What I Learn in Health Education

SECONDARY

NATIONAL HEALTH EDUCATION STANDARD		WHAT THIS MEANS TO ME
Standard 1 	Use functional health information to support health and well-being of self and others.	I will use health information relevant to me that helps support my health and well-being.
Standard 2 	Analyze influences that affect health and well-being of self and others.	I will analyze how my family, friends, the media, and technology might influence my health and well-being.
Standard 3 	Access valid and reliable resources to support health and well-being of self and others.	I will show how I can find/locate valid and reliable resources that support my health and well-being.
Standard 4 	Use interpersonal communication skills to support health and well-being of self and others.	I will show how I use communication skills to support my health and well-being.
Standard 5 	Use a decision-making process to support personal and community health and well-being of self and others.	I will show how I use a decision-making process to support the health and well-being of myself and my community.
Standard 6 	Use a goal-setting process to support health and well-being of self and others.	I will show how I use a goal-setting process to support my health and well-being.
Standard 7 	Demonstrate practices and behaviors to support health and well-being of self and others.	I will demonstrate how I engage in healthy practices and behaviors that support my health and well-being.
Standard 8 	Advocate to promote health and well-being of self and others.	I will show how I stand up for my health and the health and well-being of my family and community.

SHAPE America Sets the Standard®

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