Grade Ten

Students in grade ten demonstrate comprehensive health and wellness knowledge and skills. Their behaviors reflect a conceptual understanding of the issues associated with maintaining good personal health. They serve the community through the practice of health-enhancing behaviors that promote wellness throughout life.

Knowledge and Skills

10.1 The student will demonstrate an understanding of health concepts, behaviors, and skills that reduce health risks and enhance the health and wellness of self and others throughout life. Key concepts/skills include
   a) the impact of healthy and poor nutritional choices;
   b) the effects of active and sedentary lifestyles;
   c) the effects of tobacco, alcohol, inhalants, and other drug use;
   d) behaviors that result in intentional and unintentional injury.

10.2 The student will analyze, synthesize, and evaluate the protective factors related to achieving and maintaining a sound mind and healthy body throughout life. Key concepts/skills include
   a) the empowering effect of being assertive;
   b) the impact of involvement in school and community activities;
   c) the value of exercising self-control;
   d) the merits of goal setting;
   e) the influence of emotions and peer approval on personal decision-making;
   f) the influence of the environment on the individual;
   g) family health habits and behaviors as they relate to promotion of health and wellness;
   h) the importance of support and encouragement from positive role models.

10.3 The student will implement personal-injury-prevention and self-management strategies that promote personal, family, and community health throughout life. Key concepts/skills include
   a) strategies to reduce and prevent violence;
   b) peaceful resolution of conflicts;
   c) administration of emergency care;
   d) recognition of tendencies toward self-harm;
   e) recognition of life-threatening situations;
   f) crisis-management strategies;
   g) methods of avoiding gang-related activity and the use of weapons to commit violent acts of aggression;
   h) recognition of when to seek support for self and others.

Information Access and Use

10.4 The student will synthesize and evaluate available health information, products, and services for the value and potential impact on his/her health and wellness throughout life. Key concepts/skills include
   a) marketing and advertising techniques to promote health and wellness;
   b) the use of current technological tools to analyze health products and services;
   c) involvement of local, state, and federal agencies in health-related issues;
   d) the impact of technology on the health status of individuals, families, communities, and the world;
   e) employment opportunities in health-related careers and professions.
Community Health and Wellness

10.5 The student will evaluate how different types of behaviors impact the family and community. Key concepts/skills include:
   a) the benefits of volunteering;
   b) the outcome of drinking and driving;
   c) the consequences of using acts of violence to settle disputes;
   d) the need for organized efforts to address community health and wellness issues;
   e) the responsibilities of citizens to promote the health and wellness goals of the community;
   f) the value of positive role models;
   g) the negative influence of teenage drug and alcohol use on younger members of the community.