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# **COMPREHENSIVE HEALTH**

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## Comprehensive Health Grade Level Expectations at a Glance

| Standard                          | Grade Level Expectation                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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| <b>High School</b>                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| 2. Physical and Personal Wellness | <ol style="list-style-type: none"> <li>1. Analyze the benefits of a healthy diet and the consequences of an unhealthy diet</li> <li>2. Analyze how family, peers, media, culture, and technology influence healthy eating choices</li> <li>3. Demonstrate ways to take responsibility for healthy eating</li> <li>4. Use a decision-making process to make healthy decisions about relationships and sexual health</li> <li>5. Support others in making positive and healthful choices about sexual activity</li> <li>6. Develop and maintain the ongoing evaluation of factors that impact health, and modify lifestyle accordingly</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| 3. Emotional and Social Wellness  | <ol style="list-style-type: none"> <li>1. Analyze the interrelationship of physical, mental, emotional, and social health</li> <li>2. Set goals, and monitor progress on attaining goals for future success</li> <li>3. Advocate to improve or maintain positive mental and emotional health for self and others</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| 4. Prevention and Risk Management | <ol style="list-style-type: none"> <li>1. The impact of individuals' use or nonuse of alcohol or other drugs</li> <li>2. Analyze the factors that influence a person's decision to use or not use alcohol, tobacco, and other drugs</li> <li>3. Develop interpersonal communication skills to refuse or avoid alcohol, tobacco, or other drugs</li> <li>4. Develop self-management skills to improving health by staying tobacco, alcohol, and drug-free</li> <li>5. Analyze the factors that influence community and societal beliefs that underlie violence, and describe relationships, attitudes, behavior, and vulnerability to violence</li> <li>6. Analyze the underlying causes of self- harming behavior, harming others and steps involved in seeking help</li> <li>7. Identify the emotional and physical consequences of violence, and find strategies to deal with, prevent, and report them</li> <li>8. Access valid information and resources that provide information about sexual assault and violence</li> <li>9. Demonstrate verbal and nonverbal communication skills and strategies to prevent violence</li> <li>10. Advocate for changes in the home, school, or community that would increase safety</li> </ol> |

## Comprehensive Health Grade Level Expectations at a Glance

| Standard                          | Grade Level Expectation                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| <b>Eighth Grade</b>               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 2. Physical and Personal Wellness | <ol style="list-style-type: none"> <li>1. Develop strategies to resist pressures to become sexually active</li> <li>2. Analyze how certain behaviors place one at greater risk for HIV/AIDS, STDs, and unintended pregnancy</li> <li>3. Describe the signs and symptoms of HIV/AIDS, and other STDs<br/>Promote and enhance health through disease prevention</li> </ol>                                                                                                                                                                                 |
| 3. Emotional and Social Wellness  | <ol style="list-style-type: none"> <li>1. Access valid school and community resources to help with mental and emotional health concerns</li> <li>2. Internal and external factors influence mental and emotional health</li> </ol>                                                                                                                                                                                                                                                                                                                       |
| 4. Prevention and Risk Management | <ol style="list-style-type: none"> <li>1. Analyze influences that impact individuals' use or non-use of alcohol, tobacco, and other drugs</li> <li>2. Access valid sources of information about alcohol, tobacco, and other drugs</li> <li>3. Demonstrate decision-making skills to be alcohol, tobacco and drug-free</li> <li>4. Analyze the factors that influence violent and non-violent behavior</li> <li>5. Demonstrate ways to advocate for a positive, respectful school and community environment that supports pro-social behavior</li> </ol>  |
| <b>Seventh Grade</b>              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 2. Physical and Personal Wellness | <ol style="list-style-type: none"> <li>1. Analyze factors that influence healthy eating behaviors</li> <li>2. Demonstrate the ability to make healthy food choices in a variety of settings Compare and contrast healthy and unhealthy relationships (family, peer, and dating)</li> <li>3. Analyze the internal and external factors that influence sexual decision-making and activity</li> <li>4. Define sexually transmitted diseases (STDs), including human immunodeficiency virus (HIV) and acquired immune deficiency syndrome (AIDS)</li> </ol> |
| 3. Emotional and Social Wellness  | <ol style="list-style-type: none"> <li>1. Demonstrate effective communication skills to express feelings appropriately</li> <li>2. Develop self-management skills to prevent and manage stress</li> </ol>                                                                                                                                                                                                                                                                                                                                                |
| 4. Prevention and Risk Management | <ol style="list-style-type: none"> <li>1. Analyze the consequences of using drugs</li> <li>2. Demonstrate safety procedures for a variety of situations</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                       |

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| Standard                          | Grade Level Expectation                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
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| <b>Sixth Grade</b>                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| 2. Physical and Personal Wellness | <ol style="list-style-type: none"> <li>1. Access valid and reliable information, products, and services to enhance healthy eating behaviors</li> <li>2. Access valid and reliable information regarding qualities of healthy family and peer relationships</li> <li>3. Comprehend the relationships among feelings and actions<br/>Analyze how positive health behaviors can benefit people throughout their life span</li> <li>4. Understand how to be mentally and emotionally healthy</li> </ol>                                                                                                                                                                            |
| 3. Emotional and Social Wellness  | <ol style="list-style-type: none"> <li>1. Analyze the factors that influence a person's decision to use or not use alcohol and tobacco</li> <li>2. Demonstrate the ability to avoid alcohol, tobacco, and other drugs</li> <li>3. Demonstrate self-management skills to reduce violence and actively participate in violence prevention</li> <li>4. Demonstrate ways to advocate for safety, and prevent unintentional injuries</li> </ol>                                                                                                                                                                                                                                     |
| 4. Prevention and Risk Management | <ol style="list-style-type: none"> <li>1. Demonstrate the ability to engage in healthy eating behaviors</li> <li>2. Explain the structure, function, and major parts of the human reproductive system</li> <li>3. Describe the physical, social, and emotional changes occurring at puberty Determine factors that influence the purchase of healthcare products and use of personal hygiene practices</li> <li>4. Demonstrate interpersonal communication skills needed to discuss personal health problems to establish and maintain personal health and wellness</li> <li>5. Comprehend concepts, and identify strategies to prevent the transmission of disease</li> </ol> |
| <b>Fifth Grade</b>                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| 2. Physical and Personal Wellness | <ol style="list-style-type: none"> <li>1. Access valid information about the effects of tobacco use and exposure to second-hand smoke, prescription, and over-the-counter drugs</li> <li>2. Demonstrate pro-social behaviors that reduce the likelihood of physical fighting, violence, and bullying</li> <li>3. Demonstrate basic first aid and safety procedures</li> </ol>                                                                                                                                                                                                                                                                                                  |
| 3. Emotional and Social Wellness  | <ol style="list-style-type: none"> <li>1. Analyze internal and external factors that influence mental and emotional health</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 4. Prevention and Risk Management | <ol style="list-style-type: none"> <li>1. Demonstrate the ability to set a goal to enhance personal nutrition status</li> <li>2. Examine the connection between food intake and physical health</li> <li>3. Explain that the dimensions of wellness are interrelated and impact personal health</li> </ol>                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Fourth Grade</b>               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| 2. Physical and Personal Wellness | <ol style="list-style-type: none"> <li>1. Identify the positive behaviors that support relationships</li> <li>2. Comprehend concepts related to stress and stress management</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| 3. Emotional and Social Wellness  | <ol style="list-style-type: none"> <li>1. Identify positive and negative uses for medicines</li> <li>2. Demonstrate the ability to use interpersonal communication skills to avoid using tobacco</li> <li>3. Demonstrate skills necessary to prevent a conflict from escalating to violence</li> </ol>                                                                                                                                                                                                                                                                                                                                                                         |
| 4. Prevention and Risk Management |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |

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| Standard                          | Grade Level Expectation                                                                                                                                                                                                                                                                                                                                 |
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| <b>Third Grade</b>                |                                                                                                                                                                                                                                                                                                                                                         |
| 2. Physical and Personal Wellness | 1. Demonstrate the ability to make and communicate appropriate food choices                                                                                                                                                                                                                                                                             |
| 3. Emotional and Social Wellness  | 1. Utilize knowledge and skills to treat self and others with care and respect<br>2. Demonstrate interpersonal communication skills to support positive interactions with families, peers, and others                                                                                                                                                   |
| 4. Prevention and Risk Management | 1. Examine the dangers of using tobacco products or being exposed to second hand smoke.<br>2. Describe pro-social behaviors that enhance healthy interactions with others<br>3. Identify ways to prevent injuries at home, school, and community                                                                                                        |
| <b>Second Grade</b>               |                                                                                                                                                                                                                                                                                                                                                         |
| 2. Physical and Personal Wellness | 1. Identify eating behaviors that contribute to maintaining good health<br>2. Recognize basic childhood chronic diseases                                                                                                                                                                                                                                |
| 4. Prevention and Risk Management | 1. Identify the dangers of using tobacco products and being exposed to second hand smoke.<br>2. Identify safe and proper use of household products<br>3. Explain why bullying is harmful and how to respond appropriately<br>4. Demonstrate interpersonal communication skills to prevent injury or to ask for help in an emergency or unsafe situation |
| <b>First Grade</b>                |                                                                                                                                                                                                                                                                                                                                                         |
| 2. Physical and Personal Wellness | 1. Eating a variety of foods from the different food groups is vital to promote good health<br>2. Demonstrate health enhancing behaviors to prevent unintentional injury or illness                                                                                                                                                                     |
| 3. Emotional and Social Wellness  | 1. Demonstrate how to express emotions in healthy ways<br>2. Identify parents, guardians, and other trusted adults as resources for information about health                                                                                                                                                                                            |
| 4. Prevention and Risk Management | 1. Demonstrate strategies to avoid hazards in the home and community                                                                                                                                                                                                                                                                                    |
| <b>Kindergarten</b>               |                                                                                                                                                                                                                                                                                                                                                         |
| 2. Physical and Personal Wellness | 1. Identify the major food groups and the benefits of eating a variety of foods<br>2. Explain how personal hygiene and cleanliness affect wellness                                                                                                                                                                                                      |
| 3. Emotional and Social Wellness  | 1. Exhibit understanding that one's actions impact others                                                                                                                                                                                                                                                                                               |
| 4. Prevention and Risk Management | 1. Identify the importance of respecting the personal space and boundaries of self and others<br>2. Explain safe behavior as a pedestrian and with motor vehicles<br>3. Effective communication skills in unsafe situations                                                                                                                             |
| <b>Preschool</b>                  |                                                                                                                                                                                                                                                                                                                                                         |
| 2. Physical and Personal Wellness | 1. Develop self-management skills and personal hygiene skills to promote healthy habits                                                                                                                                                                                                                                                                 |
| 4. Prevention and Risk Management | 1. Identify ways to be safe while at play                                                                                                                                                                                                                                                                                                               |

## 2. Physical and Personal Wellness

Includes physical activity, healthy eating, and sexual health and teaches lifelong habits and patterns for a fit, healthy, and optimal childhood and adulthood; examines society, media, family, and peer influence on wellness choices; practices decision-making and communication skills for personal responsibility for wellness; and identifies the consequences of physical inactivity, unhealthy eating, and early sexual activity. Includes health promotion and disease prevention, and teaches responsibility and skills for personal health habits as well as behavior and disease prevention; sets personal goals for optimal health; examines common chronic and infectious diseases and causes; and recognizes the physical, mental, and social dimensions of personal health.

### Prepared Graduates

The prepared graduate competencies are the preschool through twelfth-grade concepts and skills that all students who complete the Colorado education system must master to ensure their success in a postsecondary and workforce setting.

#### Prepared Graduates in the Physical and Personal Wellness standard are:

- Participate regularly in physical activity
- Achieve and maintain a health-enhancing level of physical fitness
- Apply knowledge and skills to engage in lifelong healthy eating
- Apply knowledge and skills necessary to make personal decisions that promote healthy relationships and sexual and reproductive health
- Apply knowledge and skills related to health promotion, disease prevention, and health maintenance

## 4. Prevention and Risk Management

Includes alcohol, tobacco, and other drug prevention; violence prevention; and safety; teaches skills to increase safe physical and social behavior in at home, in school, in the community, and in personal relationships; provides specific knowledge on avoidance of intentional and unintentional injuries; and practices decision-making and communication skills to avoid drug use, bullying, and dating violence.

### Prepared Graduates

The prepared graduate competencies are the preschool through twelfth-grade concepts and skills that all students who complete the Colorado education system must master to ensure their success in a postsecondary and workforce setting.

#### Prepared Graduates in the Prevention and Risk Management standard are:

- Apply knowledge and skills to make health-enhancing decisions regarding the use of alcohol, tobacco, and other drugs
- Apply knowledge and skills that promote healthy, violence-free relationships
- Apply personal safety knowledge and skills to prevent and treat intentional or unintentional injury

**Content Area: Comprehensive Health and Physical Education**

**Standard: 2. Physical and Personal Wellness in Health**

**Prepared Graduates:**

- Apply knowledge and skills necessary to make personal decisions that promote healthy relationships and sexual and reproductive health

**Grade Level Expectation: High School**

**Concepts and skills students master:**

- 4. Use a decision-making process to make healthy decisions about relationships and sexual health

**Evidence Outcomes**

**Students can:**

- a. Define the characteristics of healthy relationships, dating, committed relationships, marriage, and family
- b. Analyze the possible consequences of early sexual activity and the emotional, mental, social, and physical benefits for delaying sexual activity
- c. Describe how a person can choose to abstain from sexual activity at any point in time, even after having engaged in prior sexual activity
- d. Analyze factors that influence the choice, use, and effectiveness of contraception, including the availability of contraceptive methods
- e. Explain the difference between risk avoidance and risk reduction and strategies one can utilize for each as it relates to STD's and pregnancy.
- f. Analyze when it is necessary to seek help with or leave an unhealthy situation
- g. Analyze risks of sharing personal information thru modern technology Evaluate how HIV/AIDS and other sexually transmitted diseases (STDs) or pregnancy could impact life goals
- h. Examine the responsibilities of parenthood
- i. Appraise internal and external influences and pressures to become sexually active, and demonstrate strategies to resist those pressures

**21<sup>st</sup> Century Skills and Readiness Competencies**

**Inquiry Questions:**

- 1. How can a personal decision to become sexually active affect one's future goals and options?
- 2. How does one know when one is ready to become a parent?
- 3. What kind of work is involved in being a parent?
- 4. In order to achieve lifelong sexual and reproductive health, what should I plan for?
- 5. Why are relationships important?
- 6. How do we learn to understand and respect diversity in relationships?
- 7. How do we know when a relationship is not worth saving?
- 8. How do we know when someone is being truthful online?

**Relevance and Application:**

- 1. Family structures, values, rituals, and traditions impact decisions regarding health, and vary from individual to individual, family to family, and culture to culture.
- 2. Various factors often create discrepancies between actual and perceived social norms related to sexual activity among teenagers.
- 3. Cultural and religious beliefs, popular trends and fads, and current and emerging technological advances influence sexual and reproductive health.
- 4. Analyze the physical, economic, emotional, social, intellectual, and cultural demands of raising a child.
- 5. Culture, media, and other people influence perceptions about body image, gender roles, sexuality, attractiveness, relationships, and sexual orientation.
- 6. Prenatal exposure to alcohol, tobacco, and other drugs, infections, and environmental hazards may affect the incidence of fetal alcohol syndrome, sudden infant death syndrome, low birth weight, and disabilities.

**Nature of Health:**

- 1. Decision-making can be affected by a variety of influences that may or may not be in a person's best interest.
- 2. Tolerance, appreciation, and understanding of individual differences are necessary in order to establish healthy relationships.
- 3. Technological advances continue to provide increased opportunities to develop relationships anytime and anyplace with a worldwide audience.



**Standard: 2. Physical and Personal Wellness in Health**

**Prepared Graduates:**  
➤ Apply knowledge and skills necessary to make personal decisions that promote healthy relationships and sexual and reproductive health

**Grade Level Expectation: High School**

**Concepts and skills students master:**  
5. Support others in making positive and healthful choices about sexual activity

| <b>Evidence Outcomes</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>21<sup>st</sup> Century Skills and Readiness Competencies</b>                                                                                                                                                                                                                                                                                                                                                       |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Students can:</b></p> <ul style="list-style-type: none"><li>a. Demonstrate ways to encourage friends to remain sexually abstinent or return to abstinence if sexually active</li><li>b. Communicate the benefits of avoiding or reducing the risk of unwanted pregnancy and sexually transmitted diseases, including HIV</li><li>c. Communicate the importance of HIV and sexually transmitted disease (STD) testing and counseling to those who are sexually active</li></ul> | <p><b>Inquiry Questions:</b></p> <ul style="list-style-type: none"><li>1. Why would someone engage in intimate behaviors without first having the emotional safety to talk about it?</li><li>2. What support do you need to assist you in making healthy decisions about sexual activity?</li><li>3. Why would a teenager choose to delay sexual activity?</li></ul>                                                   |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <p><b>Relevance and Application:</b></p> <ul style="list-style-type: none"><li>1. Cultural and religious beliefs, popular trends, fads, and current and emerging technological advances influence sexual and reproductive health.</li><li>2. Advocating to others at school or in the community regarding positive and healthful choices about sexual activity creates an environment of open communication.</li></ul> |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <p><b>Nature of Health:</b></p> <ul style="list-style-type: none"><li>1. Leadership and advocacy to promote personal and community wellness can impact the immediate community and society as a whole.</li><li>2. Reliable personal and professional resources are available to assist with sexual and reproductive health problems.</li></ul>                                                                         |

