

Grade Ten

Students in grade ten demonstrate comprehensive health and wellness knowledge and skills. Their behaviors reflect a conceptual understanding of the issues associated with maintaining good personal health. They serve the community through the practice of health-enhancing behaviors that promote wellness throughout life.

Knowledge and Skills

- 10.1 The student will demonstrate an understanding of health concepts, behaviors, and skills that reduce health risks and enhance the health and wellness of self and others throughout life. Key concepts/skills include
- a) the impact of healthy and poor nutritional choices;
 - b) the effects of active and sedentary lifestyles;
 - c) the effects of tobacco, alcohol, inhalants, and other drug use;
 - d) behaviors that result in intentional and unintentional injury.
- 10.2 The student will analyze, synthesize, and evaluate the protective factors related to achieving and maintaining a sound mind and healthy body throughout life. Key concepts/skills include
- a) the empowering effect of being assertive;
 - b) the impact of involvement in school and community activities;
 - c) the value of exercising self-control;
 - d) the merits of goal setting;
 - e) the influence of emotions and peer approval on personal decision-making;
 - f) the influence of the environment on the individual;
 - g) family health habits and behaviors as they relate to promotion of health and wellness;
 - h) the importance of support and encouragement from positive role models.
- 10.3 The student will implement personal-injury-prevention and self-management strategies that promote personal, family, and community health throughout life. Key concepts/skills include
- a) strategies to reduce and prevent violence;
 - b) peaceful resolution of conflicts;
 - c) administration of emergency care;
 - d) recognition of tendencies toward self-harm;
 - e) recognition of life-threatening situations;
 - f) crisis-management strategies;
 - g) methods of avoiding gang-related activity and the use of weapons to commit violent acts of aggression;
 - h) recognition of when to seek support for self and others.

Information Access and Use

- 10.4 The student will synthesize and evaluate available health information, products, and services for the value and potential impact on his/her health and wellness throughout life. Key concepts/skills include
- a) marketing and advertising techniques to promote health and wellness;
 - b) the use of current technological tools to analyze health products and services;
 - c) involvement of local, state, and federal agencies in health-related issues;
 - d) the impact of technology on the health status of individuals, families, communities, and the world;
 - e) employment opportunities in health-related careers and professions.

Community Health and Wellness

- 10.5 The student will evaluate how different types of behaviors impact the family and community. Key concepts/skills include
- a) the benefits of volunteering;
 - b) the outcome of drinking and driving;
 - c) the consequences of using acts of violence to settle disputes;
 - d) the need for organized efforts to address community health and wellness issues;
 - e) the responsibilities of citizens to promote the health and wellness goals of the community;
 - f) the value of positive role models;
 - g) the negative influence of teenage drug and alcohol use on younger members of the community.