



Oklahoma Academic Standards **HEALTH EDUCATION**



OKLAHOMA
Education



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Introduction

The overarching goal of school health education in Oklahoma is to ensure that school-aged youth become health literate individuals who possess the skills, knowledge, and dispositions to lead healthy active lives. The health education content standards and respective grade level-specific performance outcomes presented here provide the expectations that school programs and services will set for all Oklahoma students.

An effective health education program offers all students the opportunity to gain the needed skills, knowledge, and dispositions toward healthy lifestyles. It is the responsibility of schools to provide opportunities for all students to become competent, literate and enthusiastic learners, in ways that make health class a highly desired, enjoyable, and worthwhile experience. Students who participate in effective health education programs gain the essential health skills necessary to adopt, practice, and maintain health-enhancing behaviors.

The eight health education standards reflected in the Oklahoma Academic Standards for Health Education provide a framework for educators to ensure school-aged students become health literate individuals.

Defining Standards, Curriculum, and Instruction

It is important to note that standards are neither curriculum, instructional practices or strategies; standards serve as a foundation for curriculum. See below for the distinction between standards, curriculum, and instruction:

- Standards: The concepts, content, and skills students should master by the end of a specific grade.
- Curriculum: The materials and resources used for teaching the standards.
- Instruction: The practices teachers use to deliver academic content to students. Teachers should utilize a variety of instructional techniques and strategies to ensure students master academic standards.

The 2026 Oklahoma Academic Standards for Health Education are the result of the contributions of educators and experts in health and health education from across the state of Oklahoma. This document reflects a balanced synthesis of the work of all members of the Oklahoma Academic Standards for Health Education Writing Committee and feedback from educators, external reviews, and numerous education stakeholders.



The 8 Standards of the Oklahoma Academic Standards for Health Education

The Oklahoma Academic Standards for Health Education are divided into eight standards. An overview of each standard, along with the abbreviations used in the coding of the standards, are provided below.



Standard 1: Essential Knowledge

The acquisition of basic health concepts and functional health knowledge provides a foundation for promoting health-enhancing behaviors. This standard focuses on both health promotion and risk reduction.



Standard 2: Analyze Influences (AN)

Analyzing influences allow students to learn about different environmental elements that affect their health. This standard focuses on identifying and understanding the diverse internal and external factors that influence health practices and behaviors among youth.



Standard 3: Access Information (AC)

Access to valid health information, products, and services is critical in the prevention, early detection, and treatment of health problems. This standard focuses on how to identify and access valid health resources.



Standard 4: Interpersonal Communication (IC)

Effective communication enhances personal, family, and community health. This standard focuses on how responsible individuals use verbal and nonverbal skills to develop and maintain healthy personal relationships. The ability to convey information and feelings is the basis for strengthening interpersonal interactions and reducing or avoiding conflict.



Standard 5: Decision Making (DM)

Decision-making skills are needed to identify, implement, and sustain health enhancing behaviors. This standard includes the essential steps needed to make healthy decisions. When applied to health issues, the decision-making process enables individuals to collaborate with others to improve their quality of life.



Standard 6: Goal Setting (GS)

Goal-setting skills are essential to help students identify, adopt, and maintain healthy behaviors. This standard includes the critical steps needed to achieve both short-term and long-term health goals. These skills make it possible for individuals to reach long-term health goals.



Standard 7: Self-Management (SM)

Research confirms that the practice of health-enhancing behaviors can contribute to a positive quality of life. In addition, many diseases and injuries can be prevented by reducing harmful and risk-taking behaviors. This standard promotes the acceptance of personal responsibility for health and encourages the practice of healthy behaviors.



Standard 8: Advocacy (AD)

Advocacy skills help students promote healthy behaviors. This standard helps students to advocate for their own health and the health of others.



The Six Strands for Essential Health Knowledge (Standard 1)

Standard 1, Essential Health Knowledge, includes the following strands and represents the health education concepts all students should know in order to lead a healthy lifestyle. The learning objectives associated with the Six Strands for Essential Health Knowledge (Standard 1) are intended to be taught in conjunction with the health skills in Standards 2-8 and not in isolation. For example, objective *1.NU.2.1 Explain what foods are in a healthy breakfast* from the Nutrition strand could be taught with Standard 2, *Goal Setting*. A brief rationale for the Six Essential Strands of Health Knowledge are provided below.

Nutrition (NU)

Nutrition education plays an important role in preventing chronic diseases and supporting good health. The specific knowledge included in the nutrition strand were developed to help students in grades pre-K–12 adopt and maintain healthy eating patterns. Research has proven that students who are properly nourished have higher rates of academic achievement.

Physical Activity (PA)

Regular physical activity can help students improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions. Teaching the importance of physical activity provides students the knowledge and skills necessary to establish healthy practices that contribute to overall wellness.

Mental Health and Wellness (MH)

Students who can effectively express their feelings, thoughts, and emotions are better able to cope with stress, develop and maintain healthy relationships, and practice empathy. The number of students reporting poor mental health is increasing. Building strong bonds and connecting to students can help protect their mental health and provide a foundation for achieving life-long wellness.

Substance Use and Abuse Prevention (SU)

Increased stress can lead to alcohol and substance use, so it is essential that Oklahoma students are educated on how substances can affect the body and mind. Learning the negative consequences of substance use and abuse can deter students from using substances as coping mechanisms. Effective substance use and abuse prevention education will equip students with the knowledge and skills to avoid abusing substances.

Healthy Relationships (HR)

Creating and maintaining healthy relationships is an important skill for students and can be a strategy for coping with and managing trauma. Teaching skills to develop healthy relationships will enable students to manage feelings and communicate in a healthy way. These skills will be beneficial throughout students' educational experience when interacting with peers and will transfer into adulthood to create a more engaged and more productive society.

Injury Prevention and Personal Health (IP)

Unintentional injuries are the leading cause of death for school-aged youth. Educating students on how to take the necessary safety precautions to eliminate or reduce the risk of injury or death is imperative. This strand also allows students to explore the importance of practicing personal healthy behaviors.



Reading the Oklahoma Academic Standards for Health Education

Comprehend concepts related to health promotion and disease prevention to enhance health				
Standard 1				
Grade Band				
Strand	PreK-2nd	Grades 3-5	Grades 6-8	Grades 9-12
Strand/Skill Nutrition (NU)	1.NU.2.1 Explain what foods are in a healthy breakfast.	1.NU.5.1 Describe the benefits of eating a healthy breakfast every day.	1.NU.8.1 Analyze the importance of eating a healthy breakfast every day.	1.NU.12.1 Summarize the physical, mental, social, and cognitive benefits of eating a healthy breakfast every day.
	1.NU.2.2 Identify a variety of healthy foods and snacks in the 5 food groups. Objective Code Standard.Strand/Skill. Highest grade in grade band. Objective number	1.NU.5.2 Explain the importance of eating a variety of foods from multiple food groups (e.g., fruits, vegetables, dairy, protein, and whole grains).	1.NU.8.2 Examine why the daily recommended amount of food differs for each food group.	1.NU.12.2 Analyze the importance of eating a variety of healthy foods to meet daily nutrient and caloric needs.
	1.NU.2.3 Identify the benefits of drinking water and limiting sugary beverages.	1.NU.5.3 Compare nutritious and non-nutritious beverages.	1.NU.8.3 Differentiate between nutritious and non-nutritious beverages.	1.NU.12.3 Analyze the benefits of limiting the consumption of non-nutritious beverages.

Standard 1 Comprehend concepts related to health promotion and disease prevention to enhance health.				
Strand	PreK-2nd	Grades 3-5	Grades 6-8	Grades 9-12
Nutrition (NU)	1.NU.2.1 Explain what foods are in a healthy breakfast.	1.NU.5.1 Describe the benefits of eating a healthy breakfast every day.	1.NU.8.1 Analyze the importance of eating a healthy breakfast every day.	1.NU.12.1 Summarize the physical, mental, social, and cognitive benefits of eating a healthy breakfast every day.
	1.NU.2.2 Identify a variety of healthy foods and snacks in the five food groups.	1.NU.5.2 Explain the importance of eating a variety of foods from multiple food groups (e.g., fruits, vegetables, dairy, protein, and whole grains).	1.NU.8.2 Examine why the daily recommended amount of food differs for each food group.	1.NU.12.2 Analyze the importance of eating a variety of healthy foods to meet daily nutrient and caloric needs.
	1.NU.2.3 Identify the benefits of drinking water and limiting sugary beverages.	1.NU.5.3 Compare nutritious and non-nutritious beverages.	1.NU.8.3 Differentiate between nutritious and non-nutritious beverages.	1.NU.12.3 Analyze the benefits of limiting the consumption of non-nutritious beverages.
Physical Activity (PA)	1.PA.2.1 Identify the recommended amount of physical activity for children.	1.PA.5.1 Identify different types of physical activities.	1.PA.8.1 Explain how physical activity can be incorporated into daily life without special exercise equipment.	1.PA.12.1 Determine how a person can incorporate physical activity into daily life without relying on a structured exercise plan.
	1.PA.2.2 Describe a variety of ways to be physically active.	1.PA.5.2 Describe the importance of choosing a variety of ways to be physically active.	1.PA.8.2 Describe ways to increase daily physical activity and decrease inactivity.	1.PA.12.2 Analyze ways to increase physical activity and decrease inactivity.

Standard 1 *continued*

Comprehend concepts related to health promotion and disease prevention to enhance health.

Strand	PreK-2nd	Grades 3-5	Grades 6-8	Grades 9-12
Physical Activity (PA)	1.PA.2.3 Describe the benefits of being physically active.	1.PA.5.3 Identify short-term and long-term benefits of moderate and vigorous physical activity (e.g., improving mood, self-esteem, attention, cognitive performance, cardiovascular health, strength, endurance, flexibility, and reducing risks for chronic diseases).	1.PA.8.3 Explain the short-term and long-term benefits of moderate and vigorous physical activity (e.g., improving mood, self-esteem, attention, cognitive performance, cardiovascular health, strength, endurance, flexibility, and reducing risks for chronic diseases).	1.PA.12.3 Evaluate the short-term and long-term benefits of physical activity (e.g., improving mood, self-esteem, attention, cognitive performance, cardiovascular health, strength, endurance, flexibility, and reducing risks for chronic diseases).
	1.MH.2.1 Identify healthy ways to express and cope with needs, wants, feelings, and/or difficult experiences.	1.MH.5.1 Describe healthy ways to express and cope with needs, wants, feelings, and/or difficult experiences.	1.MH.8.1 Analyze healthy ways to express and cope with needs, wants, emotions, feelings, experiences, and/or trauma.	1.MH.12.1 Explain how feelings, emotions, experiences, and trauma can positively and negatively influence behavior.
Mental Health and Wellness (MH)	1.MH.2.2 Recognize the relationship between feelings and behavior.	1.MH.5.2 Identify and explain characteristics of a mentally and emotionally healthy person.	1.MH.8.2 Explain how physical, mental, and emotional health are connected and how they influence social interactions with others (e.g., peers, adults).	1.MH.12.2 Analyze how physical, mental, and emotional health are connected and how they influence social interactions with others (e.g., peers, adults).

Standard 1 <i>continued</i>				
Comprehend concepts related to health promotion and disease prevention to enhance health.				
Strand	PreK-2nd	Grades 3-5	Grades 6-8	Grades 9-12
Mental Health and Wellness (MH)	1.MH.2.3 Explain the importance of respecting the boundaries of self and others (e.g., self-awareness).	1.MH.5.3 Identify feelings of worry, sadness, and hopelessness and determine when and how to seek help with coping skills.	1.MH.8.3 Explain the causes, symptoms, and effects of stress, depression, and anxiety and examine healthy coping skills.	1.MH.12.3 Analyze the causes, symptoms, and effects of stress, depression, and anxiety and practice healthy coping skills.
Substance Use and Abuse (SU)	1.SU.2.1 Identify safe and unsafe use of medicines and prescriptions.	1.SU.5.1 Describe potential risks associated with inappropriate use of medicines, prescriptions, alcohol, and drugs.	1.SU.8.1 Differentiate between proper use, misuse, and abuse of medicines and prescriptions.	1.SU.12.1 Describe how alcohol, illicit drugs, controlled substances, and prescription drug misuse can affect school and/or job performance, attendance, and employment.
	1.SU.2.2 Identify school rules and the use of medicines and prescriptions.	1.SU.5.2 Identify school rules about alcohol use.	1.SU.8.2 Explain school policies and community laws about alcohol and other drug use.	1.SU.12.2 Compare and contrast family and school rules, and community laws about alcohol and other drug-use.
	1.SU.2.3 Identify a variety of tobacco products [e.g., cigarettes, cigars, electronic cigarettes (e-cigarettes), vaping products, hookah, heated tobacco products, smokeless tobacco] that have negative health effects.	1.SU.5.3 Identify short-term and long-term negative physical effects of using tobacco products [e.g., cigarettes, cigars, electronic cigarettes (e-cigarettes), vaping products, hookah, heated tobacco products, smokeless tobacco].	1.SU.8.3 Summarize the dangers of experimenting with alcohol (e.g., beer, wine, spirits) and tobacco products (e.g., vapor products, e-cigarettes, nicotine only products, cigarettes, smokeless tobacco).	1.SU.12.3 Summarize long-term health benefits of abstaining from or discontinuing tobacco use (e.g., cigarettes, cigars, e-cigarettes, vaping products, hookah, heated tobacco products, smokeless tobacco).

Standard 1 *continued*

Comprehend concepts related to health promotion and disease prevention to enhance health.

Strand	PreK-2nd	Grades 3-5	Grades 6-8	Grades 9-12
Healthy Relationships (HR)	1.HR.2.1 Identify a trusted adult (e.g., parent, guardian, health professional) and describe characteristics of a trusted adult.	1.HR.5.1 Describe examples of what and when to report to a trusted adult (e.g., parent, guardian, health professional).	1.HR.8.1 Summarize the benefits of talking with trusted adults (e.g., parent, guardian, health professional) about feelings.	1.HR.12.1 Summarize the importance of talking with trusted adults (e.g., parent, guardian, health professional) about issues related to growth and development, relationships, and related services.
	1.HR.2.2 Identify the characteristics of healthy family and peer relationships.	1.HR.5.2 Describe the benefits of healthy family and peer relationships.	1.HR.8.2 Summarize how the characteristics of healthy relationships influence health behaviors.	1.HR.12.2 Analyze how the characteristics of healthy relationships influence health behaviors.
	1.HR.2.3 Distinguish between wanted and unwanted touch (e.g., high-five, handshake, hug).	1.HR.5.3 Explain why everyone has the right to consent to being touched (e.g., high-five, handshake, hug).	1.HR.8.3 Explain why individuals have the right to refuse uncomfortable situations and/or contact (e.g., physical, virtual).	1.HR.12.3 Summarize why individuals have the right to refuse uncomfortable situations and/or contact (e.g., physical, virtual).

Standard 1 <i>continued</i>				
Comprehend concepts related to health promotion and disease prevention to enhance health.				
Strand	PreK-2nd	Grades 3-5	Grades 6-8	Grades 9-12
Injury Prevention and Personal Health (IP)	1.IP.2.1 Identify the benefits of personal health care practices (e.g., protection from germs, healthy teeth).	1.IP.5.1 Describe the benefits of personal health care practices (e.g., brushing and flossing teeth, washing hair, regularly bathing, adequate sleep, wear sunscreen).	1.IP.8.1 Summarize the benefits of good hygiene practices and adequate sleep for promoting health and maintaining positive social relationships.	1.IP.12.1 Analyze the personal physical, emotional, mental, social, and cognitive health and vocational performance benefits of rest and sleep.
	1.IP.2.2 Identify situations that can lead to risk of injuries at home, school, and in the community (e.g., pedestrian, motor/recreational vehicles, playground, fire, firearms, bike, all bodies of water).	1.IP.5.2 Explain safe and responsible behaviors that prevent injuries at home, school, and in the community (e.g., pedestrian, motor/recreational vehicles, playground, fire, firearms, bike, all bodies of water).	1.IP.8.2 Demonstrate safe and responsible behaviors to prevent injuries at home, school, and in the community (e.g., motor/recreational vehicles, sport, weather, firearms, chemicals, all bodies of water).	1.IP.12.2 Practice safe and responsible behaviors to prevent injuries at home, school, and in the community (e.g., motor/recreational vehicles, sport, weather, firearms, chemicals, all bodies of water).
	1.IP.2.3 Identify people who can help when someone is injured or suddenly ill.	1.IP.5.3 Explain what to do if someone is injured or suddenly ill and needs medical assistance in various situations (e.g., at home, school, or in the community).	1.IP.8.3 Describe first response procedures needed to treat injuries and assess other emergencies.	1.IP.12.3 Explain the accepted procedures for basic emergency care and lifesaving skills.

Standard 2				
Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.				
Skill	PreK-2nd	Grades 3-5	Grades 6-8	Grades 9-12
Analyze Influences (AN)	2.AN.2.1 Identify how family influences personal health practices and behaviors.	2.AN.5.1 Describe how family influences personal health practices and behaviors.	2.AN.8.1 Examine how family influences the health of adolescents.	2.AN.12.1 Analyze how family influences the health of individuals.
	2.AN.2.2 Identify how school culture can support personal health practices and behaviors.	2.AN.5.2 Identify the influence of school and family culture on health practices and behaviors.	2.AN.8.2 Explain the influence of culture on health beliefs, practices, and behaviors.	2.AN.12.2 Analyze how culture supports and challenges health beliefs, practices, and behaviors.
	2.AN.2.3 Identify peers and family members who can influence healthy and unhealthy behaviors.	2.AN.5.3 Examine how peers can influence healthy and unhealthy behaviors.	2.AN.8.3 Evaluate how peers influence healthy and unhealthy behaviors.	2.AN.12.3 Analyze how peers and norms influence healthy and unhealthy practices and behaviors.
	2.AN.2.4 Identify how media and technology (e.g., television/film, video games, advertisements, social media, and other screen time) influence health practices and behaviors.	2.AN.5.4 Describe how media and technology (e.g., television/film, video games, advertisements, social media, and other screen time) influence health practices and behaviors.	2.AN.8.4 Analyze how media and technology (e.g., television/film, video games, advertisements, social media, and other screen time) influence health practices and behaviors.	2.AN.12.4 Analyze how media and technology (e.g., television/film, video games, advertisements, social media, and other screen time) influence personal, family, and community health.

Standard 2 *continued*

Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

Skill	PreK-2nd	Grades 3-5	Grades 6-8	Grades 9-12
Analyze Influences (AN)		2.AN.5.5 Determine how the school and community can influence personal health practices and behaviors (e.g., tobacco free environment, healthy food access, safe bike routes, walking school buses, etc.).	2.AN.8.5 Evaluate how the school and community can affect personal health practices and behaviors (e.g., tobacco free environment, healthy food access, safe bike routes, walking school buses, etc.).	2.AN.12.5 Analyze how the school and community can impact personal health practices and behaviors (e.g., tobacco free environment, healthy food access, safe bike routes, walking school buses, etc.).
			2.AN.8.6 Describe how some health risk behaviors influence the likelihood of engaging in other unhealthy behaviors.	2.AN.12.6 Analyze how some health risk behaviors influence the likelihood of engaging in other unhealthy behaviors.
			2.AN.8.7 Explain how school rules, community norms, and public health policies or laws influence health practices and behaviors.	2.AN.12.7 Analyze how laws, rules, and regulations influence health promotion and disease prevention.

Standard 3				
Demonstrate the ability to access valid information, products and services to enhance health.				
Skill	PreK-2nd	Grades 3-5	Grades 6-8	Grades 9-12
Access Information (AC)	3.AC.2.1 Identify trusted adults and professionals who can help promote health information and services.	3.AC.5.1 Identify characteristics of valid health information, products, and services based on self-identified need (e.g., reliable, appropriate, accurate, or trustworthy).	3.AC.8.1 Examine the validity of health information, products, and services.	3.AC.12.1 Analyze and investigate the validity of health information, products, and services.
	3.AC.2.2 Locate school and community health helpers.	3.AC.5.2 Locate resources from home, school, and the community that provide valid health information.	3.AC.8.2 Access valid health information from home, school, community, and trustworthy online resources.	3.AC.12.2 Utilize medically accurate resources from home, school, and community that provide valid health information.
			3.AC.8.3 Analyze the accessibility of products that enhance health.	3.AC.12.3 Analyze the accessibility of products and services that enhance health.
			3.AC.8.4 Describe situations that may require professional health services.	3.AC.12.4 Determine when professional health services may be required.
			3.AC.8.5 Locate valid and reliable health products and services.	3.AC.12.5 Access medically accurate health products and services.

Standard 4				
Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.				
Skill	PreK-2nd	Grades 3-5	Grades 6-8	Grades 9-12
Interpersonal Communication (IC)	4.IC.2.1 Identify healthy ways to express and communicate needs, wants, and feelings.	4.IC.5.1 Demonstrate effective verbal and nonverbal communication skills.	4.IC.8.1 Demonstrate the use of effective verbal and nonverbal communication skills to enhance health.	4.IC.12.1 Practice effective communication skills to enhance health.
	4.IC.2.2 Identify personal space and boundaries of self and others to reduce health risks.	4.IC.5.2 Demonstrate effective peer resistance skills to avoid or reduce health risks.	4.IC.8.2 Demonstrate refusal and negotiation skills to avoid or reduce health risks.	4.IC.12.2 Practice effective refusal, negotiation, and collaboration skills to avoid engaging in unhealthy behaviors.
	4.IC.2.3 Identify safe and effective ways to respond when dealing with conflict (e.g., unwanted, threatening, or dangerous situation).	4.IC.5.3 Demonstrate healthy ways to manage or resolve conflict.	4.IC.8.3 Explain healthy ways to prevent, manage, and resolve conflict.	4.IC.12.3 Analyze and demonstrate effective communication strategies to prevent, manage, or resolve interpersonal conflict.
	4.IC.2.4 Identify ways to tell a trusted adult when help is needed.	4.IC.5.4 Explain how and when to effectively ask for help to improve personal health.	4.IC.8.4 Demonstrate how to effectively ask for assistance to improve personal health.	4.IC.12.4 Exhibit how to ask for assistance to enhance the health of self and others.
		4.IC.5.5 Identify how to effectively communicate support for others.	4.IC.8.5 Demonstrate how to effectively communicate support for others.	4.IC.12.5 Practice how to effectively offer assistance to improve the health of others.

Standard 5				
Demonstrate the ability to use decision-making skills to enhance health.				
Skill	PreK-2nd	Grades 3-5	Grades 6-8	Grades 9-12
Decision-Making (DM)	5.DM.2.1 Identify situations that require a health-related decision (e.g., managing conflict, anger, nutrition, or hygiene) and describe if help is needed and not needed to make a healthy choice.	5.DM.5.1 Explain situations that require a health-related decision (e.g., managing conflict, emotions, nutrition, hygiene, or safety) and determine when help is needed and when it is not to make a healthy choice.	5.DM.8.1 Explain circumstances that help or hinder healthy decision making and determine when a decision can be made individually or collaboratively.	5.DM.12.1 Evaluate barriers, prepare steps to avoid obstacles, and analyze the value of applying thoughtful decision making skills to a health-related decision, both individually or collaboratively.
	5.DM.2.2 Identify how family, peers, culture, technology, and/or media influence a health-related decision.	5.DM.5.2 Explain how family, culture, peers, technology, and/or media influence a health-related decision.	5.DM.8.2 Evaluate how family, culture, technology, media, peers, and personal beliefs affect a health-related decision.	5.DM.12.2 Analyze how family, culture, technology, media, peers, and personal beliefs affect a health and wellness-related decision.
		5.DM.5.3 Identify healthy options and their potential outcomes when making a health-related decision.	5. DM 5.8.3 Explore the potential short-term impact and differentiate between healthy and unhealthy outcomes of a health-related decision.	5.DM.12.3 Explore options to health-related issues or problems and predict the potential short and long-term outcomes.
		5.DM.5.4 Choose a healthy option and explain the outcomes and benefits of that health-related choice.	5.DM.8.4 Identify a healthy alternative and examine the outcome when making a health-related decision.	5.DM.12.4 Utilize evidence to defend the healthy choice when making a health-related decision and analyze the effectiveness of the outcome.

Standard 6 Demonstrate the ability to use goal setting skills to enhance health.				
Skill	PreK-2nd	Grades 3-5	Grades 6-8	Grades 9-12
Goal Setting (GS)	6.GS.2.1 Identify a short-term personal health goal and who can help when assistance is needed to achieve a personal health goal.	6.GS.5.1 Set a personal health goal and track progress toward achieving that personal health goal.	6.GS.8.1 Assess personal health practices and set a realistic health goal.	6.GS.12.1 Assess personal health practices and behaviors and develop a plan to attain a personal health goal.
	6.GS.2.2 Describe what steps to take in order to achieve a personal health goal.	6.GS.5.2 Identify potential barriers and resources that can help achieve a personal health goal.	6.GS.8.2 Apply and examine strategies and skills used to overcome barriers to achieve a personal health goal.	6.GS.12.2 Formulate an effective long-term plan that includes implementing strategies (e.g. self-monitoring and assessing barriers) to achieve a personal health goal.

Standard 7 Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.				
Skill	PreK-2nd	Grades 3-5	Grades 6-8	Grades 9-12
Self-Management (SM)	7.SM.2.1 Identify practices that prevent or reduce health risks.	7.SM.5.1 Describe practices and behaviors that reduce or prevent health risks.	7.SM.8.1 Demonstrate practices and behaviors that avoid or minimize health risks to self and others.	7.SM.12.1 Evaluate practices and behaviors that avoid or minimize health risks to self and others.
	7.SM.2.2 Demonstrate healthy practices and behaviors to maintain or improve personal health.	7.SM.5.2 Apply a variety of healthy practices and behaviors to maintain or improve personal health.	7.SM.8.2 Apply healthy practices and behaviors to improve the health of oneself and others.	7.SM.12.2 Analyze healthy practices and behaviors to improve the health of oneself and others.
		7.SM.5.3 Identify and practice healthy behaviors.	7.SM.8.3 Explain the importance of being responsible for personal health behaviors.	7.SM.12.3 Analyze the role of individual responsibility in enhancing health.

Standard 8				
Demonstrate the ability to advocate for personal, family and community health.				
Skill	PreK-2nd	Grades 3-5	Grades 6-8	Grades 9-12
Advocacy (AD)	8.AD.2.1 Identify ways to promote personal health (e.g., requesting healthy foods and drinks, avoiding second-hand smoke, practicing proper hygiene).	8.AD.5.1 Demonstrate different ways to express opinions and give accurate information about health issues.	8.AD.8.1 State a health-enhancing position on a topic and support it with accurate information.	8.AD.12.1 Utilize current norms to formulate an accurate health-enhancing message.
	8.AD.2.2 Identify strategies to encourage peers to make positive health choices.	8.AD.5.2 Demonstrate strategies to encourage others to make positive health choices.	8.AD.8.2 Demonstrate how to influence and support others to make positive health choices.	8.AD.12.2 Demonstrate how to influence and support others to make positive health choices.
			8.AD.8.3 Identify ways that health messages and communication techniques can be adapted for different audiences.	8.AD.12.3 Work cooperatively as an advocate for improving personal, family, and community health.