

Focus on Youth

Standards and Performance Indicators

Health Skills and Subskills

Section	Addressed	Assessed	Section	Addressed	Assessed
Session 1	<p>Standard 1—Personal Health and Safety</p> <ul style="list-style-type: none"> Demonstrate the necessary knowledge and skills to promote healthy development into adulthood <p>Standard 2—A Safe and Healthy Environment</p> <ul style="list-style-type: none"> Evaluate personal and social skills which contribute to health and safety of self and others Describe and demonstrate appropriate strategies to avoid or cope with potentially dangerous situations, such as dating violence or assault 		Session 1	<p>Relationship Management RM.C.6 Demonstrates positive interpersonal and intra-personal behaviors when working with others (including diverse populations)</p> <p>Decision Making DM.C.1 Identifies personal health decisions and analyzes related internal and external influences DM.C.2 Recognizes personal capabilities and limitations as they relate to possible healthy solutions DM.C.3 Gathers, synthesizes, and evaluates available information to enhance health DM.C.6 Analyzes perceptions of peer, family, and community normative health-related behavior</p>	<p>Relationship Management RM.C.6 Demonstrates positive interpersonal and intra-personal behaviors when working with others (including diverse populations)</p> <p>Communication CM.C.1 Employs active listening and response skills in health-enhancing ways CM.C.2 Applies effective verbal (assertiveness) and non-verbal communication skills in real-life health situations</p> <p>Decision Making DM.C.1 Identifies personal health decisions and analyzes related internal and external influences</p>
Session 2			Session 2		<p>Self-Management SM.C.1 conducts a personal assessment of health and safety knowledge and skills SM.C.2 Analyzes the attributes (knowledge, skills, competencies) of a safe and healthy person SM.C.3 Compares and analyzes the personal assessment to the healthy attributes to identify personal health and safety strengths and needs SM.C.4 Predicts short- and long-term benefits and harmful consequences of behaviors based on the personal health and safety assessment SM.C.6 Identifies and accesses personal support persons or systems</p> <p>Decision Making DM.C.1 Identifies personal health decisions and analyzed related internal and external influences DM.C.7 Describes how personal health decisions may affect subsequent decisions</p>
Session 3		<p>Standard 1—Personal Health & Fitness</p> <ul style="list-style-type: none"> Understand human growth and development throughout the life cycle <p>Standard 2—A Safe & Healthy Environment</p> <ul style="list-style-type: none"> Evaluate personal and social skills which contribute to health and safety of self and others Recognize how individual behavior affects the quality of the environment 	Session 3		<p>Self-Management SM.C.7 Accesses, manages, and evaluates related health and safety resources</p> <p>Relationship Management RM.C.8 Accesses, manages, and evaluates related health and safety resources</p>

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Session 3 <i>continued</i>		Standard 3—Resource Management <ul style="list-style-type: none"> Demonstrate how to evaluate health information, products, and services for validity and reliability 	Session 3 <i>continued</i>		Communication CM.C.1 Employs active listening and response skills in health-enhancing ways CM.C.3 Demonstrates healthy ways to express needs, wants, and feelings Decision Making DM.C.3 Gathers, synthesizes, and evaluates available information to enhance health
Session 4		Standard 1—Personal Health & Fitness <ul style="list-style-type: none"> Demonstrate the necessary knowledge and skills to promote healthy development into adulthood Apply prevention and risk reduction strategies which can delay the onset or reduce the risk of potential health problems into adulthood Standard 3—Resource Management <ul style="list-style-type: none"> Demonstrate the ability to access community health services for self and others 	Session 4		Decision Making DM.C.4 Personalizes health risk of decisions to self and others DM.C.5 Applies a decision making model to real-life health-related situations
Session 5			Session 5	Communication CM.C.7 Demonstrates effective refusal skills in real-life health-related situations	Communication CM.C.2 Applies effective verbal (assertiveness) and non-verbal communication skills in real-life health situations CM.C.4 Analyzes interpersonal communication affects and is affected by relationships CM.C.5 Demonstrates strategies for overcoming health-related communication barriers CM.C.6 Demonstrates ways to communicate care, consideration, and respect of self and others CM.C.8 Demonstrates strategies to prevent and manage conflict in healthy ways
Session 6		Standard 2—A Safe & Healthy Environment <ul style="list-style-type: none"> Design and implement a plan to improve safety in the home, school, workplace, or community Demonstrate ways to care for and show respect for self and others 	Session 6		Relationship Management RM.C.1 Conducts a personal assessment of relationship management (nurturing, empathy, respect, responsibility), knowledge, and skills RM.C.5 selects and applies a health skill to improve personal health and safety Stress Management ST.C.5 Selects and applies a strategy to manage stress in health-enhancing ways

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Session 7		Standard 2—A Safe & Healthy Environment <ul style="list-style-type: none"> Demonstrate ways to care for and show respect for self and others 	Session 7	Relationship Management RM.C.4 Predicts short-and long-term benefits and harmful consequences of behaviors based on the assessment	Stress Management ST.C.6 Clarifies expectations of self and others and their relation to personal stress Planning and Goal Setting PG.C.1 Critically analyzes and articulates the benefits of planning and setting personal health goals PG.C.3 Develops a personal health goal and a plan to achieve it PG.C.4 Analyzes and develops strategies to overcome barriers to achieving the personal health goal PG.C.6 Analyzes the impact of decisions on the personal health goal
Session 8		Standard 2—A Safe and Healthy Environment <ul style="list-style-type: none"> Recognize hazardous conditions in the home, school, work place, and community and propose solutions to eliminate or reduce them Describe and demonstrate appropriate strategies to avoid or cope with potentially dangerous situations, such as dating violence or assault 	Session 8	Self-Management SM.C.8 Celebrates and rewards self for personal health and safety accomplishments Advocacy AD.C.1 Conducts a personal, family, or community health assessment and/or reviews data from current similar health assessments	Relationship Management RM.C.6 Demonstrates positive interpersonal and into-personal behaviors when working with others (including diverse populations) RM.C.9 Celebrates and rewards self for inter-personal and into-personal health and safety accomplishments RM.C.10 If appropriate, extends to health advocacy skill Stress Management ST.C.4 Analyzes and evaluates personal stressful situations and current ways of dealing with them ST.C.7 Recognizes personal capabilities and limitations in relation to personal stress Decision Making DM.C.2 Recognizes personal capabilities and limitations as they relate to possible healthy solutions Advocacy AD.C.1 Conducts a personal, family, or community health assessment and/or reviews data from current similar health assessments AD.C.7 Identifies an audience and adapts the health message(s) and communication technique(s) to the characteristics of the individual or group AD.C.9 Works collaboratively with individuals, agencies, and organizations to advocate for the health of self, families, and communities