

*Diocese of Madison*  
*Health Education Standards and Benchmarks for Grades K-8*

K-2.HE	K-2 Health	
	K-2.HE.1	Students will understand concepts of health promotion and disease prevention
	K-2.HE.1.A	Identify that healthy behaviors impact personal health
	K-2.HE.1.B	Recognize that there are multiple dimensions of health; including spiritual, mental, intellectual, emotional, physical, and social
	K-2.HE.1.C	Describe ways to prevent communicable diseases
	K-2.HE.1.D	Identify ways to prevent common injuries
	K-2.HE.1.E	Describe why it is important to seek health care
	K-2.HE.2	Students will understand the external influences on health behaviors
	K-2.HE.2.A	Identify how the family influences personal health practices and behaviors
	K-2.HE.2.B	Recognize that healthy practices and behaviors at school promote positive health
	K-2.HE.2.C	Recognize that the media can influence health behaviors
	K-2.HE.3	Students will access valid information, products, and services to enhance health
	K-2.HE.3.A	Identify trusted adults and professionals who promote health
	K-2.HE.3.B	Recognize the benefits of health products and services
	K-2.HE.4	Students will demonstrate the ability to use decision-making skills to enhance health
	K-2.HE.4.A	Identify situations when a health-related decision is needed
	K-2.HE.4.B	Demonstrates healthy choices when making a decision
	K-2.HE.5	Students will demonstrate the ability to use goal-setting skills to enhance health
	K-2.HE.5.A	Identify a short-term personal health goal and take action toward achieving the goal
	K-2.HE.5.B	Identify who can help when assistance is needed to achieve a personal health goal
	K-2.HE.5.C	Encourage peers to make positive health choices

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3.5.HE	3-5 Health	
	3-5.HE.1	Students will understand concepts of health promotion and disease prevention
	3-5.HE.1.A	Describe the relationship between healthy behaviors and personal health
	3-5.HE.1.B	Identify examples of the dimensions of health; including spiritual, mental, intellectual, emotional, physical, and social
	3-5.HE.1.C	Describe ways in which safe and healthy school and community environments can promote personal health
	3-5.HE.1.D	Describe ways to prevent common injuries and health problems
	3-5.HE.1.E	Describe when it is important to seek health care
	3-5.HE.2	Students will understand the external influences on health behaviors
	3-5.HE.2.A	Describe how the family influences personal health practices and behaviors
	3-5.HE.2.B	Understand the influence of peers, school, and community on health practices and behaviors
	3-5.HE.2.C	Understand how media and technology influences thoughts, feelings, and health behaviors
	3-5.HE.3	Students will access valid information, products, and services to enhance health
	3-5.HE.3.A	Recognize the various careers associated with health-related fields
	3-5.HE.3.B	Recognize the validity of health information, products, and services
	3-5.HE.4	Students will demonstrate the ability to use decision-making skills to enhance health
	3-5.HE.4.A	Understand when assistance is needed in making a health-related decision
	3-5.HE.4.B	Recognize that options of health-related decisions effect outcomes
	3-5.HE.5	Students will demonstrate the ability to use goal-setting skills to enhance health
	3-5.HE.5.A	Recognize a personal health goal and track progress toward its achievement
	3-5.HE.5.B	Identify resources to assist in achieving a personal health goal
	3-5.HE.5.C	Demonstrate advocacy for healthy individuals, families, and schools.

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6-8.HE	6-8 Health	
	6-8.HE.1	Students will understand concepts of health promotion and disease prevention
		6-8.HE.1.A Analyze the relationship between healthy behaviors and personal health
		6-8.HE.1.B Describe the interrelationships of health in adolescence; including spiritual, mental, intellectual, emotional, physical, and social
		6-8.HE.1.C Analyze how environment and family history affects personal health
		6-8.HE.1.D Describe ways to reduce or prevent injuries and other adolescent health problems, including engaging in unhealthy behaviors
		6-8.HE.1.E Understand how appropriate health care can promote personal health
	6-8.HE.2	Students will understand the external influences on health behaviors
		6-8.HE.2.A Understand how the family influences the health of adolescence
		6-8.HE.2.B Understand the influence of culture on health practices and behaviors
		6-8.HE.2.C Understand the influence of technology on personal and family health, including values and beliefs
		6-8.HE.2.D Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors
	3-5.HE.3	Students will access valid information, products, and services to enhance health
		6-8.HE.3.A Understand the attributes and requirements for careers associated with health-related fields
		6-8.HE.3.B Understand the validity of health information, products, and services
	3-5.HE.4	Students will demonstrate the ability to use decision-making skills to enhance health
		6-8.HE.4.A Understand when individual or collaborative decision making is appropriate in health-related situations
		6-8.HE.4.B Understand the options and outcomes of health-related decisions
	3-5.HE.5	Students will demonstrate the ability to use goal-setting skills to enhance health
		6-8.HE.5.A Understand personal health practices
		6-8.HE.5.B Develop a goal to adopt, maintain, or improve a personal health practice
		6-8.HE.5.C Demonstrate advocacy for improving personal, family, and community health