

National Health Education Standards

- 1.** Students will comprehend concepts related to health promotion and disease prevention.
- 2.** Students will demonstrate the ability to access valid health information and health-promoting products and services.
- 3.** Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
- 4.** Students will analyze the influence of culture, media, technology, and other factors of health.
- 5.** Students will demonstrate the ability to use interpersonal communication skills to enhance health.
- 6.** Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
- 7.** Students will demonstrate the ability to advocate for personal, family, and community health.

Source: *National Health Education Standards: Achieving Health Literacy*.