

# Be Proud Be Responsible: Commencement

## Standards and Performance Indicators

## Health Skills and Subskills

| Section         | Addressed   | Assessed   | Section         | Addressed  | Assessed   |
|-----------------|---|--|-----------------|--|--|
| <b>Module 1</b> | <p><b>Standard 1—Personal Health and Fitness</b></p> <ul style="list-style-type: none"> <li>• Understand human growth and development throughout the life cycle</li> <li>• Demonstrate the necessary knowledge and skills to promote healthy development into adulthood</li> </ul> <p><b>Standard 2—A Safe and Healthy Environment</b></p> <ul style="list-style-type: none"> <li>• Evaluate personal and social skills which contribute to health and safety of self and others</li> </ul> |  | <b>Module 1</b> | <p><b>Self-Management</b><br/> <b>SM.C.2</b> Analyzes the attributes (knowledge, skills, competencies ) of a safe and healthy person<br/> <b>SM.C.3</b> Compares and analyzes the personal assessment to the healthy attributes to identify personal health and safety strengths and needs<br/> <b>SM.C.4</b> Predicts short-and long-term benefits and harmful consequences of behaviors based on the personal health and safety assessment</p> <p><b>Communication</b><br/> <b>CM.C.1</b> Employs active listening and response skills in health-enhancing ways</p> <p><b>Decision making</b><br/> <b>DM.C.1</b> Identifies personal health decisions and analyzed related internal and external influences<br/> <b>DM.C.2</b> Recognizes personal capabilities and limitations as they relate to possible healthy solutions</p> |  |
| <b>Module 2</b> | <p><b>Standard 1—Personal Health and Fitness</b></p> <ul style="list-style-type: none"> <li>• Understand human growth and development throughout the life cycle</li> <li>• Demonstrate the necessary knowledge and skills to promote healthy development into adulthood</li> </ul>  |  |                 |  |  |
| <b>Module 3</b> | <p><b>Standard 1—Personal Health and Fitness</b></p> <ul style="list-style-type: none"> <li>• Understand human growth and development throughout the life cycle</li> </ul>  | <p><b>Standard 1—Personal Health and Fitness</b></p> <ul style="list-style-type: none"> <li>• Demonstrate the necessary knowledge and skills to promote healthy development into adulthood</li> <li>• Evaluate how the multiple influences which affect health decisions and behaviors can be altered</li> </ul> | <b>Module 3</b> | <p><b>Self-Management</b><br/> <b>SM.C.3</b> Compares and analyzes the personal assessment to the healthy attributes to identify personal health and safety strengths and needs</p> <p><b>Decision Making</b><br/> <b>DM.C.3</b> Gathers, synthesizes, and evaluates available information to enhance health</p>   | <p><b>Self-Management</b><br/> <b>SM.C.3</b> Compares and analyzes the personal assessment to the healthy attributes to identify personal health and safety strengths and needs</p> <p><b>Decision Making</b><br/> <b>DM.C.4</b> Personalizes health risk of decisions to self and others<br/> <b>DM.C.6</b> Analyzes perceptions of peer, family, and community normative health-related behavior</p> |

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|-----------------|-----------|--|-----------------|--|---|
| <b>Module 4</b> |           | <p><b>Standard 1—Personal Health &amp; Fitness</b></p> <ul style="list-style-type: none"> <li>• Demonstrate the necessary knowledge and skills to promote healthy development into adulthood</li> <li>• Apply prevention and risk reduction strategies which can delay the onset or reduce the risk of potential health problems into adulthood</li> <li>• Evaluate how the multiple influences which affect health decisions and behaviors can be altered</li> </ul> <p><b>Standard 2—A Safe and Healthy Environment</b></p> <ul style="list-style-type: none"> <li>• Evaluate personal and social skills which contribute to health and safety of self and others</li> </ul> | <b>Module 4</b> | <p><b>Self-Management</b><br/> <b>SM.C.3</b> Compares and analyzes the personal assessment to the healthy attributes to identify personal health and safety strengths and needs</p>  | <p><b>Communication</b><br/> <b>CM.C.1</b> Employs active listening and response skills in health-enhancing ways<br/> <b>CM.C.2</b> Applies effective verbal (assertiveness) and non-verbal communication skills in real-life health situations</p> <p><b>Decision Making</b><br/> <b>DM.C.7</b> Describes how personal health decisions may affect subsequent decisions</p>  |
| <b>Module 5</b> |           | <p><b>Standard 1—Personal Health &amp; Fitness</b></p> <ul style="list-style-type: none"> <li>• Apply prevention and risk reduction strategies which can delay the onset or reduce the risk of potential health problems into adulthood</li> <li>• Evaluate how the multiple influences which affect health decisions and behaviors can be altered</li> </ul>  | <b>Module 5</b> | <p><b>Self-Management</b><br/> <b>SM.C.3</b> Compares and analyzes the personal assessment to the healthy attributes to identify personal health and safety strengths and needs</p> <p><b>Communication</b><br/> <b>CM.C.4</b> Analyzes how interpersonal communication affects and is affected by relationships<br/> <b>CM.C.5</b> demonstrates strategies for overcoming health-related communication barriers</p> |   |
| <b>Module 6</b> |           | <p><b>Standard 1—Personal Health &amp; Fitness</b></p> <ul style="list-style-type: none"> <li>• Apply prevention and risk reduction strategies which can delay the onset or reduce the risk of potential health problems into adulthood</li> <li>• Evaluate how the multiple influences which affect health decisions and behaviors can be altered</li> </ul>  | <b>Module 6</b> |  | <p><b>Communication</b><br/> <b>CM.C.5</b> Demonstrates strategies for overcoming health-related communication barriers<br/> <b>CM.C.6</b> Demonstrates ways to communicate care, consideration, and respect of self and others<br/> <b>CM.C.7</b> Demonstrates effective refusal skills in real-life health-related situations<br/> <b>CM.C.8</b> Demonstrates strategies to prevent and manage conflict in healthy ways<br/> <b>CM.C.9</b> Applies collaboration skills to address a complex health issue</p> |