

# Academy for Character Education

Student's Name: \_\_\_\_\_

Date Submitted: \_\_\_\_\_

9 <sup>th</sup> -12 <sup>th</sup> HEALTH CONTENT STANDARDS		
HEALTH SKILLS		DATE(S) TAUGHT
	Access information & to meet specific health needs & solve health related problems.	
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	Demonstrate personal responsibility to follow procedures that enhance health & reduce risk.	
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	Analyze influences on health related choices (e.g., personal/family/cultural values, media, technology, peers, body image, emotions, & environments [physical & social, including substance use], & public health policies).	
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	Communicate effectively, using peer resistance, assertiveness, conflict resolution skills, & negotiation & refusal skills to avoid unsafe situations.	
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	Set short & long term goals that promote healthy living.	
	<u>SHORT</u> :----- ----- -----	

**9<sup>th</sup> -12<sup>th</sup> HEALTH CONTENT STANDARDS**

	<p>-----</p> <p><u>LONG:</u>-----</p> <p>-----</p> <p>-----</p>	
	Use a decision making model to make lifelong healthy decisions.	
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	Advocate to self, peers, family & community members, the importance of participating in health enhancing behaviors & abstaining from unsafe behaviors.	
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<b>ALCOHOL, TOBACCO, &amp; OTHER DRUG USE PREVENTION</b>		
	Explain the relationship between alcohol & other drug use on vehicle crashes, injuries, violence, suicide, & sexual risk behavior.	
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	Demonstrate refusal skills around drinking & driving or being a passenger when the driver has been drinking & driving.	
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	Analyze the influences & pressures teenagers face regarding issues of alcohol, tobacco & other drug use.	
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**9<sup>th</sup> -12<sup>th</sup> HEALTH CONTENT STANDARDS**

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<b>PREVENTION &amp; CONTROL OF DISEASE</b>		
	Identify screenings, including melanoma, breast & testicular self-examinations, & medical examinations, including pap smear, HPV, STD, HIV, & Hepatitis B & C testing necessary to maintain reproductive health.	
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	Advocate to others the importance of screenings & medical examinations to maintain reproductive health.	
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<b>PROMOTION OF ENVIRONMENTAL HEALTH</b>		
	Identify ways to prevent exposure to the sun, including tanning beds.	
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	Analyze influences that encourage young people to abstain from protecting oneself from the sun & influences that encourage the use of tanning beds.	
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	Communicate to others the importance of preventing exposure to UV rays & other harmful substances.	
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**9<sup>th</sup> -12<sup>th</sup> HEALTH CONTENT STANDARDS**

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	Identify how to communicate to a friend or relative you think is an addict & should get support/help.	
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<b>PROMOTION OF PHYSICAL ACTIVITY</b>		
	Explain physical, academic, mental, & social benefits of physical activity & the relationship of a sedentary lifestyle to chronic disease.	
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	Access information about the recommended amount & types of physical activity for adolescents.	
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<b>PROMOTION OF SEXUAL HEALTH</b>		
	Explain why abstinence is the safest, most effective method of protection from HPV, STD/HIV, Hepatitis B & C, & pregnancy.	
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	Effectively communicate the decisions & behaviors of family, peers, & others that promote healthy sexual behaviors.	
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**9<sup>th</sup> -12<sup>th</sup> HEALTH CONTENT STANDARDS**

	Use the decision making process to make healthy choices around sexual health.	
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<b>UNINTENTIONAL INJURY PREVENTION</b>		
	Examine the impact of alcohol, tobacco, and other drug use on unintentional injury.	
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	Set a personal goal to avoid driving when under the influence of alcohol or other drugs.	
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<b>VIOLENCE AND SUICIDE PREVENTION</b>		
	Describe the consequences of prejudice, discrimination, racism, sexism, and hate crimes.	
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	Advocate for the promotion of respect and empathy for individual differences.	
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Parent signature verifying instruction: \_\_\_\_\_