

Standards By Design:

High School for Health Education



Health Education

High School

High school level health skills and concepts include analyzing the influences and pressures teenagers face regarding issues of alcohol, tobacco and other drug use, demonstrating refusal skills and setting personal goals to avoid drinking and driving or being a passenger when the driver has been drinking. Students identify school and community resources that support people with addictive behaviors and learn how to communicate to a friend or relative they think is an addict and should get support or help. They analyze influences that encourage young people to expose themselves to the sun and encourage the use of tanning beds, and communicate to others the importance of preventing exposure to UV rays and other harmful substances. Students learn how to critique the adequacy of their own diet and set a goal based on a dietary analysis. They can effectively communicate the decisions and behaviors of family, peers and others that promote healthy sexual behaviors and use the decision making process to make healthy sexual choices. Students advocate to others the importance of screenings and medical examinations to maintain reproductive health. Students also work on advocating for the promotion of respect and empathy for individual differences.

Alcohol, Tobacco And Other Drug Use Prevention

Acquire knowledge and skills to understand the physical, social, emotional effects of alcohol, tobacco, and other drugs and their use. [Related OARs: OAR 581-022-0413 Prevention Education Programs in Drugs and Alcohol (K-12); OAR 581-022-1210 District Curriculum and Instruction in the area of prevention education in drugs and alcohol.]

HE.HS.AT.01 Explain the relationship between alcohol and other drug use on vehicle crashes, injuries, violence, suicide, and sexual risk behavior.

HE.HS.AT.02 Demonstrate refusal skills around drinking and driving or being a passenger when the driver has been drinking and driving. (Interpersonal Communication)

HE.HS.AT.03 Analyze the influences and pressure teenagers face regarding issues of alcohol, tobacco and other drug use. (Analyzing Influences)

Prevention And Control Of Disease

Acquire knowledge and skills to understand and practice health habits that can prevent and/or control disease. [Related OARs: OAR 581-022-1440 Infectious diseases including Acquired Immune Deficiency Syndrome (AIDS), Human Immunodeficiency Virus (HIV) and Hepatitis B and C; OAR 581-022-1210 District Curriculum and Instruction in the area of infectious diseases, including AIDS/HIV and Hepatitis B.]

HE.HS.DI.01 Identify screenings, including melanoma, breast and testicular self-examinations, and medical examinations, including pap smear, HPV, STD, HIV and Hepatitis B and C testing necessary to maintain reproductive health.

HE.HS.DI.02 Advocate to others the importance of screenings and medical examinations to maintain reproductive health. (Advocacy)

Promotion Of Environmental Health

Acquire knowledge and skills to determine how protecting the environment impacts health for individuals and society.

HE.HS.EH.01 Identify ways to prevent exposure to the sun, including tanning beds.

HE.HS.EH.02 Analyze influences that encourage young people to abstain from protecting oneself from the sun and influences that encourage the use of tanning beds. (Analyzing Influences)

HE.HS.EH.03 Communicate to others the importance of preventing exposure to UV rays and other harmful substances. (Interpersonal Communication)

Promotion Of Healthy Eating

Acquire knowledge and skills to understand and practice healthful nutrition that contributes to growth and energy and helps prevent chronic diseases.

HE.HS.HE.01 Describe dietary guidelines, food groups, nutrients and serving size for healthy eating habits.

HE.HS.HE.02 Critique the adequacy of own diet for key nutrients and identify foods that supply the identified nutrients. (Self Management)

HE.HS.HE.03 Set a personal goal based on a dietary analysis to enhance health. (Goal Setting)

Promotion Of Mental, Social, And Emotional Health

Acquire knowledge and skills to understand that mental, social and emotional health contributes to building and maintaining interpersonal relationships.

HE.HS.MH.01 Explain different signs and symptoms of addictive behaviors.

HE.HS.MH.02 Identify school and community resources that support people with addictive behaviors. (Accessing Information)

HE.HS.MH.03 Identify how to communicate to a friend or relative you think is an addict and should get support/help. (Interpersonal Communication)

Promotion Of Physical Activity

Acquire knowledge and skills to understand the role physical activity has in promoting health.

HE.HS.PA.01 Explain physical, academic, mental, and social benefits of physical activity and the relationship of a sedentary lifestyle to chronic disease.

HE.HS.PA.02 Access information about recommended amount and types of physical activity for adolescents. (Accessing Information)

Promotion Of Sexual Health

Acquire knowledge and skills that emphasize the importance of safe behaviors in maintaining sexual health. [Related OARs: OAR 581-022-1440 Infections diseases including Acquired Immune Deficiency Syndrome (AIDS), Human Immunodeficiency Virus (HIV) and Hepatitis B and C; Related ORS: 336.455 Human sexuality education courses.]

HE.HS.SH.01 Explain why abstinence is the safest, most effective method of protection from HPV, STD/HIV, Hepatitis B and C and pregnancy.

HE.HS.SH.02 Effectively communicate the decisions and behaviors of family, peers and others that promote healthy sexual behaviors. (Interpersonal Communication)

HE.HS.SH.03 Use the decision making process to make healthy choices around sexual health. (Decision Making)

Unintentional Injury Prevention

Acquire knowledge and skills necessary to be safe at home, on the move, at school, at work and in the community and how to get help in case of injury. [Related OARs: OAR 581-022-1420 Emergency plans and safety programs. OAR 581-022-1210 District Curriculum K-12 instructional program.]

HE.HS.IP.01 Examine the impact of alcohol, tobacco and other drug use on unintentional injury.

HE.HS.IP.02 Set a personal goal to avoid driving when under the influence of alcohol or other drugs or riding in a vehicle when the driver is under the influence of alcohol or other drugs. (Goal Setting)

Violence And Suicide Prevention

Acquire knowledge and skills to prevent different forms of violence and suicide with a focus on communication and pro-social behaviors.

HE.HS.VS.01 Describe the consequences of prejudice, discrimination, racism, sexism, and hate crimes.

HE.HS.VS.02 Advocate for the promotion of respect and empathy for individual differences. (Advocacy)