**HEALTH 2 LEARNING TARGETS**

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| **Concepts - comprehend concepts related to health promotion and disease prevention.*** Explain the different signs and symptoms of addictive behaviors.
* Explain the short-term and long-term psychological and social effects, including social, legal, economic and cosmetic consequences, of alcohol, tobacco, and other drugs.
* Identify the dangers around legal issues and school policies related to alcohol tobacco and other drug use.
* Explain why abstinence is the safest, most effective method of protection from HPV, STD/HIV, Hepatitis B and C, and pregnancy.
* Identify the possible short- and long-term consequences of sexual activity, including increased risk with multiple partners.
* Describe contraceptive methods, proper use, and their effectiveness.
* Compare the effectiveness for a variety of contraceptives, including abstinence and disease prevention.
* Identify community resources that provide assistance around sexual health and pregnancy.
* Identify screenings for breast and testicular cancers; including medical examinations necessary to maintain reproductive health.
* Describe the strategies for preventing communicable diseases and early detection of non-communicable diseases.
* Describe the signs and symptoms of melanoma and identify ways to reduce exposure to sun, including tanning beds.
* Describe dietary guidelines, food groups, nutrients, and serving size for healthy eating habits.
* Explain the importance of variety and moderation in food selection and consumption.
* Describe the impact nutrition has on chronic disease.
* Determine the benefits of healthy weight control and identify unhealthy weight control practices.
* Classify personal stressors at home, in school and with peers.
 | **H.HS.CC.ALT.01*** H.HS.ATD.AST.01
* H.HS.ATD.AST.02
* H.HS.ATD.AST.03
* H.HS.SH.AST.01
* H.HS.SH.AST.02
* H.HS.SH.AST.03
* H.HS.SH.AST.04
* H.HS.SH.AST.05
* H.HS.SH.AST.06
* H.HS.PCD.AST.01
* H.HS.PCD.AST.02
* H.HS.HE.AST.01
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* H.HS.HE.AST.04
* H.HS.MSE.AST.01
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| **Assessing Information - demonstrate the ability to access valid health information and health-promoting products and services.*** Access the appropriate resources for addiction services.
* Identify school and community resources that support early detection.
* Identify nutrients of concern and all food groups that young people typically under and/or over consume.
* Identify resources at home, school, and in the community for managing family and other types of healthy relationships.
* Demonstrate the ability to access community resources that provide assistance around sexual health and pregnancy.
* Compare the effectiveness of a variety of contraceptives, including abstinence and other safer sex practices.
* Demonstrate how to access valid information and resources about healthy and unhealthy relationships.
* Demonstrate respect for the boundaries of others as they relate to intimacy and sexual behavior.
 | **HE.HS.AI.ALT.02*** H.HS.ATD.AST.04
* H.HS.PCD.AST.03
* H.HS.HE.AST.05
* H.HS.MSE.AST.02
* H.HS.SH.AST.07
* H.HS.SH.AST.08
* H.HS.SH.AST.09
* H.HS.SH.AST.10
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| **Analyzing Influences - analyze the influence of culture, media, technology, and other factors on health.*** Analyze influences that encourage young people to abstain from protecting oneself from the sun and influences that encourage the use of tanning beds.
* Explore the effects of gender differences and roles in healthy relationships.
* Analyze the impact various influences have on eating habits and attributes towards weight management.
 | **H.HS.INF.ALT.03*** H.HS.EH.AST.01
* H.HS.SH.AST.11
* H.HS.HE.AST.06
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| **Advocacy - demonstrate the ability to advocate for personal, family, and community health.*** Advocate for a friend or relative who I suspect is an addict and should get support/help.
* Advocate to others the importance of screenings and medical examinations to maintain reproductive health.
* Advocate the use of effective communication skills within healthy relationships.
* Advocate to others about the importance of preventing exposure to UV rays and other harmful substances.
* Advocate for healthy food choices within the community.

 | **H.HS.ADV.ALT.04*** H.HS.ATD.AST.05
* H.HS.SH.AST.12
* H.HS. SH.AST.13
* H.HS.PCD.AST.04
* H.HS.HE.AST.07
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