

Essex Westford Unified School District K-12 Content Area Proficiencies - Health

Proficiency	Performance Indicators			
	Elementary (By end of grade 2)	Intermediate (By end of grade 5)	Middle Level (By end of grade 8)	High School (By end of grade 12)
CORE CONCEPTS: Comprehend concepts related to health promotion and disease prevention to enhance health.	Identify healthy behaviors and choices. Recognize that there are multiple dimensions of health. Describe ways to prevent common childhood injuries and communicable diseases.	Describe the relationship between healthy behaviors and personal health. Identify examples of emotional, intellectual, physical, and social health. Describe ways in which safe and healthy school and community environments can promote personal health. Describe ways to prevent common childhood injuries and health problems. Describe when it is important to seek health care.	Analyze the relationship between healthy behaviors and personal health. Propose ways to reduce or prevent injuries and health problems. Describe how family history can affect personal health. Describe ways to reduce or prevent injuries and other adolescent health problems. Explain how appropriate health care can promote personal health. Examine the likelihood of injury or illness if engaging in unhealthy behaviors.	Predict how healthy behaviors can affect health status and effects on human systems. Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors. Propose ways to reduce or prevent injuries and health problems. Describe the interrelationships of emotional, intellectual, physical, and social health. Analyze how environment and personal health are interrelated. Analyze the relationship between access to health care and health status. Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.
ANALYZE INFLUENCES: Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.	Identify how the family influences personal health practices and behaviors. Identify what the school can do to support personal health practices and behaviors. Describe how the media can influence thoughts, feelings and health behaviors.	Describe how family influences personal health practices and behaviors. Identify the influence of culture on health practices and behaviors. Identify how peers can influence healthy and unhealthy behaviors. Describe how the school and community can support personal health practices and behaviors. Explain how media influences thoughts, feelings, and health behaviors. Describe ways that technology can influence personal health.	Examine how the family influences the health of adolescents. Describe the influence of culture, peers and technology on health beliefs, practices, and behaviors. Explain the influence of personal values and beliefs on individual health practices and behaviors.	Analyze how the culture, peers and technology supports and challenges health beliefs, practices, and behaviors. Analyze the influence of personal values and beliefs on individual health practices and behaviors. Analyze how the perceptions of norms influence healthy and unhealthy behaviors. Analyze how public health policies and government regulations can influence health promotion and disease prevention.

ACCESS INFORMATION: Know how to access and evaluate information, products, and services to enhance health.	<p>Identify trusted adults and professionals who can help promote health.</p> <p>Identify ways to locate school and community health helpers.</p>	<p>Identify characteristics of valid health information, products, and services.</p> <p>Locate resources from home, school, and community that provide valid health information.</p>	<p>Analyze the validity of health information, products, and services.</p> <p>Describe situations that may require professional health services.</p> <p>Determine the accessibility of products and services that enhance health.</p>	<p>Evaluate the validity of health information, products, and services.</p> <p>Use resources from home, school, and community that provide valid health information.</p> <p>Determine when professional health services may be required.</p> <p>Access valid and reliable health products and services.</p>
HEALTH ADVOCACY: Use interpersonal communication skills to enhance health and avoid or reduce health risks to advocate for personal, family, and community health.	<p>Demonstrate healthy ways to express needs, wants, and feelings.</p> <p>Demonstrate listening skills to enhance health.</p> <p>Demonstrate ways to respond in an unwanted, threatening, or dangerous situation.</p> <p>Demonstrate ways to tell a trusted adult if threatened or harmed.</p>	<p>Demonstrate effective verbal and nonverbal communication skills to enhance health.</p> <p>Demonstrate refusal skills that avoid or reduce health risks.</p> <p>Demonstrate nonviolent strategies to manage or resolve conflict.</p> <p>Demonstrate how to ask for assistance to enhance personal health.</p> <p>Encourage others to make positive health choices.</p> <p>Express opinions and give accurate information about health issues.</p>	<p>Apply effective verbal and nonverbal communication skills to enhance health.</p> <p>Demonstrate refusal and negotiation skills that avoid or reduce health risks.</p> <p>Demonstrate effective conflict management or resolution strategies.</p> <p>Demonstrate how to ask for assistance to enhance the health of self and others.</p> <p>Demonstrate how to influence and support others to make positive health choices.</p> <p>State a health-enhancing position on a topic and support it with accurate information.</p>	<p>Use skills for communicating effectively with family, peers, and others to enhance health.</p> <p>Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.</p> <p>Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.</p> <p>Demonstrate how to ask for and offer assistance to enhance the health of self and others.</p> <p>Work cooperatively as an advocate for improving personal, family, and community health.</p> <p>Use accurate peer and societal norms to formulate a health enhancing message.</p>
SELF-MANAGEMENT: Demonstrate the ability to use decision-making and goal-setting skills to practice health-enhancing behaviors.	<p>Choose a healthy option when making a decision and describe the outcome of that decision.</p> <p>Demonstrate a variety of behaviors that avoid or reduce health risks.</p>	<p>Predict the potential outcomes of each option when making a health-related decision.</p> <p>Set a personal health goal and track progress toward its achievement.</p> <p>Identify who can help when assistance is needed to achieve a personal health goal.</p>	<p>Justify when individual or collaborative decision-making is appropriate.</p> <p>Apply strategies and skills needed to attain a personal health goal.</p> <p>Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.</p>	<p>Assess personal health practices and overall health status.</p> <p>Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.</p> <p>Implement strategies and monitor progress in achieving a personal health goal.</p> <p>Formulate an effective long-term personal health plan.</p>