

Standards and Performance Indicators

Health Skills and Subskills

Session	Addressed	Assessed	Session	Addressed	Assessed
1. What is a Legacy?	<p>Standard 3: Resource Management</p> <ul style="list-style-type: none"> Recognize how cultural beliefs influence health behaviors and the use of health services. Analyze how media and technology influence the selection of health information, products and services. 	<p>Standard 3: Resource Management</p> <ul style="list-style-type: none"> Recognize how cultural beliefs influence health behaviors and the use of health services. Analyze how media and technology influence the selection of health information, products and services. 	1. What is a Legacy?	<p>Planning and Goal Setting</p> <p>PG.I.1 Analyzes the benefits of planning and setting personal health goals.</p> <p>PG.I.2 Makes a personal commitment to achieve a personal health goal.</p> <p>PG.I.3 Develops a personal health goal and a plan to achieve it</p> <p>PG.I.4 Analyses possible barriers to achieving the personal health goal.</p>	

Standards and Performance Indicators			Health Skills and Subskills		
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2. Looking Ahead to My Future	<p>Standard 1 – Personal Health and Fitness</p> <ul style="list-style-type: none"> Demonstrate the necessary knowledge and skills to promote healthy adolescent development. Analyze the multiple influences which affect health decisions and behaviors. <p>Standard 2 – Safe and Healthy Environment</p> <ul style="list-style-type: none"> Assess potentially dangerous situations and demonstrate the skills to avoid or reduce their risks. Understand the need for personal involvement in improving the environment. <p>Standard 3 – Resource Management</p> <ul style="list-style-type: none"> Distinguish between valid and invalid health information, products and services. 	<p>Standard 1 – Personal Health and Fitness</p> <ul style="list-style-type: none"> Analyze the multiple influences which affect health decisions and behaviors. <p>Standard 2 – Safe and Healthy Environment</p> <ul style="list-style-type: none"> Assess potentially dangerous situations and demonstrate the skills to avoid or reduce their risks. Understand the need for personal involvement in improving the environment. 	2. Looking Ahead to My Future	<p>Planning and Goal Setting:</p> <p>PG.I.2 Makes a personal commitment to achieve a personal health goal.</p> <p>PG.I.3 Develops a personal health goal and a plan to achieve it</p> <p>PG.I.4 Analyses possible barriers to achieving the personal health goal.</p>	

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3. Guest Speakers	<p>Standard 2 – Safe and Healthy Environment</p> <ul style="list-style-type: none"> Understand the need for personal involvement in improving the environment. 		3. Guest Speakers	<p>Communication</p> <p>CM.I.1 Refines the ability to actively listen, follow directions and respond to others in health-enhancing ways.</p> <p>CM.I.6 Demonstrates ways to communicate care, consideration and respect of self and others.</p>	<p>Communication</p> <p>CM.I.1 Refines the ability to actively listen, follow directions and respond to others in health-enhancing ways.</p> <p>CM.I.6 Demonstrates ways to communicate care, consideration and respect of self and others.</p>

Standards and Performance Indicators

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4. What Lifts Me Up, What Holds Me Back?	<p>Standard 1 – Personal Health and Fitness</p> <ul style="list-style-type: none"> Analyze the multiple influences which affect health decisions and behaviors. <p>Standard 2 – Safe and Healthy Environment</p> <ul style="list-style-type: none"> Assess potentially dangerous situations and demonstrate the skills to avoid or reduce their risks. Demonstrate personal and social skills which enhance personal health and safety. 	<p>Standard 1 – Personal Health and Fitness</p> <ul style="list-style-type: none"> Analyze the multiple influences which affect health decisions and behaviors. <p>Standard 2 – Safe and Healthy Environment</p> <ul style="list-style-type: none"> Assess potentially dangerous situations and demonstrate the skills to avoid or reduce their risks. 	4. What Lifts Me Up, What Holds Me Back?	<p>Planning and Goal Setting</p> <p>PG.I.1 Analyzes the benefits of planning and setting personal health goals.</p> <p>PG.I.4 Analyzes possible barriers to achieving the personal health goal.</p> <p>PG.I.5 Implements the plan to achieve the personal health goal and overcome possible barriers.</p> <p>PG.I.6 Analyzes the impact of decisions on the personal health goal.</p> <p>PG.I.7 Identifies personal support systems and explains their importance in achieving the personal health goal.</p> <p>PG.I.8 Assesses reflects on and adjusts the plan to maintain and enhance personal health and safety, as needed.</p>	<p>Planning and Goal Setting</p> <p>PG.I.1 Analyzes the benefits of planning and setting personal health goals.</p> <p>PG.I.4 Analyzes possible barriers to achieving the personal health goal.</p> <p>PG.I.6 Analyzes the impact of decisions on the personal health goal.</p> <p>PG.I.7 Identifies personal support systems and explains their importance in achieving the personal health goal.</p>

Standards and Performance Indicators

Health Skills and Subskills

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5. Expressing Myself in My Future Career			5. Expressing Myself in My Future Career	<p>Planning and Goal Setting</p> <p>PG.I.1 Analyzes the benefits of planning and setting personal health goals.</p> <p>PG.I.4 Analyzes possible barriers to achieving the personal health goal.</p> <p>PG.I.5 Implements the plan to achieve the personal health goal and overcome possible barriers.</p> <p>PG.I.6 Analyzes the impact of decisions on the personal health goal.</p> <p>PG.I.7 Identifies personal support systems and explains their importance in achieving the personal health goal.</p> <p>PG.I.8 Assesses reflects on and adjusts the plan to maintain and enhance personal health and safety, as needed.</p>	

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Session	Addressed	Assessed	Session	Addressed	Assessed
6. Exploring My Future			6. Exploring My Future	<p>Self Management</p> <p>SM.I.1 Conducts a personal assessment of health and safety knowledge and skills.</p> <p>SM.I.2 Analyzes the attributes (knowledge, skills and competencies) of a safe and healthy person.</p> <p>SM.I.5 Selects and applies a health skill (Planning and Goal Setting, Communication, etc.) to improve personal health and safety.</p> <p>SM.I.6 Identifies and accesses personal support persons or systems.</p> <p>SM.I.7 Accesses related health and safety resources</p>	<p>Self Management</p> <p>SM.I.1 Conducts a personal assessment of health and safety knowledge and skills.</p> <p>SM.I.2 Analyzes the attributes (knowledge, skills and competencies) of a safe and healthy person.</p> <p>SM.I.5 Selects and applies a health skill (Planning and Goal Setting, Communication, etc.) to improve personal health and safety.</p> <p>SM.I.6 Identifies and accesses personal support persons or systems.</p> <p>SM.I.7 Accesses related health and safety resources</p>

Standards and Performance Indicators

Health Skills and Subskills

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7. What Does Today Have to Do with My Future?	<p>Standard 1 – Personal Health and Fitness</p> <ul style="list-style-type: none"> Demonstrate the necessary knowledge and skills to promote healthy adolescent development. 	<p>Standard 1 – Personal Health and Fitness</p> <ul style="list-style-type: none"> Demonstrate the necessary knowledge and skills to promote healthy adolescent development. 	7. What Does Today Have to Do with My Future?	<p>Self Management SM.I.2 Analyzes the attributes (knowledge, skills and competencies) of a safe and healthy person.</p> <p>Planning and Goal Setting PG.I.1 Analyzes the benefits of planning and setting personal health goals.</p> <p>PG.I.4 Analyzes possible barriers to achieving the personal health goal.</p> <p>PG.I.5 Implements the plan to achieve the personal health goal and overcome possible barriers.</p> <p>PG.I.6 Analyzes the impact of decisions on the personal health goal.</p> <p>PG.I.7 Identifies personal support systems and explains their importance in achieving the personal health goal.</p> <p>PG.I.8 Assesses</p>	<p>Planning and Goal Setting PG.I.1 Analyzes the benefits of planning and setting personal health goals.</p> <p>PG.I.4 Analyzes possible barriers to achieving the personal health goal.</p> <p>PG.I.5 Implements the plan to achieve the personal health goal and overcome possible barriers.</p> <p>PG.I.6 Analyzes the impact of decisions on the personal health goal.</p> <p>PG.I.7 Identifies personal support systems and explains their importance in achieving the personal health goal.</p> <p>PG.I.8 Assesses reflects on and adjusts the plan to maintain and enhance personal health and safety, as needed</p>

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8. What Can I Do Now to Get There?	<p>Standard 1 – Personal Health and Fitness</p> <ul style="list-style-type: none"> Analyze the multiple influences which affect health decisions and behaviors. 		8. What Can I Do Now to Get There?	<p>Planning and Goal Setting</p> <p>PG.I.1 Analyzes the benefits of planning and setting personal health goals.</p> <p>PG.I.4 Analyzes possible barriers to achieving the personal health goal.</p> <p>PG.I.5 Implements the plan to achieve the personal health goal and overcome possible barriers.</p> <p>PG.I.6 Analyzes the impact of decisions on the personal health goal.</p> <p>PG.I.7 Identifies personal support systems and explains their importance in achieving the personal health goal.</p> <p>PG.I.8 Assesses reflects on and adjusts the plan to maintain and enhance personal health and safety, as needed.</p> <p>Decision Making</p>	<p>Planning and Goal Setting</p> <p>PG.I.1 Analyzes the benefits of planning and setting personal health goals.</p> <p>PG.I.4 Analyzes possible barriers to achieving the personal health goal.</p> <p>PG.I.5 Implements the plan to achieve the personal health goal and overcome possible barriers.</p> <p>PG.I.6 Analyzes the impact of decisions on the personal health goal.</p> <p>PG.I.7 Identifies personal support systems and explains their importance in achieving the personal health goal.</p> <p>Decision Making</p>

				<p>DM.I.1 Identifies personal health decisions and sorts related internal and external influences</p> <p>DM.I.2 Recognizes personal capabilities and limitations as they relate to possible healthy solutions</p> <p>DM.I.3 Compiles and assesses available information to enhance health.</p> <p>DM.I.4 Personalizes health risk of decisions to self and others.</p> <p>DM.I.5 Applies a decision making model to real-life health-related situations.</p> <p>DM.I.6 Analyzes perceptions of peer, family and community normative health-related behavior.</p>	<p>DM.I.1 Identifies personal health decisions and sorts related internal and external influences</p> <p>DM.I.3 Compiles and assesses available information to enhance health.</p> <p>DM.I.4 Personalizes health risk of decisions to self and others.</p> <p>DM.I.5 Applies a decision making model to real-life health-related situations.</p> <p>DM.I.6 Analyzes perceptions of peer, family and community normative health-related behavior.</p>
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Session	Addressed	Assessed	Session	Addressed	Assessed
9. Expressing Myself in Communication and Relationships	<p>Standard 1 – Personal Health and Fitness</p> <ul style="list-style-type: none"> Apply prevention and risk reduction strategies to adolescent health problems. Demonstrate the necessary knowledge and skills to promote healthy adolescent development. Analyze the multiple influences which affect health decisions and behaviors. <p>Standard 2 – Safe and Healthy Environment</p> <ul style="list-style-type: none"> Assess potentially dangerous situations and demonstrate the skills to avoid or reduce their risks. Demonstrate personal and social skills which enhance personal health and safety. 	<p>Standard 1 – Personal Health and Fitness</p> <ul style="list-style-type: none"> Apply prevention and risk reduction strategies to adolescent health problems. Demonstrate the necessary knowledge and skills to promote healthy adolescent development. Analyze the multiple influences which affect health decisions and behaviors. <p>Standard 2 – Safe and Healthy Environment</p> <ul style="list-style-type: none"> Assess potentially dangerous situations and demonstrate the skills to avoid or reduce their risks. Demonstrate personal and social skills which enhance personal health and safety. 	9. Expressing Myself in Communication and Relationships	<p>Communication</p> <p>CM.I.2 Demonstrates effective verbal (assertiveness) and non-verbal communication skills to enhance health</p> <p>CM.I.3 Demonstrates healthy ways to express needs, wants and feelings.</p> <p>CM.I.7 Demonstrates effective refusal skills in real-life health-related situations.</p> <p>CM.I.8 Analyzes possible causes of conflict and demonstrates negotiation skills and other strategies to manage conflict in healthy ways.</p>	

10. Vacation Exploration			10. Vacation Exploration	<p>Planning and Goal Setting</p> <p>PG.I.7 Identifies personal support systems and explains their importance in achieving the personal health goal.</p> <p>PG.I.8 Assesses reflects on and adjusts the plan to maintain and enhance personal health and safety, as needed.</p> <p>Decision Making</p> <p>DM.I.2 Recognizes personal capabilities and limitations as they relate to possible healthy solutions.</p> <p>DM.I.3 Compiles and assesses available information to enhance health.</p> <p>DM.I.4 Personalizes health risk of decisions to self and others.</p> <p>DM.I.5 Applies a decision making model to real-life health-related situations.</p> <p>DM.I.6 Analyzes</p>	<p>Decision Making</p> <p>DM.I.3 Compiles and assesses available information to enhance health.</p> <p>DM.I.4 Personalizes health risk of decisions to self and others.</p> <p>DM.I.5 Applies a decision making model to real-life health-related situations.</p> <p>DM.I.6 Analyzes perceptions of peer, family and community normative health-related behavior.</p>

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Session	Addressed	Assessed	Session	Addressed	Assessed
<p>11. Teen Pregnancy Prevention CAPP Ad Hoc Workshop</p>	<p>Standard 1 – Personal Health and Fitness</p> <ul style="list-style-type: none"> • Apply prevention and risk reduction strategies to adolescent health problems. • Demonstrate the necessary knowledge and skills to promote healthy adolescent development. <p>Standard 3 – Resource Management</p> <ul style="list-style-type: none"> • Distinguish between valid and invalid health information, products and services. • Demonstrate the ability to access community health services for prevention, illness and emergency care. 	<p>Standard 1 – Personal Health and Fitness</p> <ul style="list-style-type: none"> • Apply prevention and risk reduction strategies to adolescent health problems. • Demonstrate the necessary knowledge and skills to promote healthy adolescent development. 	<p>11. Teen Pregnancy Prevention CAPP Ad Hoc Workshop</p>		

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12. Choosing My Future	<p>Standard 1 – Personal Health and Fitness</p> <ul style="list-style-type: none"> Demonstrate the necessary knowledge and skills to promote healthy adolescent development. <p>Standard 3 – Resource Management</p> <ul style="list-style-type: none"> Demonstrate the ability to access community health services for prevention, illness, and emergency care. 		12. Choosing My Future	<p>Planning and Goal Setting</p> <p>PG.I.1 Analyzes the benefits of planning and setting personal health goals.</p> <p>PG.I.3 Develops a personal health goal and plan to achieve it.</p> <p>PG.I.4 Analyzes possible barriers to achieve the personal health goal and overcome possible barriers.</p> <p>PG.I.6 Analyzes the impact of decisions on the personal health goal.</p> <p>PG.I.7 Identifies personal support systems and explains their importance in achieving the personal health goal.</p> <p>PG.I.8 Assesses reflects on and adjusts the plan to maintain and enhance personal health and safety as needed.</p>	<p>Planning and Goal Setting</p> <p>PG.I.1 Analyzes the benefits of planning and setting personal health goals.</p> <p>PG.I.3 Develops a personal health goal and plan to achieve it.</p> <p>PG.I.4 Analyzes possible barriers to achieve the personal health goal and overcome possible barriers.</p> <p>PG.I.6 Analyzes the impact of decisions on the personal health goal.</p>

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Session	Addressed	Assessed	Session	Addressed	Assessed
13. Putting It All Together	English Language Arts, CDOS		13. Putting It All Together		