

NATIONAL STANDARD	MN BENCHMARK
KINDERGARTEN	
1. Students will comprehend concepts related to health promotion and disease prevention to enhance health. (CC)	1. The student will describe how individual behavior affects individual health. <ul style="list-style-type: none"> • Nutrition
4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (IC)	1. The student will show healthy ways to express needs, want, and feelings. <ul style="list-style-type: none"> • Needs/wants
7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (SM)	1. The student will identify responsible health behaviors. <ul style="list-style-type: none"> • Dental Health • Hand washing
8. Students will demonstrate the ability to advocate for personal, family, and community health. (AV)	1. The student will identify safe behaviors in the home, school, and community <ul style="list-style-type: none"> • Fire safety • Bus safety
NATIONAL STANDARD	MN BENCHMARK
GRADE 1	
1. Students will comprehend concepts related to health promotion and disease prevention to enhance health. (CC)	1. The student will understand common health issues in children <ul style="list-style-type: none"> • Community and Environmental Health (Social Studies) • Family Life (SS) • Fire/Bus safety • Feelings/Emotions w/character counts • Nutrition • Personal Health – Germs , Hand washing and Dental Health
3. Students will demonstrate the ability to access valid information and products and services to enhance health. (AI)	1. The student will locate resources from home, school and community that provide valid health information. (Social Studies covers Community Helpers)
4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (IC)	1. The student will describe characteristics needed to be a responsible friend and family member. 2. Identify ways to communicate care, consideration, and respect of self and others. (Cover w/Character Counts)
7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (SM)	1. The student will demonstrate ways to avoid and reduce threatening situations. <ul style="list-style-type: none"> • Germs & Hand washing • Dental Health (Covered in Character Counts & Social Studies)

8. Students will demonstrate the ability to advocate for personal, family, and community health. (AV)	1. The student will describe a variety of methods to convey accurate health information and ideas (Covered in Character Counts & Social Studies)
NATIONAL STANDARD	MN BENCHMARK
Grade 2	
1. Students will comprehend concepts related to health promotion and disease prevention to enhance health. (CC)	1. The student will identify indicators of mental, emotional, social and physical health during childhood. <ul style="list-style-type: none"> • Nutrition • Physical Activity 2. The student will explain how childhood injuries and illness can be prevented. <ul style="list-style-type: none"> • Injury prevention
5. Students will demonstrate the ability to use decision-making skills to enhance health. (DM)	1. The student will set a personal health goal and track progress toward its achievement. 2. Students will demonstrate the ability to use goal-setting skills to enhance health.
7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (SM)	1. The student will compare behaviors that are safe to those that are risky or harmful. 2. The student will develop injury prevention and self-management strategies for personal health.

NATIONAL STANDARD	MN BENCHMARK
Grade 3	
1. Students will comprehend concepts related to health promotion and disease prevention to enhance health. (CC)	1. The student will describe how physical, social, and emotional environments influence personal health. <ul style="list-style-type: none"> • Community and Environmental Health • Mental Health
4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (IC)	1. The student will distinguish between verbal and nonverbal communication.
7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (SM)	1. The student will compare behaviors that are safe to those that are risky or harmful. 2. The student will demonstrate strategies to improve or maintain personal health.

NATIONAL STANDARD	MN BENCHMARK
Grade 4	
1. Students will comprehend concepts related to health promotion and disease prevention to enhance health. (CC)	<ul style="list-style-type: none"> • Community and Environmental Health • Injury Prevention
2. Students will analyze the influence of culture, media, technology, and other factors on health behaviors. (INF)	1. The student will describe ways technology can influence personal health.
4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (IC)	<ol style="list-style-type: none"> 1. The student will describe communication skills to build and maintain healthy relationships 2. The student will demonstrate healthy ways to express needs, wants and feelings.
5. Students will demonstrate the ability to use decision-making skills to enhance health. (DM)	1. The student will demonstrate the ability to apply a decision-making process to health issues and problems.
8. Students will demonstrate the ability to advocate for personal, family, and community health. (AV)	1. The student will demonstrate the ability to influence and support others in making positive health choices

National Standard	MN Benchmark
GRADE 7	
1. Students will comprehend concepts related to health promotion and disease prevention. (CC)	<p>1. The student will describe how lifestyle, pathogens, family history, and other risk factors are related to the cause or prevention of disease and other health problems.</p> <ul style="list-style-type: none"> · Alcohol and Other Drugs · Community and Environmental Health · Family Life and Sexuality · Injury Prevention · Mental Health · Nutrition · Personal and Consumer Health · Physical Activity · Tobacco
	<p>2. The student will explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and other health problems.</p> <ul style="list-style-type: none"> · Alcohol and Other Drugs · Community and Environmental Health · Family Life and Sexuality · Injury Prevention · Mental Health · Nutrition · Personal and Consumer Health · Physical Activity · Tobacco
1. Students will comprehend concepts related to health promotion and disease prevention. (CC)	<p>3. The student will identify ways to reduce risks related to early adolescent health problems.</p> <ul style="list-style-type: none"> · Alcohol and Other Drugs · Community and Environmental Health · Family Life and Sexuality · Injury Prevention · Mental Health · Nutrition · Personal and Consumer Health · Physical Activity · Tobacco
2. Students will analyze the influence of culture, media, technology, and other factors on health behaviors. (INF)	<p>1. The student will describe the influence of cultural beliefs on health behaviors.</p>
	<p>2. The student will analyze the influence of medical advances on personal and family health.</p>

<p>3. Students will demonstrate the ability to access valid health information and health-promoting products and services to enhance health. (AI)</p>	<p>1. The student will compare the costs and validity of health products</p>
	<p>2. The student will describe situations requiring professional health services.</p>
<p>4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (IC)</p>	<p>1. The student will describe how the behavior of family and peers affects interpersonal communication.</p>
	<p>2. The student will demonstrate refusal skills to enhance health.</p>
<p>5. Students will demonstrate the ability to use decision-making skills to enhance health. (DM)</p>	<p>1. The student will predict how decisions regarding health behaviors have consequences for self and others.</p>
<p>6. Students will demonstrate the ability to use goal-setting skills to enhance health. (GS)</p>	<p>1. The student will describe how personal health goals are influenced by changing information, abilities, priorities, and responsibilities.</p>
<p>7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (SM)</p>	<p>1. The student will explain the importance of assuming responsibility for personal health behaviors.</p>
	<p>2. The student will demonstrate strategies to improve or maintain personal and family health.</p>
	<p>3. The student will develop injury prevention and management strategies for personal and family health.</p>
<p>8. Students will demonstrate the ability to advocate for personal, family, and community health. (AV)</p>	<p>1. The student will analyze information and opinions about health issues.</p>
	<p>2. The student will identify barriers to effective communication of information, ideas, feelings, and opinions about health issues.</p>

	3. The student will demonstrate the ability to work cooperatively when advocating for healthy individuals, families, and communities.
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National Standard	MN Benchmarks
GRADE 9 & 10	
1. Students will comprehend concepts related to health promotion and disease prevention. (CC)	1. The student will analyze how behavior can impact health maintenance and disease prevention. <ul style="list-style-type: none"> · Alcohol and Other Drugs · Community and Environmental Health · Family Life and Sexuality · Injury Prevention · Mental Health · Nutrition · Personal and Consumer Health · Physical Activity · Tobacco
	2. The student will describe the inter-relationships of mental, emotional, social and physical health through young adulthood. <ul style="list-style-type: none"> · Alcohol and Other Drugs · Community and Environmental Health · Family Life and Sexuality · Injury Prevention · Mental Health · Nutrition · Personal and Consumer Health · Physical Activity · Tobacco
	3. The student will explain the impact of personal health behaviors on the functioning of body systems. <ul style="list-style-type: none"> · Alcohol and Other Drugs · Community and Environmental Health · Family Life and Sexuality · Injury Prevention · Mental Health · Nutrition · Personal and Consumer Health · Physical Activity · Tobacco
1. Students will comprehend concepts related to health promotion and disease prevention. (CC)	4. The student will analyze how the family, peers, community and environment influence individual and public health. <ul style="list-style-type: none"> · Alcohol and Other Drugs · Community and Environmental Health · Family Life and Sexuality · Injury Prevention · Mental Health · Nutrition

	<ul style="list-style-type: none"> · Personal and Consumer Health · Physical Activity · Tobacco
2. Students will analyze the influence of culture, media, technology, and other factors on health behaviors. (INF)	1. The student will analyze how cultural diversity enriches and challenges health behaviors.
	2. The student will evaluate the effect of media and other factors on personal, family and community health.
	3. The student will analyze how information from the community influences health.
3. Students will demonstrate the ability to access valid health information and products and services to enhance health. (AI)	1. The student will demonstrate the ability to evaluate resources from home, school and community that provide valid health information.
	2. The student will evaluate factors that influence personal selection of health products and services.
	3. The student will demonstrate the ability to access school and community health services for self and others.
4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (IC)	1. The student will demonstrate skills for communicating effectively with family, peers and others.
	2. The student will analyze how interpersonal communication affects relationships.
	3. The student will demonstrate healthy ways to express needs, wants and feelings.
	4. The student will evaluate ways to communicate care, consideration and respect of self and others.
	5. The student will compare and contrast strategies for solving interpersonal conflict without harming self or others.
	6. The student will demonstrate refusal, negotiation, and collaboration skills to avoid potentially harmful situations.
	7. The student will demonstrate attentive listening skills.
	8. The student will analyze the possible causes of conflict in schools, families and communities.

	9. The student will evaluate strategies used to prevent conflict.
5. Students will demonstrate the ability to decision-making skills to enhance health. (DM)	1. The student will demonstrate the ability to utilize various strategies when making decisions
	2. The student will analyze health concerns that require individuals to work together.
	3. The student will predict immediate and long-term impact of health decisions on the individual family and community.
	4. The student will analyze how personal health goals are influenced by changes in information, abilities, priorities and responsibilities.
6. Students will demonstrate the ability to use goal-setting skills to enhance health. (GS)	1. The student will demonstrate the ability to utilize various strategies when setting goals related to health needs and risks of young adults.
7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (SM)	1. The student will analyze the role of individual responsibility for enhancing health.
	2. The student will evaluate personal health habits to determine strategies for health enhancement and risk reduction.
	3. The student will analyze the short-term and long-term consequences of safe and risky or harmful behaviors.
	4. The student will develop injury prevention and management strategies for personal, family and community health.
8. Students will demonstrate the ability to advocate for personal, family, and community health. (AV)	1. The student will express information and opinions about health issues.
	2. The student will utilize strategies to overcome barriers when communicating information, ideas, feelings, and opinions about health issues.
	3. The student will influence and support others in making positive health choices.
	4. The student will demonstrate the ability to work cooperatively when advocating for healthy communities.