

Maine Learning Results: Health Education and Physical Education Standards

Health Education Standards

Guiding Principles

The Guiding Principles guide education in Maine and should be reflected throughout the Health Education curriculum. Examples of how students can show evidence of those guiding principles in Health Education may include:

1) Clear and Effective Communicator

HE - Students identify and demonstrate effective communication skills within healthy relationships.

2) Self-Directed and Lifelong Learner

HE - Students practice and apply goal setting skills as they relate to enhancing health.

3) Creative and Practical Problem Solver

HE - Students utilize decision making strategies and reflect on the outcomes of their choices in relation to health behaviors.

4) Respectful and Involved Citizen

HE - Students examine and evaluate community health issues, the influences and using advocacy skills for healthy changes.

5) Integrative and Informed Thinker

HE - Students apply and analyze the influences of peers, family, and the media on personal health.