

Making Proud Choices: Intermediate

Standards and Performance Indicators

Health Skills and Subskills

Section	Addressed	Assessed	Section	Addressed	Assessed
Module 1	<p>Standard 1– Personal Health and Fitness</p> <ul style="list-style-type: none"> • Apply prevention and risk reduction strategies to adolescent health problems • Demonstrate the necessary knowledge and skills to promote healthy adolescent development 	<p>Standard 1– Personal Health and Fitness</p> <ul style="list-style-type: none"> • Demonstrate the necessary knowledge and skills to promote healthy adolescent development 	Module 1	<p>Self-Management SM.I.2 Explores the attributes (knowledge, skills, competencies) of a safe and healthy person SM.I.4 Predicts short-and long-term benefits and harmful consequences of behaviors based on the personal health and safety assessment</p> <p>Decision Making DM.I.1 Identifies personal health decisions and sorts related internal and external influences DM.I.2 Recognizes personal capabilities and limitations as they relate to possible healthy solutions</p> <p>Planning and Goal Setting PG.I.2 Makes a personal commitment to achieve a personal health goal PG.I.3 Develops a personal health goal and a plan to achieve it PG.I.4 Analyzes possible barriers to achieving the personal health goal</p>	<p>Self-Management SM.I.4 Predicts short-and long-term benefits and harmful consequences of behaviors based on the personal health and safety assessment</p> <p>Planning and Goal Setting PG.I.3 Develops a personal health goal and a plan to achieve it PG.I.4 Analyzes possible barriers to achieving the personal health goal</p>
Module 2	<p>Standard 1– Personal Health and Fitness</p> <ul style="list-style-type: none"> • Apply prevention and risk reduction strategies to adolescent health problems • Demonstrate the necessary knowledge and skills to promote healthy adolescent development 	<p>Standard 1– Personal Health and Fitness</p> <ul style="list-style-type: none"> • Demonstrate the necessary knowledge and skills to promote healthy adolescent development 	Module 2		
Module 3	<p>Standard 1– Personal Health and Fitness</p> <ul style="list-style-type: none"> • Apply prevention and risk reduction strategies to adolescent health problems • Demonstrate the necessary knowledge and skills to promote healthy adolescent development • Analyze the multiple influences which affect health decisions and behaviors. <p>Standard 2—A Safe and Healthy Environment</p> <ul style="list-style-type: none"> • Demonstrate personal and social skills which enhance personal health and safety <p>Standard 3—Resource Management</p> <ul style="list-style-type: none"> • Distinguish between valid and invalid health information, products, and services 	<p>Standard 1– Personal Health and Fitness</p> <ul style="list-style-type: none"> • Apply prevention and risk reduction strategies to adolescent health problems • Demonstrate the necessary knowledge and skills to promote healthy adolescent development • Analyze the multiple influences which affect health decisions and behaviors. 	Module 3	<p>Decision Making DM.I.1 Identifies personal health decisions and sorts related internal and external influences</p>	

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Module 4	<p>Standard 1– Personal Health and Fitness</p> <ul style="list-style-type: none"> Apply prevention and risk reduction strategies to adolescent health problems Demonstrate the necessary knowledge and skills to promote healthy adolescent development Analyze the multiple influences which affect health decisions and behaviors. <p>Standard 2—A Safe and Healthy Environment</p> <ul style="list-style-type: none"> Demonstrate personal and social skills which enhance personal health and safety 	<p>Standard 1– Personal Health and Fitness</p> <ul style="list-style-type: none"> Apply prevention and risk reduction strategies to adolescent health problems Demonstrate the necessary knowledge and skills to promote healthy adolescent development 	Module 4	<p>Decision Making</p> <p>DM.I.1 Identifies personal health decisions and sorts related internal and external influences</p> <p>DM.I.2 Recognizes personal capabilities and limitations as they relate to possible healthy solutions</p> <p>DM.I.4 Personalizes health risk of decisions to self and others</p> <p>DM.I.5 Applies a decision making model to real-life health-related situations</p> <p>DM.I.6 Analyzes perceptions of peer, family, and community normative health-related behavior</p> <p>DM.I.7 Describes how personal health decisions may affect subsequent decisions</p>	<p>Decision Making</p> <p>DM.I.4 Personalizes health risk of decisions to self and others</p>
Module 5	<p>Standard 1– Personal Health and Fitness</p> <ul style="list-style-type: none"> Demonstrate the necessary knowledge and skills to promote healthy adolescent development Analyze the multiple influences which affect health decisions and behaviors. 	<p>Standard 1– Personal Health and Fitness</p> <ul style="list-style-type: none"> Demonstrate the necessary knowledge and skills to promote healthy adolescent development Analyze the multiple influences which affect health decisions and behaviors. 	Module 5		
Module 6	<p>Standard 1– Personal Health and Fitness</p> <ul style="list-style-type: none"> Integrate knowledge of basic body systems with an understanding of the changes that accompany puberty Apply prevention and risk reduction strategies to adolescent health problems Demonstrate the necessary knowledge and skills to promote healthy adolescent development Analyze the multiple influences which affect health decisions and behaviors. <p>Standard 3—Resource Management</p> <ul style="list-style-type: none"> Distinguish between valid and invalid health information, products, and services Recognize how cultural beliefs influence health behaviors and the use of health services 	<p>Standard 1– Personal Health and Fitness</p> <ul style="list-style-type: none"> Demonstrate the necessary knowledge and skills to promote healthy adolescent development 	Module 6	<p>Self-Management</p> <p>SM.I.4 Predicts short-and long-term benefits and harmful consequences of behaviors based on the personal health and safety assessment</p> <p>Decision Making</p> <p>DM.I.4 Personalizes health risk of decisions to self and others</p> <p>DM.I.6 Analyzes perceptions of peer, family, and community normative health-related behavior</p> <p>DM.I.7 Describes how personal health decisions may affect subsequent decisions</p> <p>Planning and Goal Setting</p> <p>PG.I.6 Analyzes the impact of decisions on the personal health goal</p>	

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Section	Addressed	Assessed	Section	Addressed	Assessed
Module 7	<p>Standard 1– Personal Health and Fitness</p> <ul style="list-style-type: none"> Apply prevention and risk reduction strategies to adolescent health problems Demonstrate the necessary knowledge and skills to promote healthy adolescent development Analyze the multiple influences which affect health decisions and behaviors. <p>Standard 2—A Safe and Healthy Environment</p> <ul style="list-style-type: none"> Demonstrate personal and social skills which enhance personal health and safety 	<p>Standard 1– Personal Health and Fitness</p> <ul style="list-style-type: none"> Demonstrate the necessary knowledge and skills to promote healthy adolescent development <p>Standard 2—A Safe and Healthy Environment</p> <ul style="list-style-type: none"> Demonstrate personal and social skills which enhance personal health and safety 	Module 7	<p>Communication</p> <p>CM.I.1 Refines the ability to actively listen, follow directions, and respond to others in health-enhancing ways</p> <p>CM.I.2 Demonstrates effective verbal (assertiveness) and non-verbal communication skills to enhance health</p> <p>CM.I.3 Demonstrates healthy ways to express needs, wants, and feelings</p> <p>CM.I.4 Discusses how family and peer attitudes, beliefs and actions affect interpersonal communication</p> <p>CM.I.5 Recognizes barriers that interfere with effective healthy communication and applies strategies to overcome barriers.</p> <p>C.I.6 Demonstrates ways to communicate care, consideration, and respect of self and others</p>	<p>Communication</p> <p>CM.I.1 Refines the ability to actively listen, follow directions, and respond to others in health-enhancing ways</p> <p>CM.I.2 Demonstrates effective verbal (assertiveness) and non-verbal communication skills to enhance health</p> <p>CM.I.3 demonstrates healthy ways to express needs, wants, and feelings</p> <p>CM.I.5 Recognizes barriers that interfere with effective healthy communication and applies strategies to overcome barriers.</p> <p>C.I.6 Demonstrates ways to communicate care, consideration, and respect of self and others</p> <p>C.I.7 Demonstrates effective refusal skills in real-life health-related situations</p> <p>C.I.8 Analyzes possible causes of conflict and demonstrates negotiation skills and other strategies to manage conflict in healthy ways</p> <p>C.I.9 Demonstrates the ability to work in groups with shared responsibilities, benefits, and risks to enhance health</p>
Module 8	<p>Standard 1– Personal Health and Fitness</p> <ul style="list-style-type: none"> Apply prevention and risk reduction strategies to adolescent health problems Demonstrate the necessary knowledge and skills to promote healthy adolescent development <p>Standard 2—A Safe and Healthy Environment</p> <ul style="list-style-type: none"> Demonstrate personal and social skills which enhance personal health and safety 	<p>Standard 1– Personal Health and Fitness</p> <ul style="list-style-type: none"> Apply prevention and risk reduction strategies to adolescent health problems Demonstrate the necessary knowledge and skills to promote healthy adolescent development <p>Standard 2—A Safe and Healthy Environment</p> <ul style="list-style-type: none"> Demonstrate personal and social skills which enhance personal health and safety 	Module 8	<p>Communication</p> <p>CM.I.1 Refines the ability to actively listen, follow directions, and respond to others in health-enhancing ways</p> <p>CM.I.2 Demonstrates effective verbal (assertiveness) and non-verbal communication skills to enhance health</p> <p>CM.I.3 demonstrates healthy ways to express needs, wants, and feelings</p> <p>CM.I.4 Discusses how family and peer attitudes, beliefs and actions affect interpersonal communication</p> <p>CM.I.5 Recognizes barriers that interfere with effective healthy communication and applies strategies to overcome barriers.</p> <p>C.I.6 Demonstrates ways to communicate care, consideration, and respect of self and others</p> <p>C.I.7 Demonstrates effective refusal skills in real-life health-related situations</p> <p>C.I.8 Analyzes possible causes of conflict and demonstrates negotiation skills and other strategies to manage conflict in healthy ways</p> <p>C.I.9 Demonstrates the ability to work in groups with shared responsibilities, benefits, and risks to enhance health</p> <p>Relationship Management</p> <p>RM.I.6 Demonstrates positive interpersonal and intra-personal behaviors when working with others (including diverse populations)</p> <p>RM.I.7 Analyzes possible causes of conflict and demonstrates win-win resolutions</p>	<p>Communication</p> <p>CM.I.1 Refines the ability to actively listen, follow directions, and respond to others in health-enhancing ways</p> <p>CM.I.2 Demonstrates effective verbal (assertiveness) and non-verbal communication skills to enhance health</p> <p>CM.I.3 demonstrates healthy ways to express needs, wants, and feelings</p> <p>CM.I.4 Discusses how family and peer attitudes, beliefs and actions affect interpersonal communication</p> <p>CM.I.5 Recognizes barriers that interfere with effective healthy communication and applies strategies to overcome barriers.</p> <p>C.I.6 Demonstrates ways to communicate care, consideration, and respect of self and others</p> <p>C.I.7 Demonstrates effective refusal skills in real-life health-related situations</p> <p>C.I.8 Analyzes possible causes of conflict and demonstrates negotiation skills and other strategies to manage conflict in healthy ways</p> <p>C.I.9 Demonstrates the ability to work in groups with shared responsibilities, benefits, and risks to enhance health</p>