

# Power Standards and Benchmarks

## Ninth - Twelfth Grade

Standard: To promote lifelong health and wellness.

**Health Power Benchmark 1:** Students will comprehend concepts related to health promotion and disease prevention.

Grade Level Benchmark	Vocabulary	Skills	Classroom Resources
a. Analyze how behavior can impact health maintenance and disease prevention	<ul style="list-style-type: none"> <li>• Communicable disease</li> <li>• Non-communicable disease</li> <li>• Pathogens</li> </ul>	<ul style="list-style-type: none"> <li>• Recognize warning signs of disease</li> <li>• Identify risk factors</li> <li>• Identify prevention techniques</li> </ul>	Glencoe Textbook Current Health 2 Red Cross
b. Identify sexually transmitted diseases and methods for prevention	<ul style="list-style-type: none"> <li>• HPV</li> <li>• Chlamydia</li> <li>• Gonorrhea</li> <li>• Herpes</li> <li>• Syphilis</li> <li>• HIV-AIDS</li> <li>• Hepatitis</li> </ul>	Recognize methods of prevention Identify signs and symptoms Access community resources Understand treatments available Recognize consequences	Health Department Edgerton Women's Clinic
c. Manage healthy lifestyle (mental & emotional health)	Lifestyle factors Stress Eustress distress	Identify choices Develop stress management skills Identify warning signs of stress and resources for	

## Power Standards and Benchmarks Ninth - Twelfth Grade

	depression	stress-management Make a self-assessment regarding character traits, and develop a personal plan Suicide prevention	Yellow Ribbon Foundation
	nutrient calories appetite diet food guide pyramid Eating disorders Weight control	Describe how food choices relate to quality of life and disease prevention  Explain the immediate and long term benefits of nutrition on body systems  Identify impact of body weight on overall health	Food Guide Pyramid

**Power Benchmark 2:** Students will demonstrate the ability to access and analyze health information and health-promoting products and services

Grade Level Benchmark	Vocabulary	Skills	Classroom Resources
a. Evaluate the validity of health information products, and services	<ul style="list-style-type: none"> <li>• Consumer health</li> <li>• Fraud</li> <li>• Quackery</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluate labels</li> <li>• Analyze potential health risks associated with consumer choices</li> <li>• Analyze impact of availability of health services in the community and the world</li> <li>• Apply strategies in making health care choices</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
b. demonstrate the ability to evaluate resources from home, school, and community that	<ul style="list-style-type: none"> <li>• Orthopedic</li> <li>• Chiropractor</li> </ul>		



## Power Standards and Benchmarks Ninth - Twelfth Grade

**Power Benchmark 3:** Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks using goal setting and decision making skills.

Grade Level Benchmark	Vocabulary	Skills	Classroom Resources
a. Identify risky behaviors	<ul style="list-style-type: none"> <li>• Sexuality</li> <li>• Drug use/abuse</li> <li>• Violence</li> <li>• Gang</li> </ul>	<ul style="list-style-type: none"> <li>• Apply strategies to promote abstinence</li> <li>• Identify birth control methods</li> <li>• Refusal skills</li> <li>• Avoidance behaviors</li> <li>• Behavior modifications</li> <li>• Interventions</li> <li>• Identify drug types, effects, side effects</li> <li>• Conflict resolution</li> <li>• Deal with sexual harassment</li> <li>• Abusive relationships</li> <li>• Personal safety</li> </ul>	<ul style="list-style-type: none"> <li>• CADS</li> <li>• AA</li> <li>• Activities That Teach, Jackson, Tom</li> </ul>
b. Goal setting	Short term Long term Goal statement	<ul style="list-style-type: none"> <li>• Design a personal goal plan</li> <li>• Evaluate and reflect on outcomes of goal</li> </ul>	
c. Decision-making skills	Choice Consequences Reflection	<ul style="list-style-type: none"> <li>• Identify situation in need of decision</li> <li>• Identify choices</li> <li>• Consider consequences</li> </ul>	

## Power Standards and Benchmarks Ninth - Twelfth Grade

<p>d. Personal Fitness</p> <p>e. Develop injury prevention and management strategies for personal, family, and community health</p>	<p>Target Heart rate Cardiovascular endurance Strength Flexibility</p> <p>First Aid CPR Airway Breathing Circulation Check, call, care Chain of Survival Universal precautions</p>	<ul style="list-style-type: none"> <li>• Reflect on decision</li>   <li>• Access current level of activity</li> <li>• Set personal activity goals</li> <li>• Analyze barriers to being active</li> <li>• Understand how to maintain an active lifestyle throughout life</li>   <li>• Responding to a medical emergency <ul style="list-style-type: none"> <li>First Aid skills</li> <li>splinting</li> <li>CPR</li> </ul> </li> </ul>	<p>American Red Cross American Heart Association</p>
---	--	---	--

## Power Standards and Benchmarks Ninth - Twelfth Grade

**Power Benchmark 4:** Students will demonstrate the ability to use interpersonal communication skills to enhance and advocate for personal, family, and community health.

Grade Level Benchmark	Vocabulary	Skills	Classroom Resources
a. identify characteristics of good mental/emotional health	<ul style="list-style-type: none"> <li>• Self-esteem</li> <li>• Self-concept</li> <li>• Integrity</li> <li>• Hierarchy of Needs</li> <li>• Personality</li> </ul>	<ul style="list-style-type: none"> <li>• Identify factors that influence the development of self-esteem</li> <li>• Goal setting</li> <li>• Relate how self—esteem and a positive outlook benefits your mental/emotional health</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
b. analyze how interpersonal communication affects relationships	Communication “I” Messages Active Listening Body Language Prejudice Tolerance Constructive criticism Conflict management	State good listening rules Demonstrate and identify nonverbal communication skills  Understand the differences among people Recognize the value of diversity  Develop strategies for resolving conflicts  Identify causes of violence	

## Power Standards and Benchmarks Ninth - Twelfth Grade

	Violence prevention Gossip/rumor Sexual Harassment Bullying	Demonstrate skills to protect yourself from violence List steps to cool down when upset or angry Examine factors that play a role in school violence Recognize cycle of violence	Quad City Domestic Violence Advocacy Program  Vera French Family Resources
--	--	---	--

---