What I Learn in Health Education

ELEMENTARY

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 learn how to take care of my health and well-being.
Standard 2 	Analyze influences that affect health and well-being of self and others.	I will analyze how the people and things in my life help me make healthy choices.
Standard 3 	Access valid and reliable resources to support health and well-being of self and others.	I will show how I can find good information to stay healthy and be healthier.
Standard 4 	Use interpersonal communication skills to support health and well-being of self and others.	I will show how I can communicate with others to stay healthy and be healthier.
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'm able to make decisions to stay healthy and be healthier.
Standard 6 	Use a goal-setting process to support health and well-being of self and others.	I will show how I set goals to stay healthy and be healthier.
Standard 7 	Demonstrate practices and behaviors to support health and well-being of self and others.	I will practice making healthy choices.
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 of my family and community.

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