

# NHES National Health Education Standards

## Standards

### 1 Comprehending Concepts

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

### 2 Analyzing Influences

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

### 3 Accessing Resources

Students will demonstrate the ability to access valid information, products, and services to enhance health.

### 4 Interpersonal Communication

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

### 5 Decision Making

Students will demonstrate the ability to use decision-making skills to enhance health.

### 6 Goal Setting

Students will demonstrate the ability to use goal-setting skills to enhance health.

### 7 Practicing Health-Enhancing Behaviors

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

### 8 Advocacy

Students will demonstrate the ability to advocate for personal, family, and community health.