

## ALASKA SKILLS FOR A HEALTHY LIFE (Health Education Standards)

<p><b>A. A student should be able to acquire a core knowledge related to well-being.</b></p>	<p><i>A student who meets the content standard should:</i></p> <ol style="list-style-type: none"> <li>1. Understand that a person's well-being is the integration of health knowledge, attitudes, and behaviors;</li> <li>2. Understand how the human body is affected by behaviors related to eating habits, physical fitness, personal hygiene, harmful substances, safety, and environmental conditions;</li> <li>3. Understand and identify the causes, preventions, and treatments for diseases, disorders, injuries, and addictions;</li> <li>4. Recognize patterns of abuse directed at self or others and understand how to break these patterns;</li> <li>5. Use knowledge and skills to promote the well-being of the family;</li> <li>6. Use knowledge and skills related to physical fitness, consumer health, independent living, and career choices to contribute to well-being;</li> <li>7. Understand the physical and behavioral characteristics of human sexual development and maturity; and</li> <li>8. Understand the ongoing life changes throughout the life span and healthful responses to these changes.</li> </ol>
<p><b>B. A student should understand how well-being is affected by relationships with others.</b></p>	<p><i>A student who meets the content standard should:</i></p> <ol style="list-style-type: none"> <li>1. Resolve conflicts responsibly;</li> <li>2. Communicate effectively within relationships;</li> <li>3. Evaluate how similarities and differences among individuals contribute to relationships;</li> <li>4. Understand how respect for the rights of self and others contributes to relationships;</li> <li>5. Understand how attitude and behavior affect the well-being of self and others; and</li> <li>6. Assess the effects of culture, heritage, and traditions on well-being.</li> </ol>
<p><b>C. A student should be able to demonstrate responsibility for the student's well-being.</b></p>	<p><i>A student who meets the content standard should:</i></p> <ol style="list-style-type: none"> <li>1. Demonstrate an ability to make responsible decisions by discriminating among risks and by identifying consequences;</li> <li>2. Demonstrate a variety of communication skills that contribute to well-being;</li> <li>3. Assess the effects of culture, heritage, and traditions on personal well-being;</li> <li>4. Develop an awareness of how personal life roles are affected by and contribute to the well-being of families, communities, and cultures;</li> <li>5. Evaluate what is viewed, read, and heard for its effect on personal well-being; and</li> <li>6. Understand how personal relationships, including those with family, friends, and co-workers, impact personal well-being.</li> </ol>
<p><b>D. A student should be able to contribute to the well-being of families and communities.</b></p>	<p><i>A student who meets the content standard should:</i></p> <ol style="list-style-type: none"> <li>1. Make responsible decisions as a member of a family or community;</li> <li>2. Take responsible actions to create safe and healthy environments;</li> <li>3. Describe how public policy affects the well-being of families and communities;</li> <li>4. Identify and evaluate the roles and influences of public and private organizations that contribute to the well-being of communities;</li> <li>5. Describe how volunteer service at all ages can enhance community well-being; and</li> <li>6. Use various methods of communication to promote community well-being.</li> </ol>