

INDIANA Department of Education
Health & Wellness STANDARDS
addressed by
STARTING HEALTHY LIVES – 5th Grade Program

- 5.2.3 Identify how peers can influence healthy and unhealthy behaviors.
- 5.4.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.
- 5.7.1 Identify responsible personal health behaviors.
- 5.8.1 Express opinions and give accurate information about health issues.
- 5.8.2 Encourage others to make positive health choices.

INDIANA Department of Education
Health & Wellness STANDARDS
addressed by
BUILDING HEALTHY FUTURES – 6th Grade Program

- 6.1.1 Compare how healthy behaviors and personal health are linked.
- 6.1.2 Identify the interrelationships of emotional and social health in adolescence.
- 6.1.3 Examine how one's surroundings impact health and wellness.
- 6.1.7 Identify the benefits of practicing healthy behaviors.
- 6.1.8 Describe the likelihood of injuries or illnesses if engaging in unhealthy behaviors.
- 6.2.1 Identify how family practices influence the health of adolescents.
- 6.2.3 Explain how peers influence healthy behaviors.
- 6.2.5 Illustrate how media messages influence health behaviors.
- 6.2.7 Identify norms that influence health behaviors.
- 6.2.8 List the influence of personal values on health practices.
- 6.2.9 Identify how some health choices influence unhealthy behaviors.
- 6.3.2 Find valid health information from home.
- 6.4.1 Investigate effective communication skills to enhance health.
- 6.4.2 Choose refusal skills to avoid or reduce health risks.
- 6.4.4 Choose how to ask for assistance to enhance the health of self.
- 6.5.1 Name conditions that can help or hinder healthy decision making.
- 6.5.2 Explain when health-related situations require a thoughtful decision-making process.
- 6.5.3 Explain when individual or adult supported decision making is appropriate.
- 6.5.4 Identify healthy and unhealthy options to health-related issues or problems.
- 6.5.5 Describe the potential short-term impact of each choice on self and others.
- 6.5.6 Distinguish healthy options over unhealthy options when making a decision.
- 6.5.7 Predict the results of a health-related decision.
- 6.6.2 Identify a goal to adopt a personal health practice.
- 6.6.3 Develop strategies to achieve a personal health goal.
- 6.6.4 Explain how personal health goals can vary with priorities.
- 6.7.1 Identify the importance of being responsible for health behaviors.
- 6.7.2 Indicate healthy behaviors that will maintain or improve the health of self and others.
- 6.7.3 Identify practices to avoid or reduce health risks to self and others.
- 6.8.2 Show how to support others to make positive health choices.
- 6.8.3 Plan with others to advocate for healthy individuals.
- 6.8.4 State ways that health messages can be altered for different age groups.

INDIANA Department of Education
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BUILDING HEALTHY FUTURES – Middle School Program

- 7.1.1 Examine how healthy behaviors influence personal health.
- 7.1.2 Summarize the interrelationships of emotional, social and physical health in adolescence.
- 7.1.5 Explain ways to reduce or prevent health risks among adolescents.
- 7.1.7 Determine the barriers to practicing healthy behaviors.
- 7.1.8 Predict the risk of injury or illness if engaging in unhealthy behaviors.
- 7.2.1 Describe how family values and behaviors influence the health of adolescents.
- 7.2.2 Discuss the influence of culture on health behaviors.
- 7.2.3 Describe how peers influence unhealthy behaviors.
- 7.2.5 Examine how information from the media influences health behaviors.
- 7.2.7 Indicate how the perceptions of norms influence healthy and unhealthy behaviors.
- 7.2.8 Describe the influence of personal beliefs on health practices and behaviors.
- 7.2.9 Discuss how some risky choices can influence the likelihood of unhealthy behaviors.
- 7.3.2 Locate valid health information from school and community.
- 7.3.4 Determine situations that require health services.
- 7.4.1 Demonstrate effective communication skills to enhance health.
- 7.4.2 Model refusal and negotiation skills to avoid or reduce health risks.
- 7.4.3 Model effective conflict resolution strategies.
- 7.4.4 Model how to ask for assistance to enhance the health of others.
- 7.5.1 Describe situations that can help or hinder healthy decision-making.
- 7.5.2 Recognize when health-related situations require a thoughtful decision-making process.
- 7.5.4 Differentiate between healthy and unhealthy choices to health-related issues or problems.
- 7.5.5 Examine the potential short-term impact of each option on self and others.
- 7.5.6 Choose healthy choices over unhealthy choices when making a decision.
- 7.5.7 Examine the consequences of a health-related decision.
- 7.6.1 Analyze the effectiveness of personal health practices.
- 7.6.2 Select a goal to improve a personal health practice.
- 7.6.3 Demonstrate skills needed to attain a personal health goal.
- 7.6.4 Discuss how personal health goals can vary with changing abilities or responsibilities.
- 7.7.1 Show the importance of being accountable for personal health behaviors.
- 7.7.2 Describe healthy practices and behaviors that will maintain or improve the health of self and others.
- 7.7.3 Describe behaviors to avoid or reduce health risks to self and others.
- 7.8.2 Demonstrate how to influence and support others to make positive health choices.
- 8.1.1 Analyze the relationship between healthy behaviors and personal health.
- 8.1.2 Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.
- 8.1.5 Describe ways to reduce or prevent adolescent health problems and injuries
- 8.1.6 Explain how appropriate health care can promote personal health.
- 8.1.7 Describe the benefits of and barriers to practicing healthy behaviors.
- 8.1.8 Examine the likelihood of injury or illness if engaging in unhealthy behaviors.
- 8.1.9 Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.
- 8.2.1 Examine how the family influences the health of adolescents.
- 8.2.3 Describe how peers influence healthy and unhealthy behaviors.

- 8.2.5 Analyze how messages from the media influence health behaviors.
- 8.2.7 Explain how the perceptions of norms influence healthy and unhealthy behaviors.
- 8.2.8 Explain the influence of personal values and beliefs on individual health practice and behaviors.
- 8.2.9 Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.
- 8.3.2 Access valid health information from home, school and community.
- 8.3.4 Describe situations that may require professional health services.
- 8.3.5 Locate valid and reliable health products and services.
- 8.4.1 Apply effective verbal and non-verbal communication skills to enhance health.
- 8.4.2 Demonstrate refusal and negotiation skills to avoid or reduce health risks.
- 8.4.3 Demonstrate effective conflict management or resolution strategies.
- 8.4.4 Demonstrate how to ask for assistance to enhance the health of self and others.
- 8.5.1 Identify circumstances that can help or hinder healthy decision making.
- 8.5.2 Determine when health-related situations require the application of a thoughtful decision-making process.
- 8.5.4 Distinguish between healthy and unhealthy alternatives to health-related issues or problems.
- 8.5.5 Predict the potential short-term impact of each alternative on self and others.
- 8.5.6 Choose healthy alternatives over unhealthy alternatives when making a decision.
- 8.5.7 Analyze the outcomes of a health-related decision.
- 8.6.2 Develop a goal to adopt, maintain or improve a personal health practice.
- 8.6.3 Apply strategies and skills needed to attain a personal health goal.
- 8.6.4 Describe how personal health goals can vary with changing abilities, priorities and responsibilities.
- 8.7.1 Explain the importance of assuming responsibility for personal health behaviors.
- 8.7.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
- 8.7.3 Demonstrate behaviors to avoid or reduce health risks to self and others.
- 8.8.2 Demonstrate how to influence and support others to make positive health choices.

INDIANA Department of Education
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CHOOSING HEALTHY LIVES – High School Program



- AH.1.1 Predict how healthy behaviors can impact health status.
- AH.1.2 Describe the interrelationships of emotional, intellectual, physical and social health.
- AH.1.5 Propose ways to reduce or prevent injuries and health problems.
- AH.1.7 Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.
- AH.1.8 Analyze personal susceptibility to injury, illness or death if engaging in unhealthy behaviors.
- AH.1.9 Analyze the potential severity of injury or illness if engaging in unhealthy behaviors.
- AH.2.1 Analyze how the family influences the health of individuals.
- AH.2.2 Analyze how culture supports and challenges health beliefs, practices and behaviors.
- AH.2.3 Analyze how peers influence healthy and unhealthy behaviors.
- AH.2.4 Evaluate how the school and community can impact personal health practice and behaviors.
- AH.2.5 Evaluate the effect of media on personal and family health.
- AH.2.6 Evaluate the impact of technology on personal, family and community health.
- AH.2.7 Analyze how the perceptions of norms influence healthy and unhealthy behaviors.
- AH.2.8 Analyze the influence of personal values and beliefs on individual health practices and behaviors.
- AH.2.9 Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.
- AH.3.2 Use resources from home, school and community that provide valid health information.
- AH.3.4 Determine when professional health services may be required.
- AH.3.5 Access valid and reliable health products and services.
- AH.4.1 Use skills for communicating effectively with family, peers and others to enhance
- AH.4.2 Demonstrate refusal, negotiation and collaboration skills to enhance health and avoid or reduce health risks.
- AH.4.3 Demonstrate strategies to prevent, manage or resolve interpersonal conflicts without harming self or others.
- AH.4.4 Demonstrate how to ask for and offer assistance to enhance the health of self and others.
- AH.5.1 Examine barriers that can hinder healthy decision making.
- AH.5.2 Determine the value of applying a thoughtful decision-making process in health-related situations.
- AH.5.3 Justify when individual or collaborative decision making is appropriate.

- AH.5.4 Generate alternatives to health-related issues or problems.
- AH.5.5 Predict the potential short and long-term impact of each alternative on self and others.
- AH.5.6 Defend the healthy choice when making decisions.
- AH.5.7 Evaluate the effectiveness of health-related decisions.
- AH.6.1 Assess personal health practices and overall health status.
- AH.6.2 Develop a plan to attain a personal health goal that addresses strengths, needs and risks.
- AH.6.3 Implement strategies and monitor progress in achieving a personal health goal.
- AH.6.4 Formulate an effective long-term personal health plan.
- AH.7.1 Analyze the role of individual responsibility for enhancing health.
- AH.7.2 Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.
- AH.7.3 Demonstrate a variety of behaviors that avoid or reduce health risks to self and others.
- AH.8.2 Demonstrate how to influence and support others to make positive health choices.
- AH.8.4 Adapt health messages and communication techniques to a specific target audience.
- HW.1.1 Document how personal behaviors can impact health.
- HW.1.2 Explain the interrelationships of emotional, social and physical health.
- HW.1.5 Formulate ways to prevent or reduce the risk of health problems.
- HW.1.7 Summarize the benefits and barriers to practicing healthy behaviors.
- HW.1.8 Predict susceptibility to injury or illness if engaging in unhealthy behaviors.
- HW.1.9 Discover the severity of illness if engaging in unhealthy behaviors.
- HW.2.1 Examine how the family impacts the health of individuals.
- HW.2.2 Examine how society supports and challenges health beliefs, practices and behaviors.
- HW.2.3 Examine how adolescents influence healthy and unhealthy behaviors.
- HW.2.4 Assess how the school and community can influence health practices and behaviors.
- HW.2.5 Analyze the effect of media on personal health.
- HW.2.6 Analyze the impact of technology on personal and family health.
- HW.2.7 Examine how norms influence health-related behaviors.
- HW.2.8 Determine the influence of personal values on health practices and behaviors.
- HW.2.9 Examine how some health risk behaviors can influence the likelihood of taking part in other unhealthy behaviors.
- HW.3.2 Utilize resources from school and community that provide valid health information.
- HW.3.4 Examine when professional health services may be required.
- HW.3.5 Select valid and reliable health products and services.
- HW.4.1 Model skills for communicating effectively with others to enhance health.

- HW.4.2 Apply refusal, negotiation and collaboration skills to enhance health and avoid or reduce health risks.
- HW.4.3 Apply strategies to manage or resolve interpersonal conflicts without harming self or others.
- HW.4.4 Illustrate how to offer assistance to enhance the health of self and others.
- HW.5.1 Determine barriers to healthy decision making.
- HW.5.2 Outline the value of applying a thoughtful decision-making process to a health-related situation.
- HW.5.3 Assess when independent or collaborative decision making is appropriate.
- HW.5.4 Propose alternative choices to health-related issues or problems.
- HW.5.5 Analyze the potential short and long-term outcome of each alternative on self and others.
- HW.5.6 Determine the health-enhancing choice when making decisions.
- HW.5.7 Assess the potential success or consequence of health-related decisions.
- HW.6.1 Evaluate personal health practices and overall health.
- HW.6.2 Formulate a plan to achieve a health goal that addresses strengths, needs and risks.
- HW.6.3 Demonstrate strategies and document progress to achieve a personal health goal.
- HW.6.4 Determine an effective long-term personal health plan.
- HW.7.1 Examine individual responsibility for improving health.
- HW.7.2 Illustrate a variety of healthy practices that will maintain or improve health.
- HW.7.3 Model behaviors to reduce health risks.
- HW.8.2 Model how to influence and support others to make positive health choices.