

All Stars Alignment with National Health Education Standards – Grades 6, 7, and 8

Core

Booster

Plus

Standard 1.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.			
	1.8.1 Analyze the relationship between healthy behaviors and personal health.	Sessions 3, 4, 6, 7	Session 1	Session 1, 2
	1.8.2 Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.	Session 6, 7, 9	Session 3	Session 5
	1.8.3 Analyze how the environment affects personal health.			
	1.8.4 Describe how family history can affect personal health.			
	1.8.5 Describe ways to reduce or prevent injuries and other adolescent health problems.	Session 8, 10, 11	Session 4	Session 8
	1.8.6 Explain how appropriate health care can promote personal health.	Session 6, 7, 9	Session 3	
	1.8.7 Describe the benefits of and barriers to practicing healthy behaviors.	Sessions 11, 12	Session 4	
	1.8.8 Examine the likelihood of injury or illness if engaging in unhealthy behaviors.	Sessions 11, 12	Session 4	
	1.8.9 Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.	Sessions 11, 12	Session 4	

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Standard 2.	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.			
	2.8.1 Examine how the family influences the health of adolescents.	Sessions 3, 5, 6, 7, 9, 11, 12	Session 7	
	2.8.2 Describe the influence of culture on health beliefs, practices, and behaviors.			
	2.8.3 Describe how peers influence healthy and unhealthy behaviors.	Sessions 6, 8, 9, 10	Session 5, 6	Sessions 8, 9, 10, 11, 12
	2.8.4 Analyze how the school and community can affect personal health practices and behaviors.		Supplemental Session 2, 3, 5	
	2.8.5 Analyze how messages from media influence health behaviors.	Session 13	Session 7, Supplemental Session 4	
	2.8.6 Analyze the influence of technology on personal and family health.	Sessions 2, 3		
	2.8.7 Explain how the perceptions of norms influence healthy and unhealthy behaviors.	Sessions 8, 9, 10 Supplemental Sessions 1, 5	Session 3, 4, 5	Sessions 8, 9, 10, 11, 12
	2.8.8 Explain the influence of personal values and beliefs on individual health practices and behaviors.	Sessions 1, 2, 3, 4, 5, 6, 7	Session 3	Sessions 1, 2, 3
	2.8.9 Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.	Session 6		
	2.8.10 Explain how school and public health policies can influence health promotion and disease prevention.		Supplemental Sessions 2, 3, 5	

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Standard 3.	Students will demonstrate the ability to access valid information, products, and services to enhance health.			
	3.8.1 Analyze the validity of health information, products, and services.			
	3.8.2 Access valid health information from home, school, and community.	Sessions 3, 5, 6, 7, 9, 11, 12		
	3.8.3 Determine the accessibility of products that enhance health.			
	3.8.4 Describe situations that may require professional health services.			
	3.8.5 Locate valid and reliable health products and services.			

Standard 4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.			
	4.8.1 Apply effective verbal and nonverbal communication skills to enhance health.	Sessions 1 - 13	Sessions 1 - 9	Sessions 8, 9
	4.8.2 Demonstrate refusal and negotiation skills that avoid or reduce health risks.			Sessions 10, 11, 12
	4.8.3 Demonstrate effective conflict management or resolution strategies.			Session 8
	4.8.4 Demonstrate how to ask for assistance to enhance the health of self and others.	Sessions 3, 5, 6, 7, 9, 11, 12	Session 7	Session 10

Standard 5.	Students will demonstrate the ability to use decision-making skills to enhance health.			
	5.8.1 Identify circumstances that can help or hinder healthy decision making.			Sessions 4, 5, 6, 7
	5.8.2 Determine when health-related situations require the application of a thoughtful decision-making process.			Sessions 4, 5, 6, 7
	5.8.3 Distinguish when individual or collaborative decision making is appropriate.			Session 7
	5.8.4 Distinguish between healthy and unhealthy alternatives to health-related issues or problems.			Session 6
	5.8.5 Predict the potential short-term impact of each alternative on self and others.			Session 6
	5.8.6 Choose healthy alternatives over unhealthy alternatives when making a decision.			Sessions 4, 5, 6, 7
	5.8.7 Analyze the outcomes of a health-related decision.			Session 6

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Standard 6.	Students will demonstrate the ability to use goal-setting skills to enhance health.			
	6.8.1 Assess personal health practices.	Session 7	Session 6	Session 3
	6.8.2 Develop a goal to adopt, maintain, or improve a personal health practice.	Session 7	Session 6	Sessions 1, 2, 3
	6.8.3 Apply strategies and skills needed to attain a personal health goal.	Sessions 7, 8, 9	Session 6	Session 2, 3
	6.8.4 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.	Session 7	Session 6	Session 3
Standard 7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.			
	7.8.1 Explain the importance of assuming responsibility for personal health behaviors.	Sessions 2, 3, 4, 5, 6	Session 1, 8	
	7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.	Session 7	Session 6, 7, 8	
	7.8.3 Demonstrate behaviors to avoid or reduce health risks to self and others.			Session 3, 7, 10, 11
Standard 8.	Students will demonstrate the ability to advocate for personal, family, and community health.			
	8.8.1 State a health-enhancing position on a topic and support it with accurate information.		Supplemental Sessions 2, 3, 5	
	8.8.2 Demonstrate how to influence and support others to make positive health choices.		Supplemental Sessions 2, 3, 5	
	8.8.3 Work cooperatively to advocate for healthy individuals, families, and schools.		Supplemental Sessions 2, 3, 5	
	8.8.4 Identify ways in which health messages and communication techniques can be altered for different audiences.		Supplemental Sessions 2, 3, 5	

Standard 1.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.			
	1.12.1 Predict how healthy behaviors can affect health status.	Activities 16, 17, 18, 19	Activities 9, 10, 11	Activities 15, 16
	1.12.2 Describe the interrelationships of emotional, intellectual, physical, and social health.	Activities 5, 6, 7, 8, 9, 22, 23, 24	Activities 2, 5	Activity 21
	1.12.3 Analyze how environment and personal health are interrelated.			
	1.12.4 Analyze how genetics and family history can impact personal health.			
	1.12.5 Propose ways to reduce or prevent injuries and health problems.	Activities 1 - 24	Activities 1 - 18	Activities 1 - 21
	1.12.6 Analyze the relationship between access to health care and health status.			
	1.12.7 Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.	Activities 12, 13, 14, 15	Activity 12	Activities 15, 16
	1.12.8 Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors.	Activity 16	Activity 5	Activities 6, 7
	1.12.9 Analyze the potential severity of injury or illness if engaging in unhealthy behaviors.	Activity 16	Activity 11	Activities 4, 5, 6, 7

Standard 2.	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.			
	2.12.1 Analyze how the family influences the health of individuals.			
	2.12.2 Analyze how the culture supports and challenges health beliefs, practices, and behaviors.			
	2.12.3 Analyze how peers influence healthy and unhealthy behaviors.			Activities 8, 9, 10
	2.12.4 Evaluate how the school and community can affect personal health practice and behaviors.			
	2.12.5 Evaluate the effect of media on personal and family health.	Activity 17	Activity 9	Activity 14
	2.12.6 Evaluate the impact of technology on personal, family, and community health.		Activity 10	
	2.12.7 Analyze how the perceptions of norms influence healthy and unhealthy behaviors.	Activities 1, 2, 3, 4	Activities 1, 2, 3, 4	Activities 1, 2, 3
	2.12.8 Analyze the influence of personal values and beliefs on individual health practices and behaviors.	Activities 5, 6, 7, 8, 9	Activity 5	Activities 4, 5, 6, 7
	2.12.9 Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.			
	2.12.10 Analyze how public health policies and government regulations can influence health promotion and disease prevention.			

Standard 3.	Students will demonstrate the ability to access valid information, products, and services to enhance health.			
	3.12.1 Evaluate the validity of health information, products, and services.	Activity 17	Activity 9, 10	Activity 14
	3.12.2 Use resources from home, school, and community that provide valid health information.			Activity 13
	3.12.3 Determine the accessibility of products and services that enhance health.			Activity 13
	3.12.4 Determine when professional health services may be required.			
	3.12.5 Access valid and reliable health products and services.			

Standard 4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.			
	4.2.1 Demonstrate healthy ways to express needs, wants, and feelings.	Activities 22, 23, 24		Activity 16
	4.12.1 Use skills for communicating effectively with family, peers, and others to enhance health.			Activity 10
	4.12.2 Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.	Activities 10, 11		Activities 8, 9, 10
	4.12.3 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.			
	4.12.4 Demonstrate how to ask for and offer assistance to enhance the health of self and others.			

Standard 5. Students will demonstrate the ability to use decision-making skills to enhance health.

	5.12.1 Examine barriers that can hinder healthy decision making.	Activity 12	Activity 7	Activity 11
	5.12.2 Determine the value of applying a thoughtful decision-making process in health-related situations.	Activities 13, 14	Activity 8	Activity 12
	5.12.3 Justify when individual or collaborative decision making is appropriate.	Activity 15		
	5.12.4 Generate alternatives to health-related issues or problems.	Activities 13, 14	Activity 8	Activity 12
	5.12.5 Predict the potential short-term and long-term impact of each alternative on self and others.	Activities 13, 14	Activity 8	Activity 15
	5.12.6 Defend the healthy choice when making decisions.	Activity 15	Activity 8	Activities 8, 9
	5.12.7 Evaluate the effectiveness of health-related decisions.	Activity 15	Activity 8	Activity 15

Standard 6. Students will demonstrate the ability to use goal-setting skills to enhance health.

	6.12.1 Assess personal health practices and overall health status.		Activity 14	Activity 17
	6.12.2 Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.	Activities 20, 21	Activities 12, 13, 14, 15, 16, 17, 18	Activities 17, 18, 19, 20
	6.12.3 Implement strategies and monitor progress in achieving a personal health goal.	Activities 20, 21	Activity 18	Activity 20

All Stars Alignment with National Health Education Standards – Grades 9–12

ATOD

Personal Health

Nutrition

	6.12.4 Formulate an effective long-term personal health plan.	Activity 9	Activity 5	Activities 4, 5
Standard 7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.			
	7.12.1 Analyze the role of individual responsibility for enhancing health.	Activities 5, 6, 7, 8, 9		Activities 4, 5, 17
	7.12.2 Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.	Activities 1 - 24	Activities 1 - 18	Activities 1 - 21
	7.12.3 Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.	Activities 1 - 24	Activities 1 - 18	Activities 1 - 21
Standard 8.	Students will demonstrate the ability to advocate for personal, family, and community health.			
	8.12.1 Utilize accurate peer and societal norms to formulate a health-enhancing message.	Activities 1, 2, 3, 4	Activities 1, 2, 3, 4	Activities 1, 2, 3
	8.12.2 Demonstrate how to influence and support others to make positive health choices.	Activities 1, 2, 3, 4	Activities 1, 2, 3, 4	Activities 1, 2, 3
	8.12.3 Work cooperatively as an advocate for improving personal, family, and community health.			
	8.12.4 Adapt health messages and communication techniques to a specific target audience.			