

Health

Five Town Graduation Standards and Essential Outcomes

Health Graduation Standard 1

MLR - Maine Learning Results

HEALTH CONCEPTS: Students comprehend concepts related to health promotion and disease prevention to enhance health. (MLR.A)

K-5 Essential Outcomes

- A. Explain the relationship between healthy behaviors and personal health. (MLR.A.1)
- B. Identify examples of physical, mental, emotional, and social health during childhood. (MLR.A.2)
- C. Describe ways to detect and treat common childhood diseases and other health problems. (MLR.A.3)
- D. Describe ways a safe and healthy school and community environment can promote health. (MLR.A.4)
- E. Identify the general characteristics of human growth and development. (MLR.A.5)
- F. Define basic health concepts related to family life, nutrition, personal health, safety, and injury prevention; and tobacco, alcohol and other drug use prevention (MLR.A.6)

6-8 Essential Outcomes

- A. Examine the relationship between behaviors and personal health including personal responsibility for healthy and unhealthy behaviors and the barriers to practicing personal health. (MLR.A.1)
- B. Explain the interrelationships of physical, mental/intellectual, emotional, and social health. (MLR.A.2)
- C. Identify causes of common health problems and describe ways to reduce, prevent, or treat them. (MLR.A.3)
- D. Analyze and describe how the environment and family history can impact personal health and explain how appropriate health care promotes personal health. (MLR.A.4)
- E. Describe the specific characteristics of adolescent growth and development. (MLR.A.5)
- F. Explain essential health concepts related to family life, nutrition, personal health, safety, and injury prevention; and tobacco, alcohol and other drug use prevention. (MLR.A.6)

Health Graduation Standard 2

HEALTH INFORMATION, PRODUCTS, AND SERVICES: Demonstrate the ability to access valid health information, services, and products to enhance health. (MLR.B)

K-5 Essential Outcomes

- A. Identify characteristics of valid health information, products, and services. (MLR.B.1)
- B. Identify resources within home, school, and community that provide health information. (MLR.B.2)

6-8 Essential Outcomes

- A. Analyze the validity of health information, products, and services. (MLR.B.1)
- B. Explain situations requiring the use of valid and reliable health information, products, and services and locate them. (MLR.B.2)

Health Graduation Standard 3

HEALTH PROMOTION AND RISK REDUCTION: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (MLR.C)

K-5 Essential Outcomes

- A. Identify age appropriate healthy practices/behaviors to maintain or improve personal health. (MLR.C.1)
- B. Demonstrate healthy and safe ways to recognize, deal with, or avoid threatening situations and develop injury prevention and safety strategies for personal health. (MLR.C.2)
- C. Demonstrate strategies that can be used to manage stress, anger, or grief. (MLR.C.3)

6-8 Essential Outcomes

- A. Identify a healthy practice/behavior to maintain or improve one's own health in each of the following areas: personal hygiene; healthy eating; physical activity; and tobacco, alcohol and other drug use prevention. (MLR.C.1)
- B. Identify ways to recognize, avoid or change situations that threaten the safety of self and others and develop injury prevention and safety strategies including first aid for family and personal health. (MLR.C.2)
- C. Distinguish between healthy and unhealthy strategies for stress, anger, and grief management. (MLR.C.3)

Health Graduation Standard 4

INFLUENCES ON HEALTH: Analyze the ability of family, peers, culture, media, technology and other factors to enhance health. (MLR.D)

K-5 Essential Outcomes

- A. Describe how a variety of factors can support and influence thoughts, feelings, and health practices. (MLR.D.1)
- B. Describe ways in which technology can influence personal health. (MLR.D.2)

6-8 Essential Outcomes

- A. Explain how multiple factors influence adolescent health behaviors emphasizing how the perceptions of norms, culture, personal values and beliefs influence healthy and unhealthy behaviors. (MLR.D.1)
- B. Analyze the influence of technology, including medical technology, on personal and family health. (MLR.D.2)
- C. Describe how some health-risk behaviors, such as the use of gateway drugs, can influence the likelihood of engaging in unhealthy behaviors and how the use of drugs and alcohol can adversely influence judgment and self-control. (MLR.D.3)

Health Graduation Standard 5

ADVOCACY, DECISION-MAKING AND GOAL-SETTING SKILLS: Demonstrate the ability to use interpersonal communication and advocacy skills; make decisions; and set goals to enhance personal, family, and community health. (MLR.E, F)

K-5 Essential Outcomes

- A. Demonstrate the following effective verbal and nonverbal communication skills to enhance health: listening skills; assertiveness skills; asking for assistance; refusal skills to avoid or reduce health risks; and non-violent strategies to manage or resolve conflict. (MLR.E.1)
- B. Encourage others to make positive health choices by giving accurate information about health issues. (MLR.E.2)
- C. Apply the following decision-making steps to enhance health: identify a health-related situation; predict a potential outcome; list a healthy option; describe the outcome. (MLR.F.1)

6-8 Essential Outcomes

- A. Apply the following effective verbal and nonverbal communication skills to enhance health: communication skills to build and maintain healthy relationships; asking for assistance to enhance the health of self and others; refusal and negotiation skills to avoid or reduce health risks; conflict management or conflict resolution strategies. (MLR.E.1)
- B. Describe and develop the following ways to influence and support others to make positive health choices: health enhancing position on a health topic and the information to support it; health enhancing messages that target specific audiences; and work cooperatively to advocate for healthy individuals, families and schools. (MLR.E.2)
- C. Apply the following decision-making skills to enhance health: determine when health-related situation requires a thoughtful decision-making process; determine when individual or collaborative decision-making is

appropriate; distinguish between healthy or unhealthy alternatives and predict the potential short-term impact on themselves or others; choose healthy alternatives; and analyze the outcome of their health-related decision. (MLR.F.1)

- D. Develop and apply the following strategies to attain a short-term personal health goal: assess personal health practice; develop a short-term goal to adopt, maintain or improve a personal health practice; utilize strategies to monitor progress towards the goal; and describe how personal health goals can vary with changing abilities, priorities and/or responsibilities. (MLR.F.2)