

National Health Education Standard	Grade and Lesson Numbers																							
	Grade 4						Grade 5							Grade 6										
	1	2	3	4	5	6	1	2	3	4	5	6	7	1	2	3	4	5	6	7	6-A	6-B	6-C	6-D
1. Core Concepts Students will comprehend concepts related to health promotion and disease prevention to enhance health.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓		✓	✓	✓	✓	✓	✓		✓	✓		✓
2. Analyzing Influences Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.		✓					✓				✓	✓	✓		✓									
3. Accessing Information Students will demonstrate the ability to access valid information and products and services to enhance health.	✓			✓	✓		✓				✓	✓								✓		✓		✓
4. Interpersonal Communication Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	✓	✓			✓		✓		✓			✓		✓		✓	✓	✓					✓	
5. Decision Making* Students will demonstrate the ability to use decisions-making skills to enhance health.																								
6. Goal Setting* Students will demonstrate the ability to use goal-setting skills to enhance health.																								
7. Self Management Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.			✓			✓					✓	✓						✓		✓		✓		✓
8. Advocacy* Students will demonstrate the ability to advocate for personal, family, and community health.																			✓					

* *Puberty: The Wonder Years* will be most effective if it is taught within the context of a comprehensive health curriculum, such as the *Michigan Model for Health*®, where these standards are taught.