

Idaho

Content Standards Health Education



Idaho Goal

In Focus Lessons

STANDARD 1: COMPREHEND CORE CONCEPTS

Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional, and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development, and Family Life; and Environmental Health.

- Maslow's Pyramid
- Well-Being
- Conditions of Well-Being
- Physical Safety
- Psychological Safety
- Mind & Body Drug Free
- Nutrition
- Exercise
- Emotional Awareness
- Emotional Regulation
- Managing Stress
- Coping Strategies

STANDARD 2: ANALYZING INFLUENCES

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health and behavior.

- Digital Citizenship
- Critical Thinking
- Perspective Taking
- Problem Solving
- Connection
- Strengths of Others
- Celebrating My Strengths
- Self-Compassion
- Character Traits

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STANDARD 3: ACCESSING INFORMATION

Students will demonstrate the ability to access valid information, products and services to enhance health.

- Self Awareness
- Deep Learning
- Executive Function
- Honesty & Integrity
- Test Preparation

STANDARD 4: INTERPERSONAL COMMUNICATION

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- Communication
- Active Listening
- Respect for Others
- Respecting Personal Space
- Collaboration
- Conflict Resolution
- Feedback
- Power of Words
- Empathy
- Kindness & Friendship
- Bully Prevention

STANDARD 5: DECISION MAKING

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

- Choices & Consequences
- Embracing Change
- Navigating Uncertainty
- Responsibility
- Organization
- Time Management

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STANDARD 6: GOAL SETTING

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

- Growth Mindset
- Goal Setting
- Lifelong Learning
- Self-Efficacy
- Personal Excellence
- Resilience & Perseverance
- Courage

STANDARD 7: PRACTICE HEALTHY BEHAVIOR

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- Self-Care & Hygiene
- Motivation
- Happiness
- Gratitude

STANDARD 8: ADVOCACY

Students will demonstrate the ability to advocate for personal, family, and community health.

- Leadership
- Positive Peer Impact
- Civic Roles
- Making a Difference