## National Health Education Standards (NHES)

### 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.
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