

Standards Correlation Guidance
Grades 9-12

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	
Core Health Concepts	
Indiana Academic Standards 2017	Indiana Academic Standards 2010
2.1.1 Predict how healthy behaviors can impact personal health.	HW.1.1 Document how personal behaviors can impact health.
	AH.1.1 Predict how healthy behaviors can impact health status.
12.1.2 Cite evidence that demonstrates the interrelationships of emotional, intellectual, physical, and social health across the lifespan.	HW.1.2 Explain the interrelationships of emotional, social and physical health.
	AH.1.2 Describe the interrelationships of emotional, intellectual, physical and social health.
12.1.3 Analyze how environment and personal health are interrelated.	HW.1.3 Examine how the environment and health are connected.
	AH.1.3 Analyze how environment and personal health are interrelated
12.1.4 Propose ways to reduce or prevent injuries and health problems.	HW.1.4 Examine the impact that genetics can have on personal health.
	AH.1.4 Analyze how genetics and family history can affect personal health.
12.1.5 Analyze the relationship between access to health care and personal health.	HW.1.5 Formulate ways to prevent or reduce the risk of health problems.
	AH.1.5 Propose ways to reduce or prevent injuries and health problems.

**INDIANA ACADEMIC STANDARDS FOR HEALTH & WELLNESS 2017
GRADE (PRE-) KINDERGARTEN – GRADE TWELVE**

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	
Core Health Concepts	
Indiana Academic Standards 2017	Indiana Academic Standards 2010
12.1.6 Analyze how genetics and family history can affect personal health.	HW.1.6 Investigate the connection between access to health care and health status.
	AH.1.6 Analyze the relationship between access to health care and health status.
12.1.7 Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.	HW.1.7 Summarize the benefits and barriers to practicing healthy behaviors.
	AH.1.7 Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.
12.1.8 Analyze the potential severity of injury and/or illness if engaging in unhealthy behaviors.	HW.1.8 Predict susceptibility to injury or illness if engaging in unhealthy behaviors.
	AH.1.8 Analyze personal susceptibility to injury, illness or death if engaging in unhealthy behaviors.
12.1.9 Analyze personal susceptibility to injury, illness or death if engaging in unhealthy behaviors.	HW.1.9 Discover the severity of illness if engaging in unhealthy behaviors.
	AH.1.9 Analyze the potential severity of injury or illness if engaging in unhealthy behaviors.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.	
Analyzing Influences	
Indiana Academic Standards 2017	Indiana Academic Standards 2010
12.2.1 Analyze how the family influences the health or individuals across the lifespan.	HW.2.1 Examine how the family impacts the health of individuals.
	AH.2.1 Analyze how the family influences the health of individuals.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.	
Analyzing Influences	
Indiana Academic Standards 2017	Indiana Academic Standards 2010
12.2.2 Evaluate how the school and community can impact personal health practice and behaviors.	HW.2.2 Examine how society supports and challenges health beliefs, practices and behaviors.
	AH.2.2 Analyze how culture supports and challenges health beliefs, practices and behaviors.
12.2.3 Evaluate the effect of media on health behaviors.	HW.2.3 Examine how adolescents influence healthy and unhealthy behaviors.
	AH.2.3 Analyze how peers influence healthy and unhealthy behaviors.
12.2.4 Analyze how peers can influence healthy and unhealthy behaviors.	HW.2.4 Assess how the school and community can influence health practices and behaviors.
	AH.2.4 Evaluate how the school and community can impact personal health practice and behaviors.
12.2.5 Analyze how culture supports and challenges health beliefs, practices and behaviors.	HW.2.5 Analyze the effect of media on personal health.
	AH.2.5 Evaluate the effect of media on personal and family health.
12.2.6 Evaluate the impact of technology on personal, family and community health.	HW.2.6 Analyze the impact of technology on personal and family health.
	AH.2.6 Evaluate the impact of technology on personal, family and community health.
12.2.7 Analyze how the perceptions of norms influence healthy and unhealthy behaviors.	HW.2.7 Examine how norms influence health-related behaviors.
	AH.2.7 Analyze how the perceptions of norms influence healthy and unhealthy behaviors.
12.2.8 Analyze the influence of personal values and beliefs on individual health practices and behaviors.	HW.2.8 Determine the influence of personal values on health practices and behaviors.
	AH.2.8 Analyze the influence of personal values and beliefs on individual health practices and behaviors.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.	
Analyzing Influences	
Indiana Academic Standards 2017	Indiana Academic Standards 2010
12.2.9 Analyze how some health risk behaviors can increase the likelihood of engaging in additional unhealthy behaviors.	HW.2.9 Examine how some health risk behaviors can influence the likelihood of taking part in other unhealthy behaviors.
	AH.2.9 Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.
12.2.10 Analyze how public health policies and government regulations can influence health practices and behaviors.	HW.2.10 Examine how public health policies and government regulations can influence health promotion and disease prevention.
	AH.2.10 Analyze how public health policies and government regulations can influence health promotion and disease prevention.

Standard 3: Students will demonstrate the ability to access valid information, products and services to enhance health.	
Accessing Resources	
Indiana Academic Standards 2017	Indiana Academic Standards 2010
12.3.1 Evaluate the validity of health information, products and services.	HW.3.1 Assess how to determine the validity of health information, products and services.
	AH.3.1 Evaluate the validity of health information, products and services.
12.3.2 Use resources from home, school, and community that provide valid health information for making personal health decisions.	HW.3.2 Utilize resources from school and community that provide valid health information.
	AH.3.2 Use resources from home, school and community that provide valid health information.

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Standard 3: Students will demonstrate the ability to access valid information, products and services to enhance health.	
Accessing Resources	
Indiana Academic Standards 2017	Indiana Academic Standards 2010
12.3.3 Determine the accessibility of products and services that enhance health.	HW.3.3 Investigate the accessibility of products and services that enhance health.
	AH.3.3 Determine the accessibility of products and services that enhance health.
12.3.4 Determine when professional health services may be required.	HW.3.4 Examine when professional health services may be required.
	AH.3.4 Determine when professional health services may be required.
12.3.5 Access valid and reliable health products and services that enhance health.	HW.3.5 Select valid and reliable health products and services.
	AH.3.5 Access valid and reliable health products and services.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	
Communication Skills	
Indiana Academic Standards 2017	Indiana Academic Standards 2010
12.4.1 Apply effective verbal (assertiveness) and nonverbal communication skills in real-life health situations.	HW.4.1 Model skills for communicating effectively with others to enhance health.
	AH.4.1 Use skills for communicating effectively with family, peers and others to enhance health.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	
Communication Skills	
Indiana Academic Standards 2017	Indiana Academic Standards 2010
12.4.2 Employ active listening and response skills to enhance health.	HW.4.2 Apply refusal, negotiation and collaboration skills to enhance health and avoid or reduce health risks.
	AH.4.2 Demonstrate refusal, negotiation and collaboration skills to enhance health and avoid or reduce health risks.
12.4.3 Demonstrate healthy ways to express needs, wants and feelings.	HW.4.3 Apply strategies to manage or resolve interpersonal conflicts without harming self or others.
	AH.4.3 Demonstrate strategies to prevent, manage or resolve interpersonal conflicts without harming self or others.
12.4.4 Demonstrate ways to communicate care, consideration, and respect of self and others.	HW.4.4 Illustrate how to offer assistance to enhance the health of self and others.
	AH.4.4 Demonstrate how to ask for and offer assistance to enhance the health of self and others.
12.4.5 Demonstrate effective refusal skills in real-life health-related situations.	
12.4.6 Demonstrate how to ask for and offer assistance to enhance the health of self and others.	
12.4.7 Implement and evaluate strategies to prevent and manage conflict.	
12.4.8 Implement strategies for overcoming health-related communication barriers.	

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Communication Skills

Indiana Academic Standards 2017	Indiana Academic Standards 2010
<p>12.4.9 Analyze how interpersonal communication impacts and is impacted by relationships.</p>	

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Decision Making

Indiana Academic Standards 2017	Indiana Academic Standards 2010
<p>12.5.1 Identify personal health decisions and analyze related internal and external influences.</p>	HW.5.1 Determine barriers to healthy decision making.
	AH.5.1 Examine barriers that can hinder healthy decision making.
<p>12.5.2 Gather, synthesize, and evaluate available information to enhance health.</p>	HW.5.2 Outline the value of applying a thoughtful decision-making process to a health-related situation.
	AH.5.2 Determine the value of applying a thoughtful decision-making process in health-related situations.
<p>12.5.3 Personalize health risk of decisions to self and others.</p>	HW.5.3 Assess when independent or collaborative decision making is appropriate.
	AH.5.3 Justify when individual or collaborative decision making is appropriate.
<p>12.5.4 Apply a decision making process to real-life health-related situations.</p>	HW.5.4 Propose alternative choices to health-related issues or problems.
	AH.5.4 Generate alternatives to health-related issues or problems.

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Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.	
Decision Making	
Indiana Academic Standards 2017	Indiana Academic Standards 2010
12.5.5 Describe how personal health decisions may affect subsequent decisions.	HW.5.5 Analyze the potential short and long-term outcome of each alternative on self and others.
	AH.5.5 Predict the potential short and long-term impact of each alternative on self and others.
12.5.6 Assume responsibility for personal health decisions	HW.5.6 Determine the health-enhancing choice when making decisions.
	AH.5.6 Defend the healthy choice when making decisions.
	HW.5.7 Assess the potential success or consequence of health-related decisions.
	AH.5.7 Evaluate the effectiveness of health-related decisions.

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.	
Goal Setting	
Indiana Academic Standards 2017	Indiana Academic Standards 2010
12.6.1 Critically analyze and articulate the benefits of planning and setting personal health goals.	HW.6.1 Evaluate personal health practices and overall health.
	AH.6.1 Assess personal health practices and overall health status.
12.6.2 Develop a personal health goal and a plan to achieve it.	HW.6.2 Formulate a plan to achieve a health goal that addresses strengths, needs and risks.
	AH.6.2 Develop a plan to attain a personal health goal that addresses strengths, needs and risks.

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Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.	
Goal Setting	
Indiana Academic Standards 2017	Indiana Academic Standards 2010
12.6.3 Analyze and develop strategies to overcome barriers to achieving the personal health goal.	HW.6.3 Demonstrate strategies and document progress to achieve a personal health goal.
	AH.6.3 Implement strategies and monitor progress in achieving a personal health goal.
12.6.4 Implement the plan and adjust it, as needed, to achieve the personal health goal.	HW.6.4 Determine an effective long-term personal health plan.
	AH.6.4 Formulate an effective long-term personal health plan.
12.6.5 Analyze the impact of decisions on the personal health goal.	
12.6.6 Identify personal support systems and explain their importance in achieving the personal health goal.	
12.6.7 Assess, reflect on and adjust the plan to reach and maintain the personal health goal.	

Standard 7: Students demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.	
Practicing Healthy Behaviors	
Indiana Academic Standards 2017	Indiana Academic Standards 2010
12.7.1 Conduct a personal assessment of health and safety knowledge and skills.	HW.7.1 Examine individual responsibility for improving health.
	AH.7.1 Analyze the role of individual responsibility for enhancing health.

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Standard 7: Students demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.	
Practicing Healthy Behaviors	
Indiana Academic Standards 2017	Indiana Academic Standards 2010
12.7.2 Analyze the results of the personal assessment to identify personal health and safety strengths and needs.	HW.7.2 Illustrate a variety of healthy practices that will maintain or improve health.
	AH.7.2 Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.
12.7.3 Select and apply a strategy to improve personal health or safety.	HW.7.3 Model behaviors to reduce health risks.
	AH.7.3 Demonstrate a variety of behaviors that avoid or reduce health risks to self and others.
12.7.4 Identify and access personal support, persons or systems, as needed.	
12.7.5 Analyze the role of individual responsibility for personal health and safety behaviors.	
12.7.6 Celebrate and reward self for personal health and safety accomplishments.	

Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.	
Advocacy	
Indiana Academic Standards 2017	Indiana Academic Standards 2010
12.8.1 Conduct a personal, family or community health or safety assessment and/or review data from current similar health assessments.	HW.8.1 Apply accurate peer and societal norms to formulate a health-enhancing message.
	AH.8.1 Use accurate peer and societal norms to formulate a health-enhancing message.

Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.	
Advocacy	
Indiana Academic Standards 2017	Indiana Academic Standards 2010
12.8.2 Analyze data to determine a priority health or safety issue on which to take a stand.	HW.8.2 Model how to influence and support others to make positive health choices.
	AH.8.2 Demonstrate how to influence and support others to make positive health choices.
12.8.3 Thoroughly research the health or safety issue.	HW.8.3 Work with others to advocate for improving personal, family and community health.
	AH.8.3 Work cooperatively as an advocate for improving personal, family and community health.
12.8.4 Identify and familiarize self with agencies, organizations, and others who advocate for and against the health issue.	HW.8.4 Modify health messages and communication techniques to a specific target audience.
	AH.8.4 Adapt health messages and communication techniques to a specific target audience.
12.8.5 Clarify personal beliefs regarding the health or safety issue.	
12.8.6 Take a clear health-enhancing stand.	
12.8.7 Use communication techniques to persuade the individual or group to support or act on the health or safety issue.	
12.8.8 Identify an audience and adapt the health or safety message and communication technique to the characteristics of the individual or group.	

Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.

Advocacy

Indiana Academic Standards 2017	Indiana Academic Standards 2010
12.8.9 Work collaboratively with individuals, agencies and organizations to advocate for the health of self, families, and communities.	
12.8.10 Evaluate the effectiveness of the advocacy effort and revise and adjust, as needed.	