

Archdiocese of Philadelphia Secondary School System Secondary Health Standards

The Catholic school community strives to make its faith commitment a complement to academic excellence by developing a curriculum that leads all students to Christ as it prepares them for a successful life in the twenty-first century. It is a curriculum that recognizes the sanctity of each human life while affirming the dignity of each person as a unique creation of God. It is a curriculum that is intended to offer all students the opportunity to study the world at many levels of complexity, through a variety of courses.

Mission Statement

Health education should emphasize the development and maintenance of healthy behavior. It should promote the personal, family, and community health of the student throughout their school years and beyond. A balanced health education program includes the physical, mental, emotional, spiritual and social dimensions of a person's health. These learned behaviors are health-enhanced and are voluntary on the part of each person. The choice and opportunity to employ these skills in their lives outside of school can be influenced by factors beyond the school's control. However, the positive influences of a health program makes for healthier people who live longer, higher quality lives.

These standards were adapted from the standards developed by the Joint Committee on National Health Education Standards by the Health and Physical Education Committee from the Archdiocese of Philadelphia in 2000.

Schools of the Archdiocese of Philadelphia shall teach, challenge, and support every potential and to acquire the knowledge and skill to...

- Healthy lifestyles and Disease Prevention
- Health Information and Services
- Practice healthy behaviors and reduce risk
- Factors of Health
- Interpersonal communication and health
- Goal-Setting and Decision Making
- Factors of Health

1. Healthy lifestyles and Disease Prevention
 - 1.1 Comprehend concepts related to healthy lifestyles and disease prevention
 - 1.2 Analyze how behavior can impact health maintenance and disease prevention
 - 1.3 Describe the interrelationship of mental, emotional, spiritual, social and physical health throughout adulthood.
 - 1.4 Explain the impact of personal health behaviors on the functioning of body systems.
 - 1.5 Analyze how the family, peers, and community influence the health of individuals.
 - 1.6 Describe how to delay onset and reduce risks of potential health problems during adulthood.
 - 1.7 Analyze how public health policies, government regulations, research, and medical advances influence health lifestyles and disease prevention.

2. Health Information and Services
 - 2.1 Demonstrate the ability to access valid health information and services
 - 2.2 Evaluate the validity of health information, products, and services.
 - 2.3 Demonstrate the ability to evaluate resources from home, school, and community that provide valid health information with the help of technology.
 - 2.4 Evaluate factors that influence personal selection of health products and services.
 - 2.5 Demonstrate the ability to access school and community health services for self and others.
 - 2.6 Analyze the cost and accessibility of health care services.

3. Practice healthy behaviors and reduce risk
 - 3.1 Analyze the ability to practice health-enhancing behaviors and reduce health risks.
 - 3.2 Analyze the role of individual responsibility for enhancing health.
 - 3.3 Develop and evaluate strategies to improve or maintain personal, family, and community health, and reduce risk.
 - 3.4 Analyze the short-term and long-term consequences of safe, and risky or harmful behaviors.
 - 3.5 Develop injury prevention and management strategies for personal, family, and community health.
 - 3.6 Demonstrate ways to avoid and reduce threatening situations.
 - 3.7 Evaluate strategies to manage stress.

4. Factors of Health
 - 4.1 Analyze the influences of spirituality, culture, media, technology, and other factors on health.
 - 4.2 Analyze how cultural diversity enriches and challenges health behaviors.
 - 4.3 Evaluate the effect of media and other factors on personal, family and community health

- 4.4 Evaluate the impact of technology on personal, family, and community health.
- 4.5 Analyze how information from the community influences health.
- 5. Interpersonal communication and health
 - 5.1 Demonstrate the ability to use interpersonal communication skills to enhance health.
 - 5.2 Demonstrate skills for communicating effectively with family, peers and others.
 - 5.3 Analyze how interpersonal communication affects relationships.
 - 5.4 Demonstrate healthy ways to express needs, wants and feelings.
 - 5.5 Demonstrate ways to communicate care, consideration, and respect of self and others.
 - 5.6 Demonstrate strategies for solving interpersonal conflicts without harming self or others.
 - 5.7 Demonstrate refusal, negotiations, and collaboration skills to avoid potentially harmful situations.
 - 5.8 Analyze the possible causes of conflict in schools, families, and communities.
 - 5.9 Demonstrate strategies used to prevent conflict.
- 6. Goal-Setting and Decision Making
 - 6.1 Demonstrate the ability to use goal-setting and decision-making skills in accordance with their Catholic identity to enhance health.
 - 6.2 Demonstrate the ability to utilize various strategies when making decisions related to health needs and risks of young adults.
 - 6.3 Analyze health concerns that require collaborative decision-making.
 - 6.4 Predict immediate and long-term impact of health decisions on the individual, family and community.
 - 6.5 Implement a plan for attaining a personal health goal.
 - 6.6 Evaluate progress toward achieving personal health goals.
 - 6.7 Formulate an effective plan for lifelong health.
- 7. Factors of Health
 - 7.1 Comprehend the concepts of spiritual, physical, social and mental-emotional aspects of health.
 - 7.2 Evaluate the effectiveness of communication methods for accurately expressing health information and ideas.
 - 7.3 Express information and opinions about health issues.
 - 7.4 Demonstrate the ability to influence and support others in making positive health choices.
 - 7.5 Demonstrate the ability to work cooperatively when advocating for healthy communities.