In Health class, I can…

Comprehend concepts related to health promotion and disease prevention to enhance health (6, 7, and 8.1).

Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors (6, 7, and 8.2).

Demonstrate the ability to access valid information and products and services to enhance health (6, 7, and 8.3).

Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks (6, 7, and 8.4)

Demonstrate the ability to use decision-making skills to enhance health (6, 7, and 8.5).

Demonstrate the ability to use goal-setting skills to enhance health (6, 7, and 8.6).

Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks (6, 7, and 8.7).

Demonstrate the ability to advocate for personal, family, and community health (6, 7, and 8.8).