High School FLASH: Oregon State Health Education Standards Alignment

	L1	L2	L3	L4	L	5	L6	L7	L8	1	L9	L10	L11	L12		L13	L14	L15		
Oregon Department of Education HS Health Education Standards	Climate Setting	Reproductive Systems	Pregnancy		_	Undoing Gender Stereotypes			Online Safety: Sexual	_	Abstinence	Birth Control Methods	Preventing HIV & Other STDs		Other STDs	Testing for HIV & Other STDs	Communication & Decision Making	Improving School Health	Family Homework	Values Question Protocol
Standard 1: Students will comprehend concep	ts relat	ed to	heal	th pr	omo	otior	and o	diseas	e pre	venti	on t	o enh	ance h	ealth.						
HE.1.12.1 Predict how healthy behaviors can																				
affect health status.																				
HE.1.12.2 Describe the interrelationships of																				
physical, mental, social, emotional, and environmental health.																				
HE.1.12.3 Explain how environment (both																				
physical and social) and personal health are																				
interrelated.																				
HE.1.12.4 Justify ways to reduce or prevent																				
injuries and health problems.																				
UE 1 12 E Describe the immentance of accessing	_												.,							
HE.1.12.5 Describe the importance of accessing medical care and self-care and exams.	3												Χ			Χ				
HE.1.12.6 Explain how genetics and family																				
history can impact personal health																				
HE.1.12.7 Identify and analyze barriers that																				
prevent people from practicing a variety of														Х	•	Χ				
healthy behaviors.																				
HE.1.12.8 Explain disparities that exist between)																			
access to health care and health status.																				

	L1	L2	L3	L4		L5	L	.6	L7	L8	l	_9	L10	L11	L12	2	L13	L	14	L15		
Oregon Department of Education HS Health Education Standards	Climate Setting	Reproductive Systems	Pregnancy	Sexual Orientation &	Gender Identity	Undoing Gender	Stereotypes	Healthy Relationships	Coercion and Consent	-	Unline Safety: Sexual Violence Prevention	Abstinence	Birth Control Methods	Preventing HIV & Other STDs	Condoms to Prevent	Pregnancy, HIV and Other STDs	Testing for HIV &	Other STDs	Communication & Decision Making	Improving School Health	Family Homework	Values Question Protocol
HE.1.12.9 Explain key concepts of fitness																						
including target heart rate, phases of a																						
workout.																						
HE.1.12.10 Explain key concepts of disease																						
prevention including lifestyle choices,																						
prevention and detection.																						
HE.1.12.11 Explain key concepts of																						
Environmental Health including pollution,																						
community resources. HE.1.12.12 Explain key concepts of																						
Unintentional Injury Prevention and Care,																						
including by not limited to CPR.																						
HE.1.12.13 Compare and contrast human sexual																						
and reproductive systems including body parts		Χ																				
and their functions.		^																				
HE.1.12.14 Define contraceptive methods																						
including emergency contraception and													Χ									
describe their mechanism of action.																						
HE.1.12.15 Identify health care practices related																						
to physical changes during adolescent			Χ										Χ				Χ					
development and early adulthood.																						

	L1	L2	L3	L4	L	.5	L6	L7	' I	L8	L	.9	L10	L11	L12		L13	L14	L15		
Oregon Department of Education HS Health Education Standards HE.1.12.16 Differentiate between biological sex sexual orientation, sexual identity and sexual	Climate Setting	Reproductive Systems	Pregnancy	Sexual Orientation &		Undoing Gender Stereotypes	Control of the Contro	nealtny kelationsnips	Coercion and Consent	Online Safety: Sexual	Violence Prevention	Abstinence	Birth Control Methods	Preventing HIV & Other STDs	Condoms to Prevent	Pregnancy, HIV and Other STDs	Testing for HIV & Other STDs	Communication & Decision Making	Improving School Health	Family Homework	Values Question Protocol
behavior, gender identity and gender expression.																					
HE.1.12.17 Explain how brain development has an impact on cognitive, social and emotional changes of adolescence and early adulthood. HE.1.12.18 Describe the intersections of varied identities, including gender, race, ethnicity, sexual orientation, ability, etc. HE.1.12.19 Discuss the importance of treating																					
people with HIV or other STDs with respect.														Х			Χ				
HE.1.12.20 Describe the human sexual response cycle, including the role hormones play.	<u></u>	X																			
HE.1.12.21 Describe the laws related to sexual health care services, including confidential testing and treatment; and disclosure of STD status.													X	X			X				
HE.1.12.22 Describe characteristics of healthy and unhealthy romantic and/or sexual relationships.							Х														

	L1	L2	L3	L4	L	5	L6	L7 I	-8	L9	L10	L11	L12	L13	L14	L15		
Oregon Department of Education HS Health Education Standards	Climate Setting	Reproductive Systems	Pregnancy	Sexual Orientation &	Gender Identity	Undoing Gender Stereotypes	Healthy Relationships	Coercion and Consent	Online Safety: Sexual Violence Prevention	Abstinence	Birth Control Methods	Preventing HIV & Other STDs	Condoms to Prevent Pregnancy, HIV and Other STDs	Testing for HIV & Other STDs	Communication & Decision Making	Improving School Health	Family Homework	Values Question Protocol
HE.1.12.23 Explain characteristics of a healthy relationship that is free from threats, coercion							Х											
or abuse.							^											
HE.1.12.24 Express that everyone has the right to say who touches their body and how.							Х	Χ	Х	Х								
HE.1.12.25 Express that it is never ok to touch someone, or make someone touch you if they don't want to.							Х	Х	Х	Х								
HE.1.12.26 Describe a range of ways to express affection within healthy relationships.																		
HE.1.12.27 Discuss the impacts of bullying, sexual harassment, sexual abuse, sexual assault incest, rape, stalking, and dating violence.	,			х		Х	x	Х	Х									
HE.1.12.28 Define sexual consent and explain its implications for sexual decision-making.								Х										
HE.1.12.29 Explain the role and impact of technology and social media in personal safety.									Х									
HE.1.12.30 Explain Oregon's laws related to bullying, sexual harassment, coercion, sexual abuse, sexual assault, incest, rape, stalking, domestic violence, and dating violence.								X										

	L1	L2	L3	L4	1	L5		L6	L7	I	L8	l	L9	L10	L11		L12		L13	I	L14	L15			
Oregon Department of Education HS Health Education Standards	Climate Setting	Reproductive Systems		Pregnancy Sexual Orientation &		Undoing Gender	Stereotypes	Healthy Relationships		Coercion and Consent	Online Safety: Sexual	Violence Prevention	Abstinence	Birth Control Methods	Preventing HIV &	Other STDs		Pregnancy, HIV and Other STDs	Testing for HIV &	Other STDs	Communication & Decision Making	Improving School	Health	Family Homework	Values Question Protocol
HE.1.12.31 Identify the laws related to reproductive and sexual health care service (i.e., confidentiality, contraception, pregnancy options, safe surrender policies, prenatal care).														Х	>	Κ			X						
HE.1.12.32 Explain Oregon laws relating to minors' rights around contraception pregnancy, adoption, abortion and parenting.			Х																						
HE.1.12.33 Describe the importance of getting tested for HIV and other STDs when people are sexually active.															>	Κ			Х						
HE.1.12.34 Explain that sexuality includes a multitude of sexual expressions and behaviors that are a normal part of being human.					Χ																				
HE.1.12.35 Describe prenatal practices that can contribute to a healthy pregnancy and possible risk factors. (i.e. healthy nutrition, behaviors, etc.)			Х																						
HE.1.12.36 Define affirmative consent as a freely given enthusiastic yes.									X	(
HE.1.12.37 Demonstrate an understanding of how affirmative consent mitigates the impact and consequences of sexual pressure.									X	(

	L1 I	_2	L3	L4	L5		L6	L7	L8	L	_9	L10	L11	L12		L13	L14	L15		
Oregon Department of Education HS Health Education Standards	Climate Setting	Reproductive Systems	Pregnancy	Sexual Orientation & Gender Identity	Undoing Gender	Stereotypes	Healthy Relationships	Coercion and Consent	Online Safety: Sexual	Violence Prevention	Abstinence	Birth Control Methods	Preventing HIV & Other STDs	Condoms to Prevent	Pregnancy, HIV and Other STDs	Testing for HIV & Other STDs	Communication & Decision Making	Improving School Health	Family Homework	Values Question Protocol
HE.1.12.38 Recognize that many teens													Х		Х					
successfully use condoms. HE.1.12.39 Discuss laws related to sex and sexual health.			Х					Х				Х	Х			х				
HE.1.12.40 Explain how fertilization occurs, the stages of pregnancy, and responsibility of parenting.		X																		
HE.1.12.41 Explain the ovulation cycle and its relationship to fertilization and pregnancy.		Х																		
HE.1.12.42 Compare and contrast situations and behaviors that may constitute bullying, sexual harassment, coercion, sexual abuse, sexual assault, incest, rape stalking, domestic violence, and dating violence.							Х	Х												
HE.1.12.43 Explain the potential severity of injury or illness if engaging in risky or unhealthy behaviors, including how the development of the teen brain affects the decision-making process.																				
HE.1.12.44 Explain key concepts of alcohol, tobacco and other drugs including tolerance, addiction, recovery, peer pressure, short and long term health impacts (Steroid law).																				

	L1	L2	L3	L4		L5	L6	L7	L8	3	L9	L10	L11	L12	L13	L14	L1!	5			
Oregon Department of Education HS Health Education Standards	Climate Setting		Reproductive systems	Pregnancy Sexual Orientation &	Gender Identity	Undoing Gender Stereotypes	Healthy Relationships			Online Safety: Sexual Violence Prevention	Abstinence	Birth Control Methods	Preventing HIV & Other STDs	Condoms to Prevent Pregnancy, HIV and Other STDs	Testing for HIV & Other STDs	:Ĕ	Decision Making	Health	Family Homework	Values Question Protocol	

HE.1.12.45 Explain key concepts of nutrition including food groups, nutrient types, adequacy of diet, portion size and moderation, food safety and disease connection.

HE.1.12.46 Explain key concepts of mental & emotional health including stress, anxiety, depression, resilience, suicide and therapeutic treatment options.

HE.1.12.47 Explain the key concepts of violence and suicide prevention including roots of violence, signs and symptoms of suicidal thoughts, strategies for preventing violence.

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

 $\label{eq:HE.2.12.1} \textbf{Analyze how culture influences health}$

beliefs, behaviors, and outcomes.

HE.2.12.2 Analyze how the school and community influence health beliefs, behaviors, and outcomes.

HE.2.12.3 Analyze and critique how media influences health beliefs, behaviors, and outcomes.

	L1	L2	L3	L4	L5		L6 I	L7	L8	L	.9	L10	L11	L12		L13	L14		L15		
Oregon Department of Education HS Health Education Standards	Climate Setting	Reproductive Systems	Pregnancy	Sexual Orientation & Gender Identity	Undoing Gender	Stereotypes	Healthy Relationships	Coercion and Consent	Online Safety: Sexual	Violence Prevention	Abstinence	Birth Control Methods	Preventing HIV & Other STDs	Condoms to Prevent	Pregnancy, HIV and Other STDs	Testing for HIV &	Other STDS	Decision Making	Improving School Health	Family Homework	Values Question Protocol
HE.2.12.4 Analyze how peers influence health																					
beliefs, behaviors, and outcomes.																					
HE.2.12.5 Analyze what influences our values																					
around self-concept and body image, including the media.																					
HE.2.12.6 Analyze how race and ethnicity																					
influences health beliefs, behaviors, and																					
outcomes.																					
HE.2.12.7 Analyze the influence of friends,																					
family, media, society, and culture on the																					
intersections of gender, sexual orientation,																					
race, ethnicity, and other identities. HE.2.12.8 Analyze the impact of technology																					
(including medical/scientific advancements) on																					
personal, family, and community health.																					
HE.2.12.9 Analyze how the family influences																					
health beliefs, behaviors, and outcomes.																					
HE.2.12.10 Analyze potential impacts of power																					
differences (e.g., age, status or position) within								Χ	Х												
sexual relationships.																					
HE.2.12.11 Analyze how the perception of								.,													
norms influences healthy and unhealthy behaviors.								Χ													
DEHAVIOIS.																					

	L1	L2	L3	L4	L	5	L6	L7	L8	L9	L10	L11	L12	L	.13	L14	L15		
Oregon Department of Education HS Health Education Standards	Climate Setting	Reproductive Systems	Pregnancy	Sexual Orientation &	Gender Identity	Undoing Gender Stereotypes	Healthy Relationships	Coercion and Consent	Online Safety: Sexual	Violence Prevention Abstinance	Absumence Birth Control Methods	Preventing HIV & Other STDs	Condoms to Prevent Pregnancy, HIV and	Other STDs	Testing for HIV & Other STDs	Communication & Decision Making	Improving School Health	Family Homework	Values Question Protocol
HE.2.12.12 Analyze how personal values and																			
beliefs influence individual health practices and																			
behaviors.																			
HE.2.12.13 Analyze how public health policies																			
and government regulations can influence																			
health promotion and disease prevention.																			
HE.2.12.14 Analyze the relationship between																			
health risk factors and the likelihood of																			
engaging in unhealthy behaviors.																			
HE.2.12.15 Analyze factors that may influence													Χ						
condom use and other safer sex decisions.													Λ						
HE.2.12.16 Analyze external influences that can																			
impact one's decisions within a healthy intimate	<u>;</u>					Χ	Χ	Χ	Х				Χ						
relationship.																			
HE.2.12.17 Analyze the external influences and																			
societal messages that impact attitudes about																			
bullying, sexual harassment, coercion, sexual						Χ		Χ											
abuse, sexual assault, incest, rape, stalking,																			
domestic violence, and dating violence.																			
HE.2.12.18 Analyze factors that can affect the																			
ability to give or perceive the provision of								Χ											
consent to sexual activity.																			

	L1	L2	L3	L4	L!	5	L6	L7	L8	3	L9) [L10	L11	I	L12		L13		L14	ı	L15		
Oregon Department of Education HS Health Education Standards	Climate Setting	Reproductive Systems	Pregnancy	Sexual Orientation &	Gender Identity	Undoing Gender Stereotypes	r. Healthy Relationships		coercion and consent	Online Safety: Sexual	Violence Prevention	Abstinence	Birth Control Methods	Preventing HIV &	Other STDs		Pregnancy, HIV and Other STDs	Festing for HIV &	Other STDs	Communication &	Decision Making	Improving School Health	Family Homework	Values Question Protocol
HE.2.12.19 Analyze influences that may have an		!-		<u> </u>		<u> </u>	-	•																
impact on deciding whether or when to engage											,	Χ												
in sexual behaviors.																								
HE.2.12.20 Analyze how our values impact our																							Χ	Χ
sexual health-related decisions.																							^	٨
HE.2.12.21 Analyze internal and external																								
influences on decisions about pregnancy			Χ																					
options and parenthood.	_					_		_			_				_									
Standard 3. Students will demonstrate the abil	ity to	acces	s vali	d info	orm	atior	n, pro	ducts	s, ar	nd ser	vice	s to	enha	ance	hea	ilth.								
HE.3.12.1 Use a variety of valid and reliable																								
resources to research health information. HE.3.12.2 Evaluate the validity and reliability of																								
health information, products, and services.			Χ															>	(
nearth information, products, and services.																								
HE.3.12.3 Demonstrate how to access valid and																								
reliable health products, resources, and services	S																							
including but not limited to mental health, i.e.,																								
support for suicidal ideation and accessing																								
culturally appropriate mental health support.																								
HE.3.12.4 Determine the accessibility of valid																								
and reliable products and services that enhance)																X	>	,					
health and resources or solutions to overcome																	^	,	`					
barriers to access.																								

	L1	L2	L3	L	4	L5		L6	L7	L8		L9	L10	L11	L1	2	L1	3	L14	L	.15		
Oregon Department of Education HS Health Education Standards	Climate Setting	Sonroductive Systems			Sexual Orientation & Gender Identity	Undoing Gender	Stereotypes	Healthy Relationships	Coercion and Consent		Online Safety: Sexual Violence Prevention	Abstinence	Birth Control Methods	Preventing HIV & Other STDs	Condoms to Dravent	Pregnancy, HIV and		lesting for HIV & Other STDs	Communication &	Decision Making	Improving School Health	Family Homework	Values Question Protocol
HE.3.12.5 Access community resources that																							
provide medically-accurate information about																		Χ					
adolescent sexual anatomy and reproductive																							
health HE.3.12.6 Access medically-accurate																							
information and resources about pregnancy,																							
pregnancy options, including parenting,			>	(Χ					
abortion, and adoption, prenatal care and																							
services.																							
HE.3.12.7 Access accurate information about																							
healthy sexuality, including sexual orientation					Χ													Χ					
and gender identity. HE.3.12.8 Access reliable information and																							
resources about healthy and unhealthy																							
relationships, and healthy boundaries as they																							
relate to intimacy and sexual behavior.																							
HE.3.12.9 Access accurate information and																							
resources for survivors of sexual abuse, incest,									Χ														
rape, sexual harassment, sexual assault,																							
domestic violence, dating violence, and stalking	•																						

	L1	L2	L3	L4	L	5	L6	L7	L8	L9	L1	10	L11	L12	2	L	13	L1	4	L15			
Oregon Department of Education HS Health Education Standards	Climate Setting	Reproductive Systems	Pregnancv	Sexual Orientation &	Gender Identity	Undoing Gender Stereotynes	Healthy Relationships	Coercion and Consent	Online Safety: Sexual	Violence Prevention	Abstinence	Birth Control Methods	Preventing HIV & Other STDs	Condoms to Prevent	Pregnancy, HIV and	Otner 5 i DS	Testing for HIV &	Other STDs	Communication & Decision Making	Improving School	Health	Family Homework	Values Question Protocol
HE.3.12.10 Access resources for help if they or																							
someone they know are being bullied or								Χ															
harassed, or have been sexually abused or																							
assaulted or otherwise feel unsafe.																							
HE.3.12.11 Access medically-accurate information about STDs and HIV transmission																							
																	.,						
and prevention, including local STD and HIV testing and treatment services with support for																	Χ						
disclosure of STD status.																							
HE.3.12.12 Access medically-accurate																							
information and resources about contraceptive																							
methods, including abstinence, emergency												Χ					Χ						
contraception, and condoms.																							
Standard 4: Students will demonstrate the abi	lity to	use ir	ntern	erso	nal d	omr	nunica	ation sl	cills to	enha	nce	heal	th and	d ave	oid or	rec	duce	hea	lth ri	sks.			
HE.4.12.1 Practice effective and appropriate	ncy to	use ii	ice. p	C. 50		.0		2011 51	····5 CO	Cima		···ca··	cir ario		J.G 0.		4400			J.1.J.			
verbal and nonverbal communication skills with	1						Х												Х			Χ	
peers and adults to enhance health.							,												,			^	
HE.4.12.2 Demonstrate and/or explain how to																							
ask for and offer assistance to enhance the																							
health of self and others in a culturally relevant																							
manner.																							

	L1	L2	L3	L4		L5	Le	6	L7	L8		L9	L10	L11	L12		L13	L14	L15		
Oregon Department of Education HS Health Education Standards	Climate Setting	Reproductive Systems	Pregnancy	Sexual Orientation &	Gender Identity	Undoing Gender	stereotypes	Healthy Relationships	Coercion and Consent		Online Safety: Sexual Violence Prevention	Abstinence	Birth Control Methods	Preventing HIV & Other STDs	Condoms to Prevent	Pregnancy, HIV and Other STDs	Testing for HIV & Other STDs	Communication & Decision Making	Improving School Health	Family Homework	Values Question Protocol
HE.4.12.3 Demonstrate and/or assess refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.												Х									
HE.4.12.4 Demonstrate and/or assess strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.																					
HE.4.12.5 Demonstrate respectful communication with and about people of all gender identities, gender expressions and sexual orientations.				>	(Х															
HE.4.12.6 Demonstrate communication skills that foster healthy intimate and sexual relationships and show personal boundaries and respect for the boundaries of others.								Χ													
HE.4.12.7 Demonstrate the use of effective communication about the use of contraception including abstinence, condoms, and other safer sex practices.																		Х			
HE.4.12.8 Practice effective communication skills to ensure affirmative consent in all sexual relationships.								Χ	X												

	L1	L2	L3	L4	L	.5	L6	L7	L8	L9	L10	L11	L12	L13	L14	L15		
Oregon Department of Education HS Health Education Standards	Climate Setting	Reproductive Systems	Pregnancy	Sexual Orientation &	Gender Identity	Undoing Gender Stereotypes	Healthy Relationships	Coercion and Consent	Online Safety: Sexual Violence Prevention	Abstinence	Birth Control Methods	Preventing HIV & Other STDs	Condoms to Prevent Pregnancy, HIV and Other STDs	Testing for HIV & Other STDs	Communication & Decision Making	Improving School Health	Family Homework	Values Question Protocol
HE.4.12.9 Demonstrate skills to communicate																		
decisions about whether or when to engage in																		
sexual behaviors, and to practice safer sex,										Χ								
including STD and HIV prevention, and STD and HIV testing and disclosure of status.																		
HE.4.12.10 Demonstrate effective skills to																		
negotiate agreements about the use of																		
technology in relationships.																		
HE.4.12.11 Demonstrate asking for help and																		
support, if they or someone they know is being																		
hurt or feels unsafe in an intimate or sexual							Χ											
relationship.																		
HE.4.12.12 Demonstrate effective strategies to																		
avoid or end an unhealthy relationship.																		
Standard 5: Students will demonstrate the abil	ity to u	ise de	cisio	n-m	akir	ng ski	lls to e	enhand	e health									
HE.5.12.1 Determine the benefits of practicing	-																	
thoughtful decision-making process to enhance																		
health.																		
HE.5.12.2 Examine protective factors and																		
barriers that can impact decision-making.																		

HE.5.12.3 Evaluate when additional adult and/or professional input is appropriate for

health-related decision-making.

	L1	L2	L	3	L4	l	_5	L	.6	L7	L8		L9	L10	L11	L	L12		L13	l	.14	L	.15		
Oregon Department of Education HS Health Education Standards	Climate Setting		Reproductive Systems	Pregnancy	Sexual Orientation &	Gender Identity	Undoing Gender	Stereotypes	Healthy Relationships	Coercion and Consent	Online Safety: Sexual	Violence Prevention	Abstinence	Birth Control Methods	Preventing HIV &	Other STDs	Condoms to Prevent	Pregnancy, HIV and Other STDs	Testing for HIV &	Other STDs	Communication &	Decision Making	Improving School Health	Family Homework	Values Question Protocol
HE.5.12.4 Generate a variety of options to solve	9																								
health related issues or problems and predict																									
potential short term and long term impacts of																									
each option on self and others.																									
HE.5.12.5 Defend a health-enhancing decision.																									
H.E.5.12.6 Apply the decision-making process to)																								
make safe choices while driving or riding in																									
motor vehicles.																									
HE.5.12.7 Evaluate the outcome and																									
effectiveness of a health-related decision.																									
HE.5.12.8 Apply a decision-making process to																					.,				
make choices about contraception, including																					Χ				
abstinence and condoms.																									
HE.5.12.9 Model a decision making process to																					Χ				
make healthy choices around sexual health. HE.5.12.10 Apply a decision making process to																									
promote consensual sexual activity within																					Х				
healthy relationships.																					^				
Standard 6: Students will demonstrate the abil	li+v. +c		~~~	ما ده	++in/	ماء ح	ille	+0 0	nhai	aca ba	al+h														
HE.6.12.1 Develop a goal and create an action	iity tt	use	gua	11-36	LLIII	3 3 N	1113	io e	illiai	ice ne	aitii.	1													
plan to maintain or improve health.															X										
HE.6.12.2 Assess personal health practices and																									
overall health status as the first step in															Х										
determining a personal health goal.															^										
2.2.2																									

	L1	L2	L3	L4	L5	l	_6	L7	L8	L9	L10	0 ι	.11	L12	L	.13	L14	L15		
Oregon Department of Education HS Health Education Standards	Climate Setting	Reproductive Systems	Pregnancy	Sexual Orientation & Gender Identity	Undoing Gender	Stereotypes	Healthy Relationships	Coercion and Consent	Online Safety: Sexual	Violence Prevention	Abstinence	Birth Control Methods	Preventing HIV & Other STDs	Condoms to Prevent Pregnancy, HIV and	Other STDs	Testing for HIV & Other STDs	Communication & Decision Making	Improving School Health	Family Homework	Values Question Protocol
HE.6.12.3 Implement strategies and monitor																				
progress in achieving a personal health goal. HE.6.12.4 Evaluate the outcome of a personal health goal.																				
HE.6.12.5 Develop a personal short term goal and action plan to improve nutrition and/or fitness.																				
HE.6.12.6 Set a personal goal to not have sex until you're ready.													Х							
HE.6.12.7 Set a personal goal to use protection when sexually active.													х							
HE.6.12.8 Develop a personal goal to be treated with dignity and respect.	ļ																			
HE.6.12.9 Develop short and long-term goals to maintain sexual health.													Х							
Standard 7: Students will demonstrate the abi	ity to p	racti	ce he	alth-e	nhar	ncin	g beh	aviors	and a	void	or re	duce	e healtl	h risks.						
HE.7.12.1 Explain the role of individual																				
responsibility for enhancing health.																				
HE.7.12.2 Demonstrate the ability to practice a variety of healthy behaviors that can maintain																				
or improve the health of self and others																				
including explaining and demonstrating CPR Bill																				
79, 2015.																				

	L1	L2	L3	L4	L	5	L6	L7	L8	LS	9	L10	L11	L12		L13	L14	L15		
Oregon Department of Education HS Health Education Standards	Climate Setting	Reproductive Systems	Pregnancy	Sexual Orientation &	Gender Identity	Undoing Gender Stereotypes	Healthy Relationships	Coercion and Consent	Online Safety: Sexual	Violence Prevention	Abstinence	Birth Control Methods	Preventing HIV & Other STDs	Condoms to Prevent	Pregnancy, HIV and Other STDs	Testing for HIV & Other STDs	Communication & Decision Making	Improving School Health	Family Homework	Values Question Protocol
HE.7.12.3 Demonstrate the ability to practice a																				
variety of healthy behaviors to avoid or reduce																				
health risks of self and others. HE.7.12.4 Demonstrate ways to treat yourself																				
and others with dignity and respect, with regard	ı																			
to gender, gender identity, gender expression,	_			Χ		Χ														
and sexual orientation.																				
HE.7.12.5 Explain individual responsibility for																				
testing and informing partners about STDs and													Χ							
HIV status.																				
HE.7.12.6 Describe how alcohol and other drug																				
use can affect one's ability to perceive or								Χ												
provide consent. HE.7.12.7 Demonstrate on anatomical models,																				
or list the steps for how to perform breast,																				
testicular, and genital self-exams.																				
HE.7.12.8 Demonstrate the steps to correctly																				
use a condom and/or other barrier methods.													X		X					
HE.7.12.9 Analyze the criteria for evaluating the							Χ													
health of a relationship.							۸													
HE.7.12.10 Demonstrate respect for the																				
boundaries of others and practice affirmative								Χ												
consent.																				

	L1	L2	L3	L4		L5	Le	5	L7	L8		L9	L10	L11	. [L12	L13	L14	l	_15			
Oregon Department of Education	nate Setting	roductive Systems	gnancv	ual Orientation &	der Identity	loing Gender	eotypes	althy Relationships	rcion and Consent		ine Safety: Sexual ence Prevention	tinence	h Control Methods	ing HIV		doms to Prevent gnancy, HIV and er STDs	ting for HIV & er STDs	nmunication &	ision Making	roving School Ith	iily Homework	ses Question tocol	
HS Health Education Standards	Cir	Rep	Preg	Sexi	Gen	D o	Ster	Неа	Coe		Onli Viol	Abs	Ţ.	Pre	oth	Con Preg Oth	Test Oth	Con	Dec	lmp Hea	Fam	Valt Prot	
HE.7.12.11 Demonstrate how to set and respect																	•						-
boundaries around social media and technology use in relationships.																							

Χ

use in relationships.

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

HE.8.12.1 Utilize data to formulate a healthenhancing message.

HE.8.12.2 Demonstrate how to influence and support others to make positive health choices.

HE.8.12.3 Adapt health messages and communication techniques to a specific target audience.

HE.8.12.4 Work cooperatively as an advocate for improving personal, family, and community health.

HE.8.12.5 Advocate for the promotion of Χ respect and empathy for individual differences.

HE.8.12.6 Advocate for school policies and programs that promote healthy relationships and a safe and inclusive environment for all.

	L1	L2	L3	}	L4	L	.5	L	.6	L7	L8	8	LS	9	L10	L1	1	L12		L13		L14	l	L15		
Oregon Department of Education HS Health Education Standards	Climate Setting		Reproductive Systems	Pregnancy	Sexual Orientation &	Gender Identity	Undoing Gender	Stereotypes	Healthy Relationships	9		••	Violence Prevention	Abstinence	Birth Control Methods		Preventing HIV & Other STDs	Condoms to Prevent	Pregnancy, HIV and Other STDs	Testing for HIV &	Other STDs	Communication &	Decision Making	Improving School Health	Family Homework	Values Question Protocol
HE.8.12.7 Advocate for school policies and																										
programs that promote healthy relationships																										
with dignity and respect for all in a safe and inclusive environment.																										
HE.8.12.8 Advocate for programs that support																										
young parents and families.																										
HE.8.12.9 Advocate for access to products,																										
services and medical care to maintain sexual																								Χ		
and reproductive health.																										
HE.8.12.10 Advocate for use of products,																										
services and medical care to maintain sexual																								Χ		
and reproductive health.																										