

High School

Grade Level Skill Focus	<ul style="list-style-type: none">→ Students analyze the influence of family, peers, culture, social media, technology, and other determinants on health behaviors. <i>(Skill 2)</i>→ Students demonstrate health literacy by accessing valid and reliable health information, products, and services to enhance health. <i>(Skill 3)</i>→ Students demonstrate effective interpersonal communication skills to enhance health. <i>(Skill 4)</i>→ Students demonstrate effective decision-making skills to enhance health. <i>(Skill 5)</i>→ Students demonstrate effective goal-setting skills to enhance health. <i>(Skill 6)</i>→ Students demonstrate observable health and safety practices. <i>(Skill 7)</i>→ Students advocate for behaviors that support personal, family, peer, school, and community health. <i>(Skill 8)</i>
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Wellness and Health Promotion (WHP)

- HS.WHP.1** Identify and describe personal activities and behaviors within the five dimensions of health (physical, social, emotional, mental, and environmental) and how they affect health-related behaviors and impact holistic well-being.
- HS.WHP.2** Discuss personal and family values and behaviors that impact individual, interpersonal, and community health.
- HS.WHP.3** Analyze health promotion and disease prevention guidelines and recommendations, including those for infectious diseases, from credible federal, professional, and voluntary health organizations.
- HS.WHP.4** Identify individual practices that protect vision, hearing, skin, and teeth.
- HS.WHP.5** Identify at least two strategies to promote health and wellness for individuals, families, and communities.
- HS.WHP.6** Identify and discuss the life-saving benefits of organ and tissue donation, and analyze how personal, familial, media, and cultural factors influence decisions about donation.
- HS.WHP.7** Demonstrate how to access medically accurate, comprehensive, and inclusive health-related resources online and in the community or at school.
- HS.WHP.8** Analyze how public health policies and government regulations can influence health promotion and disease prevention.
- HS.WHP.9** Analyze how the history of health and social policy impacts individual and community health status.
- HS.WHP.10** Discuss the intersections between built environment, green spaces, climate change, and the five dimensions of health.
- HS.WHP.11** Advocate for everyone, regardless of physical ability or location, to have access to nutritious food, clean water, clean air, and accessible places.

Safety and First Aid (SFA)

- HS.SFA.1** Analyze current data on unintentional injury among adolescents.
- HS.SFA.2** Formulate a plan to recognize and respond to situations that may lead to injury between individuals, in groups, and in communities.
- HS.SFA.3** Demonstrate how to administer basic first aid, hands-only cardiopulmonary resuscitation (CPR), use of an automated external defibrillator (AED), and treatment of an opioid overdose emergency.
- HS.SFA.4** Access a variety of resources in the home, school, and community that prevent injury.