

Indiana Academic Standards for High School Health & Wellness Course

Aligned Standard / Indicators

Standard 1

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- HW.1.1 Document how personal behaviors can impact health.
- HW.1.2 Explain the interrelationships of emotional, social and physical health.
- HW.1.4 Examine the impact genetics can have on personal health.
- HW.1.5 Formulate ways to prevent or reduce the risk of health problems.
- HW.1.6 Investigate the connection between access to health care and health status.
- HW.1.7 Summarize the benefits and barriers to practicing healthy behaviors.
- HW.1.9 Discover the severity of illness if engaging in unhealthy behaviors.

Correlated Standards / Indicators

** Aligned dependent upon selected instructional strategies integrated into lesson.

Standard 2

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

- 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.2.8 Determine the influence of personal values on health practices and behaviors.

Standard 4

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

- HW.4.2 Apply refusal, negotiation and collaboration skills to enhance health and avoid or reduce health risks.

Standard 5

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

- HW.5.2 Outline the value of applying a thoughtful decision-making process to a health-related situation.
- HW.5.6 Determine the health-enhancing choice when making decisions.

Standard 8

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

- HW.8.2 Model how to influence and support others to make positive health choices.
- HW.8.3 Work with others to advocate for improving personal, family and community health.
- HW.8.4 Modify health messages and communication techniques to a specific target audience.