **Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.** | |
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| **Goal Setting** | |
| **Indiana Academic Standards 2017** | **Indiana Academic Standards 2010** |
| 12.6.1  Critically analyze and articulate the benefits of planning and setting personal health goals. | HW.6.1 Evaluate personal health practices and overall health. |
| AH.6.1 Assess personal health practices and overall health status. |
| 12.6.2  Develop a personal health goal and a plan to achieve it. | HW.6.2 Formulate a plan to achieve a health goal that addresses strengths, needs and risks. |
| AH.6.2 Develop a plan to attain a personal health goal that addresses strengths, needs and risks. |

| **Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.** | |
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| **Goal Setting** | |
| **Indiana Academic Standards 2017** | **Indiana Academic Standards 2010** |
| 12.6.3  Analyze and develop strategies to overcome barriers to achieving the personal health goal. | HW.6.3 Demonstrate strategies and document progress to achieve a personal health goal. |
| AH.6.3 Implement strategies and monitor progress in achieving a personal health goal. |
| 12.6.4  Implement the plan and adjust it, as needed, to achieve the personal health goal. | HW.6.4 Determine an effective long-term personal health plan. |
| AH.6.4 Formulate an effective long-term personal health plan. |
| 12.6.5  Analyze the impact of decisions on the personal health goal. |  |
| 12.6.6  Identify personal support systems and explain their importance in achieving the personal health goal. |  |
| 12.6.7  Assess, reflect on and adjust the plan to reach and maintain the personal health goal. |  |

| **Standard 7: Students demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.** | |
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| **Practicing Healthy Behaviors** | |
| **Indiana Academic Standards 2017** | **Indiana Academic Standards 2010** |
| 12.7.1  Conduct a personal assessment of health and safety knowledge and skills. | HW.7.1 Examine individual responsibility for improving health. |
| AH.7.1 Analyze the role of individual responsibility for enhancing health. |

| **Standard 7: Students demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.** | |
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| **Practicing Healthy Behaviors** | |
| **Indiana Academic Standards 2017** | **Indiana Academic Standards 2010** |
| 12.7.2  Analyze the results of the personal assessment to identify personal health and safety strengths and needs. | HW.7.2 Illustrate a variety of healthy practices that will maintain or improve health. |
| AH.7.2 Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others. |
| 12.7.3  Select and apply a strategy to improve personal health or safety. | HW.7.3 Model behaviors to reduce health risks. |
| AH.7.3 Demonstrate a variety of behaviors that avoid or reduce health risks to self and others. |
| 12.7.4  Identify and access personal support, persons or systems, as needed. |  |
| 12.7.5  Analyze the role of individual responsibility for personal health and safety behaviors. |  |
| 12.7.6  Celebrate and reward self for personal health and safety accomplishments. |  |

| **Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.** | |
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| **Advocacy** | |
| **Indiana Academic Standards 2017** | **Indiana Academic Standards 2010** |
| 12.8.1  Conduct a personal, family or community health or safety assessment and/or review data from current similar health assessments. | HW.8.1 Apply accurate peer and societal norms to formulate a health-enhancing message. |
| AH.8.1 Use accurate peer and societal norms to formulate a health-enhancing message. |

| **Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.** | |
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| **Advocacy** | |
| **Indiana Academic Standards 2017** | **Indiana Academic Standards 2010** |
| 12.8.2  Analyze data to determine a priority health or safety issue on which to take a stand. | HW.8.2 Model how to influence and support others to make positive health choices. |
| AH.8.2 Demonstrate how to influence and support others to make positive health choices. |
| 12.8.3  Thoroughly research the health or safety issue. | HW.8.3 Work with others to advocate for improving personal, family and community health. |
| AH.8.3 Work cooperatively as an advocate for improving personal, family and community health. |
| 12.8.4  Identify and familiarize self with agencies, organizations, and others who advocate for and against the health issue. | HW.8.4 Modify health messages and communication techniques to a specific target audience. |
| AH.8.4 Adapt health messages and communication techniques to a specific target audience. |
| 12.8.5  Clarify personal beliefs regarding the health or safety issue. |  |
| 12.8.6  Take a clear health-enhancing stand. |  |
| 12.8.7  Use communication techniques to persuade the individual or group to support or act on the health or safety issue. |  |
| 12.8.8  Identify an audience and adapt the health or safety message and communication technique to the characteristics of the individual or group. |  |

| **Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.** | |
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| **Advocacy** | |
| **Indiana Academic Standards 2017** | **Indiana Academic Standards 2010** |
| 12.8.9  Work collaboratively with individuals, agencies and organizations to advocate for the health of self, families, and communities. |  |
| 12.8.10  Evaluate the effectiveness of the advocacy effort and revise and adjust, as needed. |  |