

Standards By Design:

***Kindergarten, First Grade, Second Grade,
Third Grade, Fourth Grade, Fifth Grade, Sixth
Grade, Seventh Grade, Eighth Grade and High
School for Health Education***



Health Education

Third Grade

Benchmark 1 (Grades K-3) health skills and concepts include working on alcohol, tobacco and other drug prevention by demonstrating refusal skills around the use of tobacco and alcohol products. Through the promotion of healthy eating, students learn to choose a variety of foods to eat from different food groups and advocate for more fruits and vegetables at school. Students show their understanding of unintentional injury prevention by using a decision making model to plan ahead to avoid dangerous situations and injuries on the way to and from school. Students also learn about violence and suicide prevention by explaining how helpful and hurtful messages in media can affect an individual's behavior.

Alcohol, Tobacco And Other Drug Use Prevention

Acquire knowledge and skills to understand the physical, social, emotional effects of alcohol, tobacco, and other drugs and their use. [Related OARs: OAR 581-022-0413 Prevention Education Programs in Drugs and Alcohol (K-12); OAR 581-022-1210 District Curriculum and Instruction in the area of prevention education in drugs and alcohol.]

HE.03.AT.01 Identify that alcohol and tobacco, including cigarettes, cigars, pipes, and smokeless tobacco are harmful to one's health.

HE.03.AT.02 Demonstrate refusal skills around the use of tobacco and alcohol products.
(Interpersonal Communication)

Prevention and Control of Disease

Acquire knowledge and skills to understand and practice health habits that can prevent and/or control disease. [Related OARs: OAR 581-022-1440 Infectious diseases including Acquired Immune Deficiency Syndrome (AIDS), Human Immunodeficiency Virus (HIV) and Hepatitis B and C; OAR 581-022-1210 District Curriculum and Instruction in the area of infectious diseases, including AIDS/HIV and Hepatitis B.]

No standards for Health have been adopted by the State Board of Education for this CCG in Grade 3.

Promotion of Environmental Health

Acquire knowledge and skills to determine how protecting the environment impacts health for individuals and society.

No standards for Health have been adopted by the State Board of Education for this CCG in Grade 3.

Promotion Of Healthy Eating

Acquire knowledge and skills to understand and practice healthful nutrition that contributes to growth and energy and helps prevent chronic diseases.

HE.03.HE.01 Recognize the importance of variety and moderation in food selection and consumption.

HE.03.HE.02 Choose a variety of foods to eat from different food groups. (Self Management)

HE.03.HE.03 Advocate for more fruits and vegetables at school. (Advocacy)

Promotion of Mental, Social, and Emotional Health

Acquire knowledge and skills to understand that mental, social and emotional health contributes to building and maintaining interpersonal relationships.

No standards for Health have been adopted by the State Board of Education for this CCG in Grade 3.

Promotion of Physical Activity

Acquire knowledge and skills to understand the role physical activity has in promoting health.

No standards for Health have been adopted by the State Board of Education for this CCG in Grade 3.

Promotion of Sexual Health

Acquire knowledge and skills that emphasize the importance of safe behaviors in maintaining sexual health. [Related OARs: OAR 581-022-1440 Infectious diseases including Acquired Immune Deficiency Syndrome (AIDS), Human Immunodeficiency Virus (HIV) and Hepatitis B and C; Related ORS: 336.455 Human sexuality education courses.]

No standards for Health have been adopted by the State Board of Education for this CCG in Grade 3.

Unintentional Injury Prevention

Acquire knowledge and skills necessary to be safe at home, on the move, at school, at work and in the community and how to get help in case of injury. [Related OARs: OAR 581-022-1420 Emergency plans and safety programs. OAR 581-022-1210 District Curriculum K-12 instructional program.]

HE.03.IP.01 Identify safe behaviors when traveling to and from school and in the community.

HE.03. IP.02 Use a decision making model to plan ahead to avoid dangerous situations and injuries on the way to and from school. (Decision Making)

Violence And Suicide Prevention

Acquire knowledge and skills to prevent different forms of violence and suicide with a focus on communication and pro-social behaviors.

HE.03.VS.01 Identify that media contains violent messages.

HE.03.VS.02 Explain how helpful and hurtful messages in media can affect an individual's behavior. (Analyzing Influences)

Fifth Grade

Benchmark 2 (Grades 4-5) health skills and concepts include learning about alcohol, tobacco and other drug prevention by creating an advocacy campaign at school to follow school rules regarding alcohol and tobacco use. Students also promote healthy eating by describing how media, cultural and family influences encourage healthy eating practices. Students learn about the promotion of sexual health by identifying people in the school or community who could provide valid health information about the changes that occur during puberty. Students are able to access information on the nature of fires and fire prevention and their ability to demonstrate how to respond to peers who may encourage them to misuse fire or fireworks. Students also learn about violence and suicide prevention by demonstrating steps of problem solving, anger management and impulse control.

Alcohol, Tobacco And Other Drug Use Prevention

Acquire knowledge and skills to understand the physical, social, emotional effects of alcohol, tobacco, and other drugs and their use. [Related OARs: OAR 581-022-0413 Prevention Education Programs in Drugs and Alcohol (K-12); OAR 581-022-1210 District Curriculum and Instruction in the area of prevention education in drugs and alcohol.].

HE.05.AT.01 Identify school policies and community laws related to alcohol, tobacco and other drug use, possession, and sales.

HE.05.AT.02 Create an advocacy campaign at school to follow school rules regarding alcohol and tobacco use. (Advocacy)

Prevention and Control of Disease

Acquire knowledge and skills to understand and practice health habits that can prevent and/or control disease. [Related OARs: OAR 581-022-1440 Infectious diseases including Acquired Immune Deficiency Syndrome (AIDS), Human Immunodeficiency Virus (HIV) and Hepatitis B and C; OAR 581-022-1210 District Curriculum and Instruction in the area of infectious diseases, including AIDS/HIV and Hepatitis B.]

No standards for Health have been adopted by the State Board of Education for this CCG in Grade 5.

Promotion of Environmental Health

Acquire knowledge and skills to determine how protecting the environment impacts health for individuals and society.

No standards for Health have been adopted by the State Board of Education for this CCG in Grade 5.

Promotion Of Healthy Eating

Acquire knowledge and skills to understand and practice healthful nutrition that contributes to growth and energy and helps prevent chronic diseases.

HE.05.HE.01 Explain how healthful eating habits can lead to wellness.

HE.05.HE.02 Describe how media, cultural and family influences encourage healthy eating practices. (Analyzing Influences)

Promotion of Mental, Social, and Emotional Health

Acquire knowledge and skills to understand that mental, social and emotional health contributes to building and maintaining interpersonal relationships.

No standards for Health have been adopted by the State Board of Education for this CCG in Grade 5.

Promotion of Physical Activity

Acquire knowledge and skills to understand the role physical activity has in promoting health.

No standards for Health have been adopted by the State Board of Education for this CCG in Grade 5.

Promotion Of Sexual Health

Acquire knowledge and skills that emphasize the importance of safe behaviors in maintaining sexual health. [Related OARs: OAR 581-022-1440 Infectious diseases including Acquired Immune Deficiency Syndrome (AIDS), Human Immunodeficiency Virus (HIV) and Hepatitis B and C; Related ORS: 336.455 Human sexuality education courses.]

HE.05.SH.01 Describe physical, social and emotional changes that occur during puberty.

HE.05.SH.02 Identify people in the school or community who could provide valid health information about the changes that occur during puberty. (Accessing Information)

Unintentional Injury Prevention

Acquire knowledge and skills necessary to be safe at home, on the move, at school, at work and in the community and how to get help in case of injury. [Related OARs: OAR 581-022-1420 Emergency plans and safety programs. OAR 581-022-1210 District Curriculum K-12 instructional program.]

HE.05.IP.01 Identify ways to prevent fires and reduce the risk of injuries in case of fire.

HE.05.IP.02 Access information on the nature of fire, how fires start, fire's destructiveness and how fires can be prevented. (Accessing Information)

HE.05.IP.03 Demonstrate how to respond to peers who may encourage you to misuse fire or fireworks. (Interpersonal Communication)

Violence And Suicide Prevention

Acquire knowledge and skills to prevent different forms of violence and suicide with a focus on communication and pro-social behaviors.

HE.05.VS.01 Explain the role problem solving, anger management and impulse control have on preventing violence.

HE.05.VS.02 Demonstrate steps of problem solving, anger management, and impulse control. (Self Management)

Eighth Grade

Benchmark 3 (Grades 6-8) health skills and concepts include continuing to demonstrate refusal skills around the use of alcohol, tobacco, inhalants and other drugs. Students work on demonstrating personal health care practices that prevent the spread of communicable disease and advocate for personal health practices that prevent the spread of HIV/AIDS and Hepatitis B and C. They also learn how to track progress toward achieving a short-term personal goal related to variety and moderation within healthy eating. Students identify school, home and community resources for mental and emotional health concerns and practice effective communication skills to refuse sexual pressures and communicate the consequences of sexual activity. Students identify rules and laws intended to prevent injuries, demonstrate personal responsibility to follow safety-related laws, use the decision making process to use safety practices in and around motorized vehicles, and design an advocacy campaign for preventing violence, aggression, bullying and harassment.

Alcohol, Tobacco And Other Drug Use Prevention

Acquire knowledge and skills to understand the physical, social, emotional effects of alcohol, tobacco, and other drugs and their use. [Related OARs: OAR 581-022-0413 Prevention Education Programs in Drugs and Alcohol (K-12); OAR 581-022-1210 District Curriculum and Instruction in the area of prevention education in drugs and alcohol.]

HE.08.AT.01 Describe the benefits of a tobacco and drug-free environment.

HE.08.AT.02 Demonstrate refusal skills around the use of alcohol, tobacco, inhalant and other drug use. (Interpersonal Communication)

Prevention And Control Of Disease

Acquire knowledge and skills to understand and practice health habits that can prevent and/or control disease. [Related OARs: OAR 581-022-1440 Infectious diseases including Acquired Immune Deficiency Syndrome (AIDS), Human Immunodeficiency Virus (HIV) and Hepatitis B and C; OAR 581-022-1210 District Curriculum and Instruction in the area of infectious diseases, including AIDS/HIV and Hepatitis B.]

HE.08.DI.01 Describe personal health care practices that prevent the spread of communicable disease including HIV/AIDS and Hepatitis B and C.

HE.08.DI.02 Demonstrate personal health care practices that prevent the spread of communicable disease. (Self Management)

HE.08.DI.03 Advocate for personal health practices that prevent the spread of HIV/AIDS and Hepatitis B and C. (Advocacy)

Promotion of Environmental Health

Acquire knowledge and skills to determine how protecting the environment impacts health for individuals and society.

No standards for Health have been adopted by the State Board of Education for this CCG in Grade 8.

Promotion Of Healthy Eating

Acquire knowledge and skills to understand and practice healthful nutrition that contributes to growth and energy and helps prevent chronic diseases.

HE.08.HE.01 Explain the importance of variety and moderation in food selection and consumption.

HE.08.HE.02 Track progress toward achieving a short-term personal goal related to variety and moderation within health eating. (Goal Setting)

Promotion Of Mental, Social, And Emotional Health

Acquire knowledge and skills to understand that mental, social and emotional health contributes to building and maintaining interpersonal relationships.

HE.08.MH.01 Identify how emotions change during adolescence.

HE.08.MH.02 Identify school, home and community resources for mental and emotional health concerns. (Accessing Information)

Promotion of Physical Activity

Acquire knowledge and skills to understand the role physical activity has in promoting health.

No standards for Health have been adopted by the State Board of Education for this CCG in Grade 8.

Promotion Of Sexual Health

Acquire knowledge and skills that emphasize the importance of safe behaviors in maintaining sexual health. [Related OARs: OAR 581-022-1440 Infectious diseases including Acquired Immune Deficiency Syndrome (AIDS), Human Immunodeficiency Virus (HIV) and Hepatitis B and C; Related ORS: 336.455 Human sexuality education courses.]

HE.08.SH.01 Identify possible short and long-term consequences of sexual activity, including what it means to be responsible for the results of one's decisions.

HE.08.SH.02 Practice effective communication skills to refuse sexual pressures and communicate the consequences of sexual activity. (Interpersonal Communication)

Unintentional Injury Prevention

Acquire knowledge and skills necessary to be safe at home, on the move, at school, at work and in the community and how to get help in case of injury. [Related OARs: OAR 581-022-1420 Emergency plans and safety programs. OAR 581-022-1210 District Curriculum K-12 instructional program.]

HE.08.IP.01 Explain ways to reduce risk of injuries while traveling to and from school and in the community.

HE.08.IP.02 Identify rules and laws intended to prevent injuries. (Accessing Information)

HE.08.IP.03 Demonstrate personal responsibility to follow safety-related laws. (Self Management)

HE.08.IP.04 Use the decision making process to use safety practices in and around motorized vehicles. (Decision Making)

Violence And Suicide Prevention

Acquire knowledge and skills to prevent different forms of violence and suicide with a focus on communication and pro-social behaviors.

HE.08.VS.01 Explain how violence, aggression, bullying and harassment affect health and safety.

HE.08.VS.02 Design an advocacy campaign for preventing violence, aggression, bullying and harassment. (Advocacy)

High School

High school level health skills and concepts include analyzing the influences and pressures teenagers face regarding issues of alcohol, tobacco and other drug use, demonstrating refusal skills and setting personal goals to avoid drinking and driving or being a passenger when the driver has been drinking. Students identify school and community resources that support people with addictive behaviors and learn how to communicate to a friend or relative they think is an addict and should get support or help. They analyze influences that encourage young people to expose themselves to the sun and encourage the use of tanning beds, and communicate to others the importance of preventing exposure to UV rays and other harmful substances. Students learn how to critique the adequacy of their own diet and set a goal based on a dietary analysis. They can effectively communicate the decisions and behaviors of family, peers and others that promote healthy sexual behaviors and use the decision making process to make healthy sexual choices. Students advocate to others the importance of screenings and medical examinations to maintain reproductive health. Students also work on advocating for the promotion of respect and empathy for individual differences.

Alcohol, Tobacco And Other Drug Use Prevention

Acquire knowledge and skills to understand the physical, social, emotional effects of alcohol, tobacco, and other drugs and their use. [Related OARs: OAR 581-022-0413 Prevention Education Programs in Drugs and Alcohol (K-12); OAR 581-022-1210 District Curriculum and Instruction in the area of prevention education in drugs and alcohol.]

HE.HS.AT.01 Explain the relationship between alcohol and other drug use on vehicle crashes, injuries, violence, suicide, and sexual risk behavior.

HE.HS.AT.02 Demonstrate refusal skills around drinking and driving or being a passenger when the driver has been drinking and driving. (Interpersonal Communication)

HE.HS.AT.03 Analyze the influences and pressure teenagers face regarding issues of alcohol, tobacco and other drug use. (Analyzing Influences)

Prevention And Control Of Disease

Acquire knowledge and skills to understand and practice health habits that can prevent and/or control disease. [Related OARs: OAR 581-022-1440 Infectious diseases including Acquired Immune Deficiency Syndrome (AIDS), Human Immunodeficiency Virus (HIV) and Hepatitis B and C; OAR 581-022-1210 District Curriculum and Instruction in the area of infectious diseases, including AIDS/HIV and Hepatitis B.]

HE.HS.DI.01 Identify screenings, including melanoma, breast and testicular self-examinations, and medical examinations, including pap smear, HPV, STD, HIV and Hepatitis B and C testing necessary to maintain reproductive health.

HE.HS.DI.02 Advocate to others the importance of screenings and medical examinations to maintain reproductive health. (Advocacy)

Promotion Of Environmental Health

Acquire knowledge and skills to determine how protecting the environment impacts health for individuals and society.

HE.HS.EH.01 Identify ways to prevent exposure to the sun, including tanning beds.

HE.HS.EH.02 Analyze influences that encourage young people to abstain from protecting oneself from the sun and influences that encourage the use of tanning beds. (Analyzing Influences)

HE.HS.EH.03 Communicate to others the importance of preventing exposure to UV rays and other harmful substances. (Interpersonal Communication)

Promotion Of Healthy Eating

Acquire knowledge and skills to understand and practice healthful nutrition that contributes to growth and energy and helps prevent chronic diseases.

HE.HS.HE.01 Describe dietary guidelines, food groups, nutrients and serving size for healthy eating habits.

HE.HS.HE.02 Critique the adequacy of own diet for key nutrients and identify foods that supply the identified nutrients. (Self Management)

HE.HS.HE.03 Set a personal goal based on a dietary analysis to enhance health. (Goal Setting)

Promotion Of Mental, Social, And Emotional Health

Acquire knowledge and skills to understand that mental, social and emotional health contributes to building and maintaining interpersonal relationships.

HE.HS.MH.01 Explain different signs and symptoms of addictive behaviors.

HE.HS.MH.02 Identify school and community resources that support people with addictive behaviors. (Accessing Information)

HE.HS.MH.03 Identify how to communicate to a friend or relative you think is an addict and should get support/help. (Interpersonal Communication)

Promotion Of Physical Activity

Acquire knowledge and skills to understand the role physical activity has in promoting health.

HE.HS.PA.01 Explain physical, academic, mental, and social benefits of physical activity and the relationship of a sedentary lifestyle to chronic disease.

HE.HS.PA.02 Access information about recommended amount and types of physical activity for adolescents. (Accessing Information)

Promotion Of Sexual Health

Acquire knowledge and skills that emphasize the importance of safe behaviors in maintaining sexual health. [Related OARs: OAR 581-022-1440 Infections diseases including Acquired Immune Deficiency Syndrome (AIDS), Human Immunodeficiency Virus (HIV) and Hepatitis B and C; Related ORS: 336.455 Human sexuality education courses.]

HE.HS.SH.01 Explain why abstinence is the safest, most effective method of protection from HPV, STD/HIV, Hepatitis B and C and pregnancy.

HE.HS.SH.02 Effectively communicate the decisions and behaviors of family, peers and others that promote healthy sexual behaviors. (Interpersonal Communication)

HE.HS.SH.03 Use the decision making process to make healthy choices around sexual health. (Decision Making)

Unintentional Injury Prevention

Acquire knowledge and skills necessary to be safe at home, on the move, at school, at work and in the community and how to get help in case of injury. [Related OARs: OAR 581-022-1420 Emergency plans and safety programs. OAR 581-022-1210 District Curriculum K-12 instructional program.]

HE.HS.IP.01 Examine the impact of alcohol, tobacco and other drug use on unintentional injury.

HE.HS.IP.02 Set a personal goal to avoid driving when under the influence of alcohol or other drugs or riding in a vehicle when the driver is under the influence of alcohol or other drugs. (Goal Setting)

Violence And Suicide Prevention

Acquire knowledge and skills to prevent different forms of violence and suicide with a focus on communication and pro-social behaviors.

HE.HS.VS.01 Describe the consequences of prejudice, discrimination, racism, sexism, and hate crimes.

HE.HS.VS.02 Advocate for the promotion of respect and empathy for individual differences. (Advocacy)