

<p align="center">2014 Next Generation Sunshine State Standards, Health Education</p>	<p align="center">2023 Florida State Academic Standards, Health Education</p>
<p align="center"><i>Strand 1:</i> Health Literacy Concepts</p> <p align="center"><i>Standards:</i> Core Concepts Internal and External Influence</p>	<p align="center"><i>Strand 1:</i> Personal Health Concepts</p> <p align="center"><i>Standards:</i> Core Concepts Internal and External Influence Prevention and Decision Making Advocacy</p>
<p align="center"><i>Strand 2:</i> Health Literacy Responsible Behavior</p> <p align="center"><i>Standards:</i> Accessing Information Interpersonal Communication Decision Making</p>	<p align="center"><i>Strand 2:</i> Community and Environmental Health</p> <p align="center"><i>Standards:</i> Core Concepts Internal and External Influence Prevention and Decision Making Advocacy</p>
<p align="center"><i>Strand 3:</i> Health Literacy Promotion</p> <p align="center"><i>Standards:</i> Self Management Advocacy</p>	<p align="center"><i>Strand 3:</i> Consumer Health</p> <p align="center"><i>Standards:</i> Core Concepts Internal and External Influence Prevention and Decision Making Advocacy</p>

Florida's Health Education Standards Coding Scheme

<i>Subject</i>	<i>Grade Level</i>	<i>Strand</i>	<i>Standard</i>	<i>Benchmark</i>
HE.	2.	PHC.	3.	2
Health Education	Grade 2	Personal Health Concepts	Prevention and Decision Making	List healthy options to health-related issues or problems.

Strands:

Personal Health Concepts (PHC)

Community and Environmental Health (CEH)

Consumer Health (CH)

Standards:

Standard 1: Core Concepts

Big ideas, foundational information, accessing information

Standard 2: Internal and External Influence

Influence of friends, family, media, internet, peers, self-reflection

Standard 3: Prevention and Decision Making

Adapting and altering behaviors and choices that promote health and well-being

Standard 4: Advocacy

Influencing and promoting positive health choices and resources

Grade Seven Personal Health Concepts Strand

HE.7.PHC.1 Core Concepts

HE.7.PHC.1.1 Explain how physical, mental, social, and intellectual dimensions of health are interrelated.

Benchmark Clarifications:

Clarification 1: Instruction includes mental stress that may arise from exam season at school.

Clarification 2: Instruction includes mental stress leading to physical illness.

Clarification 3: Instruction includes peer relationship conflict leading to decreased self-esteem.

HE.7.PHC.1.2 Classify infectious diseases and their modes of transmission to the human body.

Example: Malaria and Zika through mosquitoes, transmission of viruses through sharing of personal items, human immunodeficiency virus.

HE.7.PHC.1.3 Explain the importance of assuming responsibility for personal and reproductive health behaviors.

Benchmark Clarifications:

Clarification 1: Instruction includes physical activity, eating habits, and adequate sleep.

Clarification 2: Instruction includes proper care of reproductive organs/systems.

HE.7.PHC.1.4 Differentiate among professional health services that may be required.

Benchmark Clarifications:

Clarification 1: Instruction includes difference between dentist vs. orthodontist.

Clarification 2: Instruction includes difference between family physician vs. specialist.

HE.7.PHC.2 Internal and External Influence

HE.7.PHC.2.1 Interpret the potential impact of media/social media on health behaviors, personal thoughts, and feelings.

Benchmark Clarifications:

Clarification 1: Instruction includes social media influence, such as targeted ads, “influencers,” challenges, and trends.

Clarification 2: Instruction includes misconception of “friends” online versus friendship in real life.

Clarification 3: Instruction includes the permanence of what a person posts online, and how it may affect them throughout life.

HE.7.PHC.2.2 Analyze how environmental factors affect personal health.

Benchmark Clarifications:

Clarification 1: Instruction includes safe food handling practices to avoid foodborne illnesses.

Clarification 2: Instruction includes appropriate home heating and cooling, air, and water quality.

HE.7.PHC.2.3 Analyze how friends and peers influence the health of adolescents.

Example: Teen dating violence and abuse.

Benchmark Clarifications:

Clarification 1: Instruction includes how friends and peers can influence self-confidence, behaviors, and relationships.

HE.7.PHC.2.4 Analyze how family and cultural changes influence the health of adolescents.

Benchmark Clarifications:

Clarification 1: Instruction includes family communication behaviors.

Clarification 2: Instruction includes smoking in home and alcohol consumption by family members.

HE.7.PHC.2.5 Describe how personal health choices can affect hereditary risk factors.

Benchmark Clarifications:

Clarification 1: Instruction includes healthy choices that reduce the impact of hereditary diseases such as sickle cell disease, diabetes, and acne.

HE.7.PHC.2.6 Analyze personal beliefs as they relate to health practices.

Benchmark Clarifications:

Clarification 1: Instruction includes weight management through physical activity.

Clarification 2: Instruction includes disease prevention through hand washing.

Clarification 3: Instruction includes knowing when sharing personal information is safe and secure.

HE.7.PHC.2.7 Explain the influence of personal values, attitudes, and beliefs about individual health practices and behaviors.

Benchmark Clarifications:

Clarification 1: Instruction includes how a healthy level of self-respect deters unhealthy choices and behaviors.

HE.7.PHC.2.8 Describe safe and legal practices when participating in online communities.

Benchmark Clarifications:

Clarification 1: Instruction includes online communities such as discussion groups, blogs, and social networking websites.

Clarification 2: Instruction includes reporting unsafe activity, reporting dangerous or unwanted activity, reporting cyberbullying, and limiting screen time for personal health.

HE.7.PHC.3 Prevention and Decision Making

HE.7.PHC.3.1 Predict when health-related situations require the application of a thoughtful decision-making process.

Example: Riding in a vehicle with underage drivers, drug use, determining whether a relationship is healthy or not.

HE.7.PHC.3.2 Select healthy alternatives over unhealthy alternatives when making a decision.

Example: Prescription drug use, using safety equipment, selecting nutritious food, internet safety, managing stress.

HE.7.PHC.3.3 Determine when individual or collaborative decision making is appropriate.

Example: Reaching a fork in the road.

Benchmark Clarifications:

Clarification 1: Instruction includes identifying healthy peer groups and trusted adults.

Clarification 2: Instruction includes identifying when to reach out for help.

HE.7.PHC.3.4 Predict the short and long-term consequences of engaging in health-risk behaviors.

Benchmark Clarifications:

Clarification 1: Instruction includes risky behaviors such as driving under the influence.

Clarification 2: Instruction includes poor health maintenance such as lack of exercise and poor diet.

Clarification 3: Instruction includes consequences of teenage pregnancy.

HE.7.PHC.3.5 Devise an individual goal (short or long term) to adopt, maintain, or improve a personal health practice.

Benchmark Clarifications:

Clarification 1: Instruction includes participation in organized activities/sports.

Clarification 2: Instruction includes safety habits, internet use and safety, and conflict resolution.

HE.7.PHC.3.6 Explain strategies and skills needed to assess progress and maintenance of a personal health goal.

Benchmark Clarifications:

Clarification 1: Instruction includes journaling, daily checklists, and rewarding milestones.

Clarification 2: Instruction includes use of pedometers, monitoring healthy food intake, and identification of groups for support.

HE.7.PHC.3.7 Compare and contrast the effects of healthy and unhealthy behaviors on personal health.

Example: Smoking vs. nonsmoking, fast food vs. well-balanced diet.

HE.7.PHC.3.8 Describe ways one can reduce or prevent injuries and adolescent health problems.

Benchmark Clarifications:

Clarification 1: Instruction includes helmet use, seat belt use, pedestrian safety, unsupervised handling of firearms, and proper use of over-the-counter medications.

HE.7.PHC.3.9 Practice behaviors that will maintain or improve personal health and reduce health risks, including reproductive health.

Benchmark Clarifications:

Clarification 1: Instruction includes refusal skills, problem solving, and engaging in respectful relationships.

Clarification 2: Instruction includes engaging or reengaging abstinence.

HE.7.PHC.4 Advocacy

HE.7.PHC.4.1 Articulate ways to request access to healthy products, services, and environments.

Example: Accessing first aid, band-aids, hygiene products, counseling services, smoke free environments, healthy food options.

Benchmark Clarifications:

Clarification 1: Instruction includes appropriate communication to a trusted adult that products or services are needed.

Grade Seven Community and Environmental Health Concepts Strand

HE.7.CEH.1 Core Concepts

HE.7.CEH.1.1 Investigate how the physical, mental, social, and intellectual dimensions of community health are interrelated.

Example: Nutrition leading to increased mental alertness, interpersonal conflicts leading to mental stress.

Benchmark Clarifications:

Clarification 1: Instruction includes connections between healthy behaviors and healthy outcomes.

HE.7.CEH.1.2 Describe community health problems and concerns common to adolescents.

Benchmark Clarifications:

Clarification 1: Instruction includes community health problems may include teen dating violence and teen pregnancy.

Clarification 2: Instruction includes human trafficking awareness and prevention.

HE.7.CEH.2 Internal and External Influence

HE.7.CEH.2.1 Examine how the school and community may influence the health behaviors of adolescents.

Example: Safety drills and education, digital devices policies, food choices.

Benchmark Clarifications:

Clarification 1: Instruction includes rules and policies enforced by the school and community that may lead to better health outcomes.

HE.7.CEH.2.2 Evaluate how changes in social norms impact healthy and unhealthy behavior.

Benchmark Clarifications:

Clarification 1: Instruction includes impact of substance abuse, including secondhand smoke or driving/operating under the influence.

HE.7.CEH.2.3 Evaluate how media/social media influences peer and community health behaviors.

Example: Music lyrics that encourage risky health behaviors, vaping and tobacco ads targeting younger populations, body image influence on social media.

Benchmark Clarifications:

Clarification 1: Instruction includes social media platforms influencing health behaviors and practices.

Clarification 2: Instruction includes permanency of sharing materials online.

HE.7.CEH.3 Prevention and Decision Making

HE.7.CEH.3.1 Describe ways the community can reduce or prevent injuries and adolescent health problems.

Example: Helmet use, seat belt use, firearm safety, internet safety.

Benchmark Clarifications:

Clarification 1: Instruction includes safe practices such as protective gear.

Clarification 2: Instruction includes safe practices on the internet such as reporting cyberbullying and practicing safety on social media.

HE.7.CEH.3.2 Explain how injury or illness stemming from unhealthy or risky behaviors impacts the community.

Benchmark Clarifications:

Clarification 1: Instruction includes how increased community illnesses burdens local resources, such as healthcare and workforce.

Clarification 2: Instruction includes the impact of death, illness, or injury of a community member.

HE.7.CEH.4 Advocacy

HE.7.CEH.4.1 Evaluate how community practices influence the positive health choices of others.

Example: Public service announcements, health forums, guest speakers.

HE.7.CEH.4.2 Articulate a position on a health-related issue and support it with accurate health information.

Example: Health-enhancing positions may include tobacco and vaping laws, zero-tolerance policies, and bullying rules.

Grade Seven Consumer Health Concepts Strand

HE.7.CH.1 Core Concepts

HE.7.CH.1.1 Explain how appropriate health care can promote personal health.

Example: Asthma action plan, registered dietitian to plan healthy meals, doctor to prescribe medicine.

Benchmark Clarifications:

Clarification 1: Instruction includes having a health action plan or provider to contact when help is needed.

HE.7.CH.1.2 Evaluate a variety of technologies to gather health information.

Example: Technologies may include fitness apps, wearable devices, web resources.

Benchmark Clarifications:

Clarification 1: Instruction includes identifying appropriate technologies under a variety of circumstances.

HE.7.CH.1.3 Determine appropriate resources and services needed to attain a personal health goal.

Benchmark Clarifications:

Clarification 1: Resources include technology (phone, television, internet, apps), media, locations (library, health department, pharmacy, hospitals), support groups (weight management, running clubs, fitness classes), and items (scale, pedometer).

HE.7.CH.2 Internal and External Influence

HE.7.CH.2.1 Analyze ways consumer health messages can target different audiences through internet and social media sources.

Benchmark Clarifications:

Clarification 1: Instruction includes how organizations/companies use a variety of public service announcements, celebrities, social media posts, and platforms.

HE.7.CH.2.2 Analyze how messages from media/social media influence health behaviors.

Example: Examples include sports figures promoting fast food and provocative images on media/social media.

Benchmark Clarifications:

Clarification 1: Instruction includes cyberbullying affecting mental well-being.

Clarification 2: Instruction includes the compounding influence of “likes” and “comments” on posts and how they activate the reward centers in the brain.

HE.7.CH.2.3 Evaluate the influence of technology in locating valid health information.

Benchmark Clarifications:

Clarification 1: Instruction includes evaluation of a variety of health websites, apps, health devices, and organizations to receive information.

HE.7.CH.3 Prevention and Decision Making

HE.7.CH.3.1 Analyze the validity of health information, products, and services.

Benchmark Clarifications:

Clarification 1: Instruction includes reviewing a variety of resources including advertisements, health-claim articles, and personal claims.

HE.7.CH.3.2 Compare resources and services needed to attain a personal health goal.

Benchmark Clarifications:

Clarification 1: Instruction includes determining criteria function, directions for use, competence of providers, and costs.

HE.7.CH.4 Advocacy

HE.7.CH.4.1 Articulate ways students can request access to appropriate resources and services that promote healthy living.

Benchmark Clarifications:

Clarification 1: Instruction includes how to request support from a school counselor, school nurse, and school personnel for medical care.

Grade Six through Eight Resiliency Education Strand (No change from March SBOE meeting)

HE.68.R.1. Character

HE.68.R.1.1 Demonstrate the ability to respond with empathy in a variety of contexts and situations.

Benchmark Clarifications:

Clarification 1: Instruction includes identifying others' feelings, perspectives, circumstances, experiences, and active listening.

HE.68.R.1.2 Describe the importance of empathy, kindness, honesty and trust in building and sustaining relationships.

HE.68.R.1.3 Identify sources of relational conflicts and healthy approaches to conflict resolutions.

HE.68.R.2. Personal Responsibility

HE.68.R.2.1 Discuss how character is shaped by attitudes, decisions and actions.

HE.68.R.2.2 Demonstrate responsible decision-making that considers multiple perspectives.

HE.68.R.2.3 Describe the importance of following school and community laws and rules.

HE.68.R.2.4 Monitor progress toward attaining a personal goal.

HE.68.R.2.5 Explain strategies and skills needed to assess progress and maintenance of a challenging personal goal.

HE.68.R.2.6 Describe how personal goals can vary with changing abilities, priorities, and responsibilities.

HE.68.R.2.7 Identify how continuous learning leads to personal growth.

HE.68.R.2.8 Identify strategies to manage challenges and setbacks.

Benchmark Clarifications:

Clarification 1: Instruction includes time management, setting boundaries, setting realistic goals, and self-care.

HE.68.R.2.9 Identify healthy responses to negative peer pressure.

HE.68.R.3. Mentorship and Citizenship

HE.68.R.3.1 Discuss ways a leader can build the trust of individuals and groups.

HE.68.R.3.2 Explain and develop ways to apply leadership skills in the school and the community.

HE.68.R.3.3 Identify the importance of volunteerism in positively affecting the community and nation.

HE.68.R.3.4 Identify ways to participate in our constitutional republic through public policy, voting, and leadership positions.

HE.68.R.4. Critical Thinking and Problem Solving

HE.68.R.4.1 Analyze possible solutions to a problem to determine the best outcome for oneself and others.

HE.68.R.4.2 Develop and apply conflict resolution skills in a variety of situations.

Benchmark Clarifications:

Clarification 1: Instruction includes coping, grit, and new learning opportunities.

HE.68.R.4.3 Analyze ways to pursue common goals as a part of a team or group.

Benchmark Clarifications:

Clarification 1: Methods include negotiation, give and take, and analyze pros and cons.

HE.68.R.4.4 Identify the importance of perseverance when facing difficulty solving a problem.

Grade Six through Eight Substance Use and Abuse Strand (No change from March SBOE meeting)

HE.68.SUA.1. Health promotion and disease prevention concepts

HE.68.SUA.1.1 Demonstrate responsible decision-making about the use of substances.

Benchmark Clarifications:

Clarification 1: Instruction includes decisions related to underage alcohol consumption, illicit and illegal substance use, fentanyl and opioids, tobacco or vaping.

HE.68.SUA.1.2 Define terminology specific to alcohol misuse/abuse and discuss the short- and long-term effects of consuming alcohol.

Example: Depressant, binge drinking, abstain/avoid, addiction, alcoholism, sober/sobriety, recovery, intoxicated, under-the-influence.

HE.68.SUA.1.3 Discuss the health risks associated with alcohol misuse including liver disease, cancer, cardiovascular disease, and neurological/brain damage.

HE.68.SUA.1.4 Describe the types, delivery devices and accessibility of marijuana/THC products and their impacts on prevalence of use.

Benchmark Clarifications:

Clarification 1: Instruction includes potency and availability.

Clarification 2: Instruction includes the ability to conceal use, e.g., clothing, food, and beverages, vapes.

HE.68.SUA.1.5 Examine the effects of marijuana/THC and opioids on body systems and behavior.

HE.68.SUA.1.6 State the risks of misusing and sharing prescription and/or illicit drugs, including fentanyl and other opioids.

Benchmark Clarifications:

Clarification 1: Instruction includes physical, mental, social, performance, and legal risks.

HE.68.SUA.1.7 Identify signs and symptoms of prescription and/or illicit drug misuse and overdose, including fentanyl and other opioids.

Benchmark Clarifications:

Clarification 1: Instruction includes short- and long-term effects of prescription drug use on an individual's health.

HE.68.SUA.1.8 Describe the short- and long-term physical and social consequences of tobacco, nicotine use and/or vaping.

Benchmark Clarifications:

Clarification 1: Instruction includes severity of tobacco-related illnesses and impacts to a person's social life and relationships.

HE.68.SUA.2 Internal and external influences

HE.68.SUA.2.1 Discuss family rules, school rules and state laws about the use of alcohol and other drugs.

HE.68.SUA.2.2 Discuss the dangers of underage consumption of alcohol and the benefits of abstaining from drinking alcohol.

HE.68.SUA.2.3 Describe how external factors can influence behaviors related to tobacco, nicotine use, and/or vaping.

Benchmark Clarifications:

Clarification 1: Instruction includes perceptions of norms, culture, advertising via mainstream or social media, portrayals in mainstream media, and school.

HE.68.SUA.2.4 Explain school-based policies and legal consequences related to the sale, promotion, and use of tobacco, nicotine, and/or vaping products on school property.

Benchmark Clarifications:

Clarification 1: Instruction includes the school district tobacco-free policy and how its consequences impact students.

HE.68.SUA.3 Access to valid information, products and services

HE.68.SUA.3.1 Discuss ways to identify valid and reliable multi-media information as it pertains to alcohol and other drugs.

Benchmark Clarifications:

Clarification 1: Instruction includes tobacco, marijuana/THC, prescription drugs, and illicit drugs such as fentanyl, cocaine, heroin, methamphetamines.

HE.68.SUA.3.2 Identify how to find and access school and community resources related to alcohol misuse and/or abuse.

Benchmark Clarifications:

Clarification 1: Instruction includes seeking help for self or others through school and community-based resources.

HE.68.SUA.3.3 Differentiate between marijuana/THC myths and facts.

Benchmark Clarifications:

Clarification 1: Instruction includes comparing perceived norms with actual prevalence of marijuana/THC use.

HE.68.SUA.3.4 Explain how family, peers and multi-media messages over time can influence the use of marijuana/THC.

HE.68.SUA.3.5 Describe the three major categories, purposes and side effects of prescription drugs.

Benchmark Clarifications:

Clarification 1: Instruction includes opioids, stimulants, and depressants.

HE.68.SUA.3.6 Distinguish valid and reliable resources for cessation.

Benchmark Clarifications:

Clarification 1: Vaping and other synthetic nicotine products are not proven-effective methods for cessation. Refer to FDA-approved products and services.

HE.68.SUA.4 Communication skills and resilient behaviors to reduce health risks

HE.68.SUA.4.1 Demonstrate refusal and communication skills in specific scenarios related to underage drinking and illicit drug use.

Benchmark Clarifications:

Clarification 1: Instruction includes not riding in a motor vehicle with a driver who is intoxicated or impaired, peer pressure to vape/smoke or drink prior to the legal age, impact of substance use on academic performance, health risks of substance use.

HE.68.SUA.4.2 Predict the potential short- and long-term impacts on self and others when responding to pressure to use alcohol and/or other drugs.

HE.68.SUA.5 Advocacy for personal, family and community health

HE.68.SUA.5.1 Work cooperatively with peers to advocate for others to remain alcohol and drug free.

Benchmark Clarifications:

Clarification 1: Instruction includes tobacco, vaping, marijuana/THC, prescription drugs, and illicit drugs.

HE.68.SUA.5.2 Demonstrate ways to seek help and support from trusted adults for peers involved in unwanted, threatening or dangerous situations.

HE.68.SUA.5.3 Identify the consequences of marijuana/THC use and work cooperatively to advocate for healthy behaviors.

Benchmark Clarifications:

Clarification 1: Instruction includes academic success, goals, and achievements.

HE.68.SUA.5.4 Model ways that encourage others to avoid situations where alcohol and other drugs are present or may be used.

Example: Buddy system, upstander, ally, propose alternative activities when offered harmful substances, refusal skills.

HE.68.SUA.5.5 Encourage peers to model healthy choices related to goals, communication, friendship and peer pressure.

Example: Student-led marketing campaigns, public service announcements.

HE.68.SUA.5.6 Describe how to support family and friends who are trying to stop using tobacco, nicotine, and/or vaping.
