

# *Health Education Core* **ESSENTIAL QUESTIONS**

*It is health that is real wealth, and not pieces of gold and silver.*  
-Gandhi



**Increased Focus**

**Classroom—Real-Life Connection**

**Student Reflection**

**Student Assessment**

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Utah State Office of Education

## Essential Questions—Health Education I

### Standard I: Mental and Emotional Health

1. What does it mean to be mentally and emotionally healthy?
2. Should the perception and treatment of mental illness be any different from physical illness?
3. What factors in my life affect my mental and emotional health?
4. How does my emotional health influence my relationships with others?
5. What effect does stress have on my emotional health?
6. What are strategies to prevent or minimize stress?
7. What are signs of and treatment for depression?
8. How can a mother's distress affect her unborn child?
9. How can goal-setting strategies influence my mental and emotional health?

### Standard II: Nutrition and Fitness

1. What can I do to be physically healthy?
2. How does what I eat affect my physical health?
3. What practices and resources can help me make healthy food choices?
4. What prevents people from making healthy food choices?
5. How can being overweight or obese affect mental and emotional health?
6. What role does exercise play in physical fitness?
7. What are the dangers of extreme eating disorders?
8. How can goal setting influence personal fitness levels?
9. How can a mother's poor diet and lack of exercise affect her unborn child?
10. What diseases can be prevented through proper nutrition and exercise?

### **Standard III: Drug Use, Misuse and Abuse**

1. How can alcohol, tobacco and other illegal or misused drugs affect my personal health?
2. What are the legal consequences of using alcohol, tobacco, prescription or illegal drugs?
3. How can drug use, misuse or abuse affect my learning?
4. What effect does drug abuse and misuse have on the home environment?
5. What protective factors can help me to avoid drug use, misuse, or abuse?
6. How do friends influence my choice to use or not use alcohol, tobacco, prescription, or illegal drugs?
7. What can I do to tell or show others that I am not interested in using illegal drugs?
8. How does someone become addicted to drugs, and what are the signs of addiction?
9. How can goal setting help me to be drug free?
10. How can a mother's use of alcohol, tobacco, prescription, or illegal drugs affect her unborn child?

### **Standard IV: Safety**

1. How can I avoid dangerous situations and keep myself safe?
2. How can impaired, distracted and tired driving affect my safety in a car?
3. What strategies or practices can help me to exercise safely?
4. Why is it important to know basic first response procedures?
5. How can abusive behaviors affect physical and emotional health?
6. Whom can I contact to report abusive behaviors?
7. What are some dangers associated with the use of the Internet?
8. What are the consequences of inappropriate use of technology?
9. How can goal setting create a safe environment for myself and my friends and family?

10. What positive and negative effects can a mother's personal behavior have on her unborn child?

### **Standard V: Health Promotion and Disease Prevention**

1. What is the difference between communicable and non-communicable diseases?
2. How can I prevent communicable diseases?
3. What are risk factors for non-communicable diseases?
4. Why are self-exams important for the prevention of cancer and other diseases?
5. How can proper hygiene, nutrition and exercise prevent diseases?
6. How is HIV transmitted?
7. How does an HIV/AIDS diagnosis affect an individual?
8. Why is abstinence important to the prevention of STDs?
9. How can goal setting promote personal health and prevent disease?
10. How can STDs affect an individual's fertility or a mother's unborn child?

### **Standard VI: Human Development**

1. How does development of the brain affect decision making?
2. How does heredity affect my growth and development?
3. What are some characteristics of healthy relationships?
4. How do my friends and family influence my decisions and values?
5. In what ways can I establish and communicate personal boundaries?
6. How is it helpful to discuss questions about sex with my parents or trusted adults?
7. What are positive ways to express interest in others?
8. What are the physical and emotional benefits of sexual abstinence?
9. What are some challenges of adolescent parenting?

10. How can unhealthy relationships affect an unborn child?

9. How can goal setting create a safe environment for myself and my friends and family?

## Essential Questions—Health Education II

### Standard I: Mental and Emotional Health

1. How does my personal self-concept relate to interactions with others?
2. What values will affect my personal health practices, now and in the future?
3. How will my emotional health affect my financial status, now and in the future?
4. How can goals for emotional health help to prevent depression and possible suicide?
5. How can I help eliminate the social stigma associated with mental illness?
6. What school and community resources are available for mental health problems?
7. How can I accept, manage, and adapt to changes in relationships over the course of my lifetime?
8. What strategies can be used to combat stress and depression?
9. How can mental health disorders affect relationships in my life?
10. How can a mother's mental health issues affect her unborn child?

### Standard II: Nutrition and Fitness

1. How can calculating the calorie content of foods affect my weight management?
2. What diseases can be prevented through proper nutrition and exercise?
3. What factors influence obesity in our country?
4. How might being overweight/obese affect my financial future?
5. How can being overweight or obese affect my social and emotional health?
6. What is my Body Mass Index (BMI), and what does it mean?
7. What community resources are available to assist in proper nutrition and exercise?
8. How can goal setting influence health and fitness in my life?
9. How can I help friends and family be healthy and fit?
10. How does a mother's being overweight/obese affect her unborn child?

### **Standard III: Drug Use, Misuse and Abuse**

1. How can the misuse/abuse of prescription drugs affect my physical and mental health?
2. Why is the communication of personal boundaries important to help me to avoid the use of alcohol, tobacco, and other drugs.
3. How can the use of alcohol, tobacco, and other drugs affect relationships with family members, now and in the future?
4. How can legal problems related to alcohol and other drug abuse complicate my future Plans?
5. What impact can alcohol and other drug abuse have on my financial future?
6. What are ways in which the media encourages alcohol and/or tobacco use?
7. What goals can I establish to help support a drug-free lifestyle?
8. How can use of alcohol and other drugs put me at risk for sexually transmitted diseases or unintended pregnancy?
9. How easy is it for me to become addicted to alcohol, tobacco or other drugs, and is there a genetic connection?
10. In what ways can a mother's use of alcohol, tobacco, prescription and illegal drugs affect the health of her unborn child or future children?

### **Standard IV: Safety**

1. What can I do to exercise safely?
2. What goals can I set to avoid potentially dangerous situations?
3. What is my personal responsibility to fellow citizens in critical emergency situations?
4. How can unsafe behaviors affect my physical, emotional and financial future?
5. How can abusive behaviors affect my physical and emotional health?
6. What can I do to prevent violence in my home, school and community?
7. What are the legal implications to using technology inappropriately?
8. What are the dangers of electronically sharing information, now and in the future?
9. In what ways can media violence affect my behavior?

10. How can a mother's unsafe behaviors affect her unborn child?

### **Standard V: Health Promotion and Disease Prevention**

1. How can I contract and/or spread common communicable diseases?
2. How can chronic, non-communicable diseases affect my financial future?
3. What can I do to help prevent or reduce the severity of non-communicable diseases?
4. Why are self-exams and annual physical examinations important to preventing cancer and other diseases?
5. If I am sexually active, why is it important that I get tested for sexually transmitted diseases?
6. What are the best ways to prevent STDs, including HIV/AIDS?
7. How can diseases affect my mental and emotional health?
8. Why is abstinence important to the prevention of STIs?
9. What goals can I set to help prevent diseases?
10. How can STIs affect an individual's fertility or a mother's unborn child?

### **Standard VI: Human Development**

1. What are some physical, mental, social and emotional changes that I can expect from adolescence through late adulthood?
2. In what ways does my developing brain affect behavior, and when is my brain fully mature?
3. How do I know if I am in a healthy relationship?
4. What can I do to develop and maintain healthy relationships, now and in the future?
5. How can becoming a teen father or mother affect my educational and financial future?
6. As a parent, why will it be important to talk about sex with my children?
7. What laws relate to sexual behavior?
8. What are the physical and emotional benefits of sexual abstinence before marriage?
9. What are the financial responsibilities of raising a family?
10. How can unhealthy relationships affect an unborn child?

# Essential Questions for Personal Health and Wellbeing

*When looking at the future and making life plan—whether for next year or ten years in the future—how will the following choices affect the quality of your life and the people you care about?*

Choice	Negative Consequences					
	Personal Health	Lifestyle	Relationships	Future Children	Finances	Career
1. Neglect my emotional and mental health						
2. Develop poor nutritional habits and lack sufficient exercise						
3. Engage in premarital sexual activity						
4. Misuse/abuse alcohol, tobacco and other drugs						
5. Engage in violent and abusive behavior against myself or others						
6. Demonstrate carelessness with regard to disease prevention						

# Essential Questions for Personal Health and Wellbeing

*When looking at the future and making life plan—whether for next year or ten years in the future—how will the following choices affect the quality of your life and the people you care about?*

Choice	Positive Consequences					
	Personal Health	Lifestyle	Relationships	Future Children	Finances	Career
1. Take care of my emotional and mental health						
2. Develop positive nutritional and exercise habits						
3. Abstain from premarital sexual activity						
4. Abstain from alcohol, tobacco and other drugs						
5. Nurture healthy relationships with others						
6. Take action to prevent disease						