A. A student should be able to acquire a core knowledge related to well-being.

A student who meets the content standard should:

1. Understand that a person's well-being is the integration of health knowledge, attitudes, and behaviors;
2. Understand how the human body is affected by behaviors related to eating habits, physical fitness, personal hygiene, harmful substances, safety, and environmental conditions;
3. Understand and identify the causes, prevention, and treatments for diseases, disorders, injuries, and addictions;
4. Recognize patterns of abuse directed at self or others and understand how to break these patterns;
5. Use knowledge and skills to promote the well-being of the family;
6. Use knowledge and skills related to physical fitness, consumer health, independent living, and career choices to contribute to well-being;
7. Understand the physical and behavioral characteristics of human sexual development and maturity; and
8. Understand the ongoing life changes throughout the life span and healthful responses to these changes.

B. A student should understand how well-being is affected by relationships with others.

A student who meets the content standard should:

1. Resolve conflicts responsibly;
2. Communicate effectively within relationships;
3. Evaluate how similarities and differences among individuals contribute to relationships;
4. Understand how respect for the rights of self and others contributes to relationships;
5. Understand how attitude and behavior affect the well-being of self and others; and
6. Assess the effects of culture, heritage, and traditions on well-being.

C. A student should be able to demonstrate responsibility for the student's well-being.

A student who meets the content standard should:

1. Demonstrate an ability to make responsible decisions by discriminating among risks and by identifying consequences;
2. Demonstrate a variety of communication skills that contribute to well-being;
3. Assess the effects of culture, heritage, and traditions on personal well-being;
4. Develop an awareness of how personal life roles are affected by and contribute to the well-being of families, communities, and cultures;
5. Evaluate what is viewed, read, and heard for its effect on personal well-being; and
6. Understand how personal relationships, including those with family, friends, and coworkers, impact personal well-being.

D. A student should be able to contribute to the well-being of families and communities.

A student who meets the content standard should:

1. Make responsible decisions as a member of a family or community;
2. Take responsible actions to create safe and healthy environments;
3. Describe how public policy affects the well-being of families and communities;
4. Identify and evaluate the roles and influences of public and private organizations that contribute to the well-being of communities;
5. Describe how volunteer service at all ages can enhance community well-being; and
6. Use various methods of communication to promote community well-being.