***Introduction to Health***

1. I can explain the relationship between health and wellness.
2. I can conclude that most lifestyle diseases of today are related to lifestyle choices.
3. I can identify the three parts of the health triangle.
4. I can list and define the 7 dimensions of wellness.
5. I know the proper steps when making a responsible decision.
6. I can set a SMART goal and understand how to achieve them.

***Mental Health***

1. I can explain the three parts of the mental health definition.
2. I am familiar with how to manage stress in my life.
3. I can explain how to achieve high self esteem.
4. I understand what it means to communicate effectively.
5. I understand how to express my emotions in healthy ways.
6. I can identify causes and symptoms of common mental illnesses.
7. I can identify treatment options for mental illnesses.
8. I can identify the warning signs of depression and suicide.
9. I can recognize the five stages of grief and loss.

***Nutrition***

1. I know the 6 essential nutrients and the importance they have on the body.
2. I can successfully read a food label.
3. I can explain how my diet can impact my health.
4. I can explain why breakfast is an important meal.
5. I can explain the characteristics of “my plate”.
6. I can identify the dangers of unhealthy eating.

***Disease***

1. I can distinguish the difference between a lifestyle disease and an infectious disease.
2. I can identify the risk factors that contribute to heart disease, cancer, diabetes, stroke and obesity.
3. I can identify the warning signs and prevention of heart disease, cancer, diabetes, stroke and obesity.

***CPR***

1. I can articulate what CPR stands for and how it can be used to save a life.
2. I can explain risk factors for an individual who may need CPR.
3. I can perform abdominal thrusts on a choking child or adult.
4. I can perform backslaps and chest compressions on a conscious choking infant.
5. I can successfully access 911.
6. I can successfully demonstrate the first three steps in CPR (CAB).
7. I can demonstrate how to administer compressions only CPR to an adult, child and infant.

***Chemical Health***

1. I can distinguish between chemical use and abuse.
2. I can identify how the human body is affected by various drugs.
3. I can explain the addiction process.
4. I can identify drugs that cause physical addiction and/or psychological addiction.
5. I know the different classification of drugs.
6. I know the dangers of alcohol, tobacco, and marijuana use.

***Human Sexuality***

1. I can identify the parts of the male and female reproductive system.
2. I can explain reproduction, prenatal development, menstruation and child birth.
3. I can identify diseases of the reproductive system.
4. I can explain why abstaining from sex is a good alternative for teens to consider.
5. I can identify risks and consequences that go along with being sexually active.
6. I know the failure rates of various forms of contraception.
7. I can recognize the signs, symptoms, and treatments for most common sexually transmitted infections.
8. I can identify characteristics of a health dating relationship.