

New Hampshire

Health Education Standards



STANDARD 1: CONCEPTS

Students will comprehend concepts related to health promotion and disease prevention. This standard is linked to all content areas. Student work should demonstrate functional knowledge of the most important and enduring ideas, issues and concepts related to achieving good 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: ACCESSING INFORMATION

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

- Self Awareness
- Deep Learning
- Executive Function

- Honesty & Integrity
- Test Preparation

STANDARD 3: SELF MANAGEMENT

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

- Self-Care & Hygiene
- Motivation

- Happiness
- Gratitude

STANDARD 4: ANALYZING INTERNAL & EXTERNAL INFLUENCES

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

- Digital Citizenship
- Critical Thinking
- Perspective Taking
- Problem Solving
- Connection

- Strengths of Others
- Celebrating My Strengths
- Self-Compassion
- Character Traits
- Choices & Consequences

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STANDARD 5: INTERPERSONAL COMMUNICATIONS

Students will demonstrate the ability to use interpersonal communication skills to enhance health.

- Communication
- Active Listening
- Respect for Others
- Respecting Personal Space
- Collaboration
- Conflict Resolution

- Feedback
- Power of Words
- Empathy
- Kindness & Friendship
- Bully Prevention

STANDARD 6: GOAL SETTING

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

- Growth Mindset
- Goal Setting
- Lifelong Learning
- Self-Efficacy
- Embracing Change

- Navigating Uncertainty
- Personal Excellence
- Resilience & Perseverance
- Courage

STANDARD 7: ADVOCACY

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

- Leadership
- Positive Peer Impact

- Civic Roles
- Making a Difference