

**Health**  
**Grades 9-12**  
**Assurances**

By the end of the course the student will:

1. Analyze health information and apply strategies for enhancing and maintaining personal health throughout the life span.
2. Become health literate in disease prevention and health promotion throughout the life span.
3. Recognize the importance and significance of the reproductive process as it relates to the health of future generations.
4. Investigate and evaluate the impact of media and technology on individual, family, community, and world health.
5. Understand how to evaluate health information for appropriateness.
6. Assess the relationship between body structure and function and personal health throughout the life span.
7. Analyze the relationship between unsafe behaviors and personal health and develop strategies to promote resiliency throughout the life span.
8. Analyze the effect of relationships on health behaviors.
9. Differentiate between positive and negative family influences.
10. Evaluate the effect of a variety of environmental factors on community and world health.
11. Understand how to access school and community health services for people of all ages.
12. Understand situations in which people of all ages require professional health services.
13. Analyze, design, and evaluate communication skills for building and maintaining healthy relationships throughout the life span.
14. Analyze, design, and evaluate strategies for expressing needs, wants, and emotions in healthy ways.
15. Appraise communications skills that show consideration and respect for self, family, friends, and others.
16. Synthesize information and apply critical-thinking, decision-making, and problem-solving skills for making health-promoting decisions throughout the life span.
17. Apply strategies for advocating and evaluating outcomes for health issues.
18. Understand abstinence only as way of promoting sexual health.