

California Middle School Health Standards

(Based on the California Framework)

Chapter No. & Subject

WHAT WE SEE AND DON'T SEE

	Ch. 3: The Physical Senses	Ch. 4: Assumptions	Ch. 7: Cultural Effects	Ch. 8: Altered Perceptions	Ch. 9: Cognitive Illusions
<p>Unifying Idea: Acceptance of personal responsibility</p> <p>Expectation 2: Students will understand and demonstrate behaviors that prevent disease and speed recovery from illness.</p> <p>Treatment of disease:</p> <ul style="list-style-type: none"> Interpreting correctly instructions written on medicine container labels, including using information provided with prescription and over-the-counter medicines to determine potential side effects 	X				
<p>Expectation 5: Students will understand and demonstrate how to promote positive health practices within the school and community, including how to cultivate positive relationships with their peers.</p> <p>Friendship and peer relationships:</p> <ul style="list-style-type: none"> Resolving conflicts in a positive, constructive way Interacting effectively with many different people, including both males and females and members of different ethnic and cultural groups 		X	X		
<p>Unifying Idea: An understanding of the process of growth and development</p> <p>Expectation 6: Students will understand the variety of physical, mental, emotional, and social changes that occur throughout life.</p> <p>Life cycle:</p> <ul style="list-style-type: none"> Practicing good personal hygiene, paying particular attention to the changing needs of adolescents 					X
<p>Expectation 7: Students will understand and accept individual differences in growth and development.</p> <p>Growth and development:</p> <ul style="list-style-type: none"> Demonstrating an understanding of individual differences 			X		X
<p>Mental and emotional development:</p> <ul style="list-style-type: none"> Identifying, expressing, and managing feelings appropriately. 					X
<p>Unifying Idea: Informed use of health-related information, products, and services</p> <p>Expectation 9: Students will identify information, products, and services that may be helpful or harmful to their health.</p> <p>Products and services:</p> <ul style="list-style-type: none"> Identifying a variety of consumer influences and analyzing how those influences affect decisions 	X				X
<p>Food choices:</p> <ul style="list-style-type: none"> Using critical-thinking skills to analyze marketing and advertising techniques and their influence on food selection 	X				X

Web Source: <http://www.cde.ca.gov/ci/cr/cf/documents/healthfw.pdf>

California High School Health Standards

(Based on the California Framework)

	Ch. 3: The Physical Senses	Ch. 4: Assumptions	Ch. 7: Cultural Effects	Ch. 8: Altered Perceptions	Ch. 9: Cognitive Illusions
Unifying Idea: Acceptance of personal responsibility					
Expectation 1: Students will demonstrate ways in which they can enhance and maintain their health and well-being.					
Mental and emotional health:					
• Selecting entertainment that promotes mental and physical health	X				
• Identifying personal habits influencing mental and emotional health and developing strategies for changing behaviors as needed to promote positive mental and emotional health	X				
Expectation 2: Students will understand and demonstrate behaviors that prevent disease and speed recovery from illness.					
Disease prevention:					
• Practicing positive health behaviors to reduce the risk of disease X			X		
• Analyzing personal behaviors to determine how those behaviors relate to their own health and well-being and the fulfillment of personal goals and how those behaviors can be modified if necessary to promote achievement of those goals	X				
Treatment of disease:					
• Interpreting correctly instructions written on medicine labels	X				
Expectation 3: Students will practice behaviors that reduce the risk of becoming involved in potentially dangerous situations and react to potentially dangerous situations in ways that help to protect their health.					
Alcohol, tobacco, and other drugs:					
• Distinguishing between helpful and harmful substances				X	
• Distinguishing between the use and misuse of prescription and nonprescription drugs				X	
Expectation 5: Students will understand and demonstrate how to promote positive health practices within the school and community, including how to cultivate positive relationships with their peers.					
Friendship and peer relationships:					
• Interacting effectively with many different people, including both males and females and members of different ethnic and cultural groups			X		X
• Avoiding demeaning statements directed toward others					X
• Respecting the dignity of the persons with whom they interact, including dates, and expecting that their own dignity will be treated with respect			X		X
Unifying Idea: An understanding of the process of growth and development					
Expectation 6: Students will understand the variety of physical, mental, emotional, and social changes that occur throughout life.					
Life cycle:					
• Recognizing questions they have regarding death and dying and discussing these questions with parents, religious leaders, and other trusted adults					X
Expectation 7: Students will understand and accept individual differences in growth and development.					
Growth and development:					
• Demonstrating an understanding of individual differences			X		X
• Adapting group activities to include a variety of students	X				X
Mental and emotional development:					
Identifying, expressing, and managing feelings appropriately.					X
Unifying Idea: Informed use of health-related information, products, and services					
Expectation 9: Students will identify information, products, and services that may be helpful or harmful to their health.					
Products and services:					
• Identifying a variety of consumer influences and analyzing how those influences affect decisions	X				X
Food choices:					
• Using critical-thinking skills to analyze marketing and advertising techniques and their influence on food selection	X				X