

# Maine Learning Results: Health Education and Physical Education Standards

## Health Education Standards

Strand	Health Education
Standard HE 1 - Health Concepts	
Standard HE 2 - Health Information, Products, and Services	
Standard HE 3 - Health Promotion and Risk Reduction	
Standard HE 4 - Influences on Health	
Standard HE 5 - Communication and Advocacy Skills	
Standard HE 6 - Decision-Making and Goal-Setting Skills	

<b>Standard HE 1</b>	<b><u>Health Concepts:</u> Health literate students comprehend concepts related to health promotion and disease prevention to enhance health.</b>
<b>Adolescence</b>	
<b>Performance Expectation</b>	<b>Grades 9 - Diploma</b>
<b>1.1 Health Concepts, Behaviors and Personal Health</b>	Students analyze the impact of complex health issues on personal health related to healthy sexuality; nutrition; safety and injury prevention; and substance use prevention.
<b>1.2 Dimensions of Health</b>	Students analyze the impact of current health issues on the dimensions of health including physical, mental, social, and emotional.
<b>1.3 Health Conditions</b>	Students analyze causes of health conditions and ways to reduce, prevent, treat, and/or manage them.
<b>1.4 Environment and Personal Health</b>	Students analyze how one's environment and other factors impact personal health.
<b>Standard HE 2</b>	<b><u>Health Information, Products, and Services:</u> Health literate students can demonstrate the ability to access reliable health information, services, and products to enhance health.</b>
<b>Adolescence</b>	
<b>Performance Expectation</b>	<b>Grades 9 - Diploma</b>
<b>2.1 Reliability of Resources</b>	Students evaluate the reliability and accessibility of health information, products, and services.

2.2 Accessing Health Resources	Students access reliable health information, products, and services.
Standard HE 3	<b><u>Health Promotion and Risk Reduction:</u> Health literate students demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks for self and others.</b>
<b>Adolescence</b>	
Performance Expectation	<b>Grades 9 - Diploma</b>
3.1 Health-Enhancing Behaviors and Self-Management	3.1.9-Da - Students analyze the role of individual responsibility for enhancing health.
	3.1.9-Db - Students evaluate health-enhancing behaviors to improve or maintain the health of self and others, including self-management skills.
3.2 Avoiding/Reducing Health Risks	Students assess health-enhancing behaviors to avoid or reduce health risks to self and others.
Standard HE 4	<b><u>Influences on Health:</u> Health literate students analyze the influences of family, peers, culture, media, technology and other factors on health practices and behaviors.</b>
<b>Adolescence</b>	
Performance Expectation	<b>Grades 9 - Diploma</b>
4.1 Influences on Health Behaviors	Students evaluate positive and negative influences on health practices and behaviors including peers, family, media, culture, community, perception of norms, government, technology, and social platforms.
4.2 Compound Effects of Health Behaviors	Students analyze how health-enhancing and risky behaviors can influence the likelihood of engaging in more of the same behaviors.
Standard HE 5	<b><u>Communication and Advocacy Skills:</u> Health literate students demonstrate the ability to use interpersonal communication and advocacy skills to enhance personal, family, and community health.</b>
<b>Adolescence</b>	
Performance Expectation	<b>Grades 9 – Diploma</b>
5.1 Interpersonal Communication Skills	Students analyze effective communication skills for self and others to enhance health and build relationships including affirmative consent, refusal, and negotiation skills.
5.2 Advocacy Skills	Students analyze advocacy skills for self and others to make positive health choices.
Standard HE 6	<b><u>Decision-Making and Goal-Setting Skills:</u> Health literate students demonstrate the ability to make decisions and set goals to enhance health.</b>
<b>Adolescence</b>	
Performance Expectation	<b>Grades 9 – Diploma</b>
6.1 Decision-Making Skills	Students analyze decision making skills to enhance health outcomes.
6.2 Goal-Setting Skills	Students analyze goal-setting skills to achieve short and/or long-term personal health goals.