

Health Standards and Benchmarks**Grades 6-8**

Standard 1: Understanding the concept related to health promotion and disease prevention	
Benchmarks	Garden Example Lessons
HE.6-8.1.1 – The student can describe how problems in one aspect of health can lead to problems in another aspect.	
HE.6-8.1.2 – The student can describe the short and long-term effects of poor nutrition and lack of physical activity. The student can also describe the same effects for good nutrition and increased physical activity.	
HE.6-8.1.3 – The student can describe and explain short and long-term consequences of violent or aggressive behaviors.	
HE.6-8.1.4 – The student can identify risky and emergency situations and knows procedures for responding to these emergencies.	
HE.6-8.1.5 – The student knows the short and long-term consequences of tobacco use.	
HE.6-8.1.6 – The student knows the short and long-term consequences of alcohol and drug use.	
HE.6-8.1.7 – The student knows the short and long-term consequences of sexual activity.	
HE.6-8.1.8 – The student can explain how human body systems are impacted by risky health behaviors.	
HE.6-8.1.9 – The student identifies choices that can be made to promote or harm health in a variety of situations.	
HE.6-8.1.10 – The student can describe how health care can prevent or treat different types of diseases.	
Standard 2: Accessing information: Products and services	
HE.6-8.2.1 – The student can identify situations that require professional health services.	
HE.6-8.2.2 – The student can access a variety of appropriate sources for health information, products or services.	

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Standard 3: Self-Management: Practicing healthy behaviors and reducing risks	
HE.6-8.3.1 – The student can describe personal strategies for dealing with stressful situations.	
HE.6-8.3.2 – The student can describe why it is important to take personal responsibility for their health.	
Standard 4: Analyzing influences: Understanding the influences of culture, family, peers, media, technology and other health factors.	
HE.6-8.4.1 – The student can describe how values and beliefs, media, peer pressure, family and society pressures impact personal and family health decisions and practices.	
Standard 5: Interpersonal communications: Use to enhance health	
HE.6-8.5.1 – The student can use effective verbal or non-verbal communication that promotes healthy communications.	
HE.6-8.5.2 – The student can demonstrate effective behaviors that communicate respect and consideration to self and others.	
HE.6-8.5.3 – The student can list factors, like differences in values or beliefs, oppressive environments or financial issues that often result in disputes between peers, family and community.	
HE.6-8.5.4 – The student can demonstrate a variety of non-violent strategies to resolve conflict and dispute.	
Standard 6: Decision making and goal setting to enhance health	
HE.6-8.6.1 – The student can describe decision-making processes related to health decisions.	
HE.6-8.6.2 – The student can evaluate how a personal decision regarding a health behavior affects not only them but also those around them.	
HE.6-8.6.3 – The student can assess personal health strengths and risks and make personal goals describing the steps they will take to reach the goal.	

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Standard 7: Advocacy: Advocate for personal, family and community health	
HE.6-8.7.1 – The student can use effective strategies to influence and support others to make healthy choices.	
HE.6-8.7.2- The student can use appropriate methods to communicate accurate health information and ideas.	
HE.6-8.7.3- The student can describe how barriers can affect the message (information, ideas, feelings and opinions).	