

COMPONENT	OBJECTIVES	COMPETENCY
<p>I Comprehensive Health/ Responsible Health Behaviors</p>	<ol style="list-style-type: none"> 1. Recognize that the potential for accidents can be reduced when threatening situations (e.g., violence, reckless driving) are avoided. (HE.B.1.3.5) 2. Understand stress management techniques and the possible health-related problems that could be prevented with proper strategies (e.g., exercise, nutrition) (HE.B.1.3.3)(HE.B.1.3.4) 3. Explain how physical, mental, emotional, and social health interrelate during adolescence (human growth and development). (HE.A.1.3.3) 4. Demonstrate communication strategies for avoiding potentially harmful situations (e.g., refusal skills) (HE.B.3.3.6) 5. Discuss the importance of assuming responsibility for personal health behaviors as well as the various injury-prevention/management strategies for personal and family health. (HE.B.1.3.1)(HE.B.1.3.6) 6. Identify aspects of cultures that may have an impact on one's own health and use of health services as well as understand the emotional and social health risks caused by prejudice in the community. (HE.B.2.3.3)(HE.B.2.3.4) 7. Recognize how messages from media sources influence health behaviors. (HE.B.2.3.1) 8. Describe how information from peers influences health behaviors. (HE.A.1.3.4)(HE.B.2.3.2) 9. Demonstrate how to use effective interpersonal communication skills and strategies that enhance health. (HE.B.3.3.1) 	<ol style="list-style-type: none"> A. Work in a cooperative group to identify and explore the different prejudices exhibited by various groups in the community. (HE.B.2.3.4) B. Develop and implement an injury-prevention health fair for class, school, and/or family. (HE.B.1.3.6) C. List and demonstrate different ways in which people use body language to communicate. (HE.B.3.3.5)

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	<p>10. Identify four characteristics (i.e., respect, self-discipline, etc.) of a loving person. (HE.B.3.3.2)</p> <p>11. Discuss tips for healthful communication with family members. (HE.B.3.3.4)</p>	