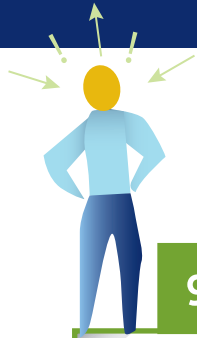


# Health Learning Outcomes

## Prepared Graduates in Comprehensive Health

Poudre School District's comprehensive health program educates students about positive life-long health and wellness behaviors, concepts, and skills.



### 9th-12th

- Understand the impact of healthy and unhealthy diets on daily living.
- Use a decision-making process to make healthy decisions about relationships and sexual health.
- Develop and maintain ongoing evaluation of factors that impact health and modify lifestyle accordingly.
- Analyze the interrelationship of physical, mental, emotional, and social health.
- Analyze the impact of individuals' use or non use of marijuana, illegal drugs, prescription drugs, alcohol, and tobacco.
- Identify the emotional and physical consequences of violence and find strategies to deal with, prevent, and report them.
- Advocate for changes in the home, school, or community that would increase safety.

### 6th-8th

- Evaluate the validity and reliability of information, products, and services to enhance healthy eating behaviors.
- Compare and contrast healthy and unhealthy family and peer relationships.
- Analyze how positive health behaviors can benefit people throughout their lifespan.
- Understand internal and external factors that influence mental and emotional health.
- Analyze the factors that influence a person's decision to use or not use alcohol, tobacco, and other drugs.
- Demonstrate ways to advocate for a positive, respectful school and community environment that supports pro-social behavior.
- Demonstrate ways to promote safety and prevent unintentional injuries.



### 4th-5th

- Demonstrate the ability to set a goal in order to enhance personal nutrition.
- Explain the structure, function and major parts of the human reproductive system.
- Explain how the dimensions of wellness are interrelated and impact personal health.
- Identify positive behaviors that support healthy relationships.
- Demonstrate the ability to make good decisions and avoid alcohol, tobacco, and drugs.
- Demonstrate skills necessary to prevent a conflict from escalating to violence.
- Demonstrate basic first aid and safety procedures.

### 1st-3rd

- Demonstrate the ability to make and communicate appropriate food choices.
- Recognize basic childhood chronic diseases.
- Demonstrate interpersonal communication skills to support positive interactions with families, peers, and others.
- Identify the dangers of using tobacco and marijuana products and exposure to secondhand smoke.
- Explain why bullying is harmful and how to respond appropriately.
- Identify ways to prevent injuries at home, in school, and in the community.



### PreK-K

- Identify the major food groups and the benefits of eating a variety of foods.
- Explain how personal hygiene and cleanliness affect wellness.
- Demonstrate how to effectively communicate and cooperate with others.
- Identify the importance of respecting the personal space and boundaries of self and others.
- Identify ways to be safe while at play.