

### CDC NATIONAL HEALTH EDUCATION STANDARDS

**National Health Education Standard 1** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

**National Health Education Standard 2** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

**National Health Education Standard 3** Students will demonstrate the ability to access valid information, products, and services to enhance health.

**National Health Education Standard 4** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

**National Health Education Standard 5** Students will demonstrate the ability to use decision-making skills to enhance health.

**National Health Education Standard 6** Students will demonstrate the ability to use goal-setting skills to enhance health.

**National Health Education Standard 7** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

**National Health Education Standard 8** Students will demonstrate the ability to advocate for personal, family, and community health.