**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 * H.HS.HE.AST.02 * H.HS.HE.AST.03 * 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 |