

COMPONENT	OBJECTIVES	COMPETENCY
<p><i>I Communication, Coping and Interpersonal Skills</i></p>	<ol style="list-style-type: none"> 1. <i>Demonstrate strategies for stress reduction.</i> (H.E.B.1.4.3) 2. <i>Discuss how ethnic and cultural diversity enrich and challenge healthy living</i> (H.E.B.2.4.4) 3. <i>Demonstrate the ability to use interpersonal communication skills to enhance health</i> (H.E.B.3.4.2)(H.E.B.3.4.5) 4. <i>Describe the increase in violence in the schools and community and how it affects us and what can be done to prevent it.</i> (H.E.B.3.4.6)(H.E.B.3.4.7) 5. <i>Analyze influence of culture, media, technology, and other factors on health.</i> (H.E.B.2.4.4)(H.E.B.2.4.3) 6. <i>Demonstrate ability to practice health enhancing behaviors for self/ other to reduce health risks.</i> (H.E.C.2.4.4)(H.E.C.2.4.5) 	<ol style="list-style-type: none"> A. <i>Participate in a personal stress appraisal to determine possible health-related problems that could result from stress.</i> (H.E.A.1.4.1) B. <i>Write a report about grieving practices in another culture and compare differences between cultures.</i> (H.E.B.3.4.8)
<p><i>II Responsible Decision Making and Planing</i></p>	<ol style="list-style-type: none"> 1. <i>Analyze situations requiring professional health services.</i> (H.E.A.2.4.6) 2. <i>Apply the ability to use goal-setting and decision making skills that enhance health.</i> (H.E.C.1.4.4) 	<ol style="list-style-type: none"> A. <i>Critique services offered by the local health department.</i> (H.E.A.1.4.8)

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<p><i>III Consumer Knowledge and Community Resources</i></p>	<ol style="list-style-type: none"> 1. <i>Discuss how environmental conditions influence the health of individuals and the community. (H.E.A.1.4.4) (H.E.A.1.4.5)</i> 2. <i>Analyze how public health policies and government regulations influence health promotion and disease prevention. (H.E.A.1.4.7) (H.E.B.2.4.2)</i> 3. <i>Demonstrate ability to assess valid health information and health-promoting products and services. (H.E.A.2.4.1) (H.E.A.2.4.3)</i> 4. <i>Access valid health information using a variety of community resources. (H.E.A.2.4.2) (H.E.A.2.4.4)</i> 5. <i>Describe the use of technology and its impact as it relates to the health of one self and others. (H.E.B.2.4.1)</i> 6. <i>Demonstrate the ability to advocate for personal, family and community health. (H.E.C.2.4.6)</i> 	<ol style="list-style-type: none"> A. <i>Volunteer time in a school club or community organization that promotes health and share the experiences with fellow classmates.</i> B. <i>Research and write a report about the immunization policies of a country other than the United States. (H.E.A.1.4.7)</i>
<p><i>IV Personal Money Management</i></p>	<ol style="list-style-type: none"> 1. <i>Compare cost and accessibility of a variety of health care providers. (H.E.A.2.4.5)</i> 	<ol style="list-style-type: none"> A. <i>Examine the costs of treatment for a person with lip or throat cancer due to tobacco use. (H.E.A.2.4.5)</i>