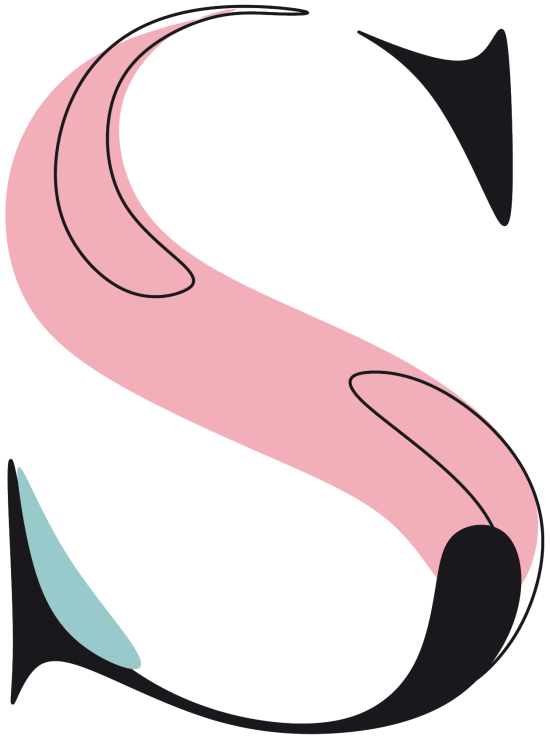
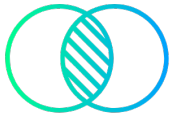


STANDARDS

HEALTH EDUCATION TODAY



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Health Education Today's High School Health Curriculum: Aligned with **all** the North Dakota Health Education Content Standards (Grades 9-12)

North Dakota Health Education Content Standards (Grades 9-12): https://www.nd.gov/dpi/health-education

North Dakota Health Education Content Standards (K-12)::

Standard 1: Understand concepts related to human growth and development, health promotion, disease prevention.

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

Standard 3: Demonstrate the ability to access valid health information, products, and services.

Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 5: Demonstrate the ability to use decision-making skills to enhance health and avoid or reduce health risks.

Standard 6: Demonstrate the ability to use goal-setting skills to enhance health and avoid or reduce health risks.

Standard 7: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Standard 8: Demonstrate the ability to advocate for personal, family, and community health.

The North Dakota Health Education Content Standards (North Dakota Department of Public Instruction) were adopted in August 2018 and revised in May 2024 pursuant to NDCC 15.1-21-28; they are confirmed as the state's current adopted health education standards. A K-12 health education standards revision is in draft, with adoption expected in summer 2026, but it has not been adopted. Alignment below covers all 49 Grades 9-12 benchmarks.

Standard 1: Understand concepts related to human growth and development, health promotion, and disease prevention.		
1. Health Behaviors & Health Status	**1.12.1:** Predict how health behaviors can affect health status.	**Begin a Term:** Day 1 (Personal Timeline/Future Letter). **Dangerous Decisions:** Day 1 (Risky choice impact), Day 2 (Substance impact). **Nutrition:** Day 7-8 (Blood sugar/Heart health). **Diseases:** Day 5 (Lifestyle/Chronic prevention). **Tobacco:** Day 1 (Prefrontal cortex effects). **Sex Education:** Day 7-8 (STI transmission). **End a Term:** Day 1 (Scenario 24-25).
2. Dimensions of Health	**1.12.2:** Analyze the interrelationships of mental, emotional, physical, and social health.	**Begin a Term:** Day 1 (Core Scholar). **Mental Health:** Day 1-2 (5 Dimensions). **Stress:** Day 3-4 (Foggy brain/Headaches). **Nutrition:** Day 7-8 (Academic pressure). **Body Systems:** Day 1 (Gut-brain disruption). **End a Term:** Day 2 (Living System).
3. Environment & Personal Health	**1.12.3:** Analyze how the environment and personal health are interrelated.	**Begin a Term:** Day 2 (Social Determinants). **Stress:** Day 9-10 (Poverty/Discrimination). **Diversity:** Day 2 (Social Determinants/Barriers). **Nutrition:** Day 3-4 (Food Deserts). **Diseases:** Day 5 (ZIP code). **Environmental Health:** Day 1 (Workplace Hazard reports). **End a Term:** Day 1 (SDOH Scenario 6).
4. Genetics & Family History	**1.12.4:** Analyze how genetics and family history can impact personal health.	**Mental Health:** Day 1-2 (Biopsychosocial). **Diseases:** Day 5 (Family History). **Alcohol:** Day 4 (Family addiction roles). **End a Term:** Day 2 (Generational cycles).

5. Injury & Illness Prevention Strategies	**1.12.5:** Formulate strategies to reduce or prevent injuries and health problems.	**Mental Health:** Day 3-4 (Mental Health Toolbox). **Stress:** Day 1-2 (Reduction strategy). **Dangerous Decisions:** Day 1 (Risk Management Plan), Day 3 (Distracted driving CDC data). **End a Term:** Day 1 (Scene Safety Scenario).
6. Access to Health Care	**1.12.6:** Analyze the relationship between access to health care and health status.	**Mental Health:** Day 5-6 (Minor access laws). **Stress:** Day 3-4 (Systemic barriers). **Diseases:** Day 4 (Social conditions). **Alcohol:** Day 2 (Minor in Possession/Treatment access). **Drugs:** Day 4 (Systemic inequities/Stigma). **Sex Education:** Day 9-10 (Confidentiality/Minor access laws).
7. Benefits & Barriers	**1.12.7:** Analyze the benefits of and barriers to practicing a variety of health-enhancing behaviors.	**Self-Esteem:** Day 5 (Small steps). **Mental Health:** Day 3-4 (Adaptive coping). **Stress:** Day 9-10 (Habit building). **Nutrition:** Day 5-6 (Identifying barriers), Day 7-8 (Packing snacks).
8. Susceptibility & Severity	**1.12.8:** Examine personal susceptibility to and severity of injury, illness, or death if engaging in unhealthy behaviors.	**Stress:** Day 1-2 (Vulnerability Survey). **Dangerous Decisions:** Day 1 (Risky Choices), Day 2 (Tolerance/Dependence), Day 3 (Pre-decision challenge). **Diseases:** Day 4 (Risk assessment). **End a Term:** Day 1 (MC 1-3).
9. Reproductive System	**1.12.9:** Explain the functions of the reproductive system.	**Body Systems:** Day 3 (Sperm/Egg production). **Sex Education:** Day 5-6 (Structures/Functions), Day 7-8 (Fertilization).
10. Prenatal & Postnatal Health	**1.12.10:** Describe prenatal and postnatal practices that can contribute to or threaten a healthy pregnancy for parent and child.	**Body Systems:** Day 3 (Reproductive wellness plan). **Sex Education:** Day 7-8 (Fertilization), Day 7-8 (Parenting/Financial effects) , Day 7-8 (Postpartum health).

11. Abstinence & Contraception	**1.12.11:** Compare and contrast the advantages and disadvantages of abstinence and other contraceptive methods, including condoms.	**Sex Education:** Day 7-8 (Contraceptive effectiveness/PrEP), Day 7-8 (Condom Demo/Steps), Day 9-10 (Abstinence proactive choice).
12. Gender & Individual Differences	**1.12.12:** Acknowledge differences among individuals regarding gender.	**Begin a Term:** Day 1 (Intersectionality). **Diversity:** Day 1 (Identity), Day 3 (LGBTQ+ Affirmation). **Body Systems:** Day 3 (Gender identity norms).
13. Healthy & Unhealthy Relationships	**1.12.13:** Analyze characteristics of healthy and unhealthy relationships with family, peers, and other adults.	**Mental Health:** Day 7-8 (Jealousy/Control). **Conflict:** Day 2 (Power imbalances). **Violence:** Day 5 (Protective Factors). **Sex Education:** Day 1-2 (Boundaries), Day 3-4 (Gaslighting vs respect).

Standard 2: Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.		
1. Family Influences	**2.12.1:** Analyze how family influences the health of individuals.	**Self-Esteem:** Day 1 (Media/Family), Day 2 (Early Experiences). **Stress:** Day 7-8 (Parent-Teen Communicator). **Alcohol:** Day 4 (Family addiction roles). **End a Term:** Day 2 (Generational cycles).
2. Culture, Values & Beliefs	**2.12.2:** Analyze how culture, personal values, and beliefs support and challenge health behaviors.	**Begin a Term:** Day 1 (Belief formation). **Empathy:** Day 2 (Culture/Technology). **Diversity:** Day 2 (Cultural humility). **Nutrition:** Day 3-4 (Cultural honoring). **Sex Education:** Day 9-10 (Values check).
3. Peer Influences	**2.12.3:** Analyze how peers influence health behaviors.	**Self-Esteem:** Day 2 (Peer Influence). **Dangerous Decisions:** Day 1 (Peer Pressure), Day 3 (Groupthink). **Violence:** Day 5 (Bystander culture/Gender roles).

4. School & Community	**2.12.4:** Evaluate how the school and community can affect personal health behaviors.	**Begin a Term:** Day 2 (School counselors/nurses). **Mental Health:** Day 9-10 (School climate). **Stress:** Day 1-2 (Wellness centers). **Nutrition:** Day 9-10 (School Lunch Advocacy).
5. Media & Technology	**2.12.5:** Evaluate the impact of media and technology on personal, family, and community health.	**Empathy:** Day 1 (Technology desensitization). **Self-Esteem:** Day 4 (Instagram/TikTok). **Mental Health:** Day 7-8 (Digital validation). **Violence:** Day 4 (Technology influences). **Nutrition:** Day 5-6 (Influencer claims). **Tobacco:** Day 1 (Vape ad decoding).
6. Perceptions of Norms	**2.12.6:** Analyze how the perceptions of norms influence health behaviors.	**Mental Health:** Day 7-8 (Online validation influence). **Dangerous Decisions:** Day 3 (PSA - challenging "cool" risk). **Tobacco:** Day 1 (Vape ad decoding). **Sex Education:** Day 9-10 (45% of teens statistic).
7. Interrelated Risk Behaviors	**2.12.7:** Examine how some health risk behaviors can influence the likelihood of engaging in other unhealthy behaviors.	**Mental Health:** Day 5-6 (Numbing pain). **Stress:** Day 1-2 (Escape/Numb out), Day 7-8 (Grief avoidance). **Dangerous Decisions:** Day 2 (Tolerance/Dependence). **Drugs:** Day 2 (Tolerance).
8. Public Health Policies & Regulations	**2.12.8:** Analyze how public health policies and government regulations can influence health promotion and disease prevention.	**Dangerous Decisions:** Day 2 (Good Samaritan laws). **Nutrition:** Day 9-10 (School food rules/Federal law analysis). **Alcohol:** Day 2 (BAC limits). **Drugs:** Day 3 (Possession/Misuse consequences). **End a Term:** Day 1 (Legal consequences MC 7).

Standard 3: Demonstrate the ability to access valid health information, products, and services.		
1. Validity of Information	**3.12.1:** Evaluate the validity of health information, products, and services.	**Mental Health:** Day 5-6 (Numbing myths). **Nutrition:** Day 3-4 (Evaluating resources), Day 5-6 (Registered Dietitians vs Influencers). **Diseases:** Day 4 (Media Literacy), Day 5 (Research domains). **End a Term:** Day 1 (Online Data Scenario).
2. Valid Health Resources	**3.12.2:** Utilize valid health resources that protect and inform consumers.	**Mental Health:** Day 5-6 (Crisis Text Line). **Stress:** Day 5-6 (988). **First Aid:** Day 2 (AED Locator), Day 4 (Poison Control). **Sex Education:** Day 5-6 (CDC guides).
3. Accessibility of Products & Services	**3.12.3:** Evaluate the accessibility of products and services that enhance health.	**Stress:** Day 3-4 (Systemic barriers). **Nutrition:** Day 3-4 (Food Deserts), Day 9-10 (Economic access). **Diseases:** Day 5 (ZIP code). **Sex Education:** Day 9-10 (Planned Parenthood).
4. Professional Health Services	**3.12.4:** Determine when professional health services may be required.	**Stress:** Day 3-4 (Sadness vs Clinical Depression). **Nutrition:** Day 3-4 (NEDA/Professional medical care). **Alcohol:** Day 3 (Treatment points). **Drugs:** Day 4 (Medication-Assisted Treatment). **Sex Education:** Day 1-2 (Counselors).

Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.		
1. Active Listening	**4.12.1:** Demonstrate active listening skills to enhance health and avoid or reduce health risks.	**Empathy:** Day 2 (Active Listening), Day 3 (Active Listening goal). **Mental Health:** Day 1-2 (Judgment-free listening). **Stress:** Day 5-6 (Active listening/Refusing secrets). **Diversity:** Day 3 (Listening goal).

2. Refusal Skills	**4.12.2:** Apply effective verbal and nonverbal refusal skills to enhance health and avoid or reduce health risks.	**Empathy:** Day 4 (Saying No). **Self-Esteem:** Day 5 (People-pleasing boundaries). **Dangerous Decisions:** Day 3 (Refusal/Negotiation skills). **Violence:** Day 4 (Refusal/Advocacy). **Sex Education:** Day 3-4 (Clear "No" strategies).
3. Negotiation Skills	**4.12.3:** Apply effective verbal and nonverbal negotiation skills to enhance health and avoid or reduce health risks.	**Conflict:** Day 1 (Negotiation). **Dangerous Decisions:** Day 3 (Refusal/Negotiation skills). **Violence:** Day 5 (NVC - Nonviolent Communication). **Sex Education:** Day 7-8 (Yes/No/Maybe map).
4. Collaboration Skills	**4.12.4:** Apply effective verbal and nonverbal collaboration skills to enhance health and avoid or reduce health risks.	**Empathy:** Day 2 (Equitable communication). **Conflict:** Day 2 (Accountability/Repair). **Diversity:** Day 2 (Honest dialogue). **First Aid:** Day 2 (Bystander delegation), Day 5 (Emergency leadership).
5. Conflict Resolution	**4.12.5:** Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.	**Begin a Term:** Day 2 (Agreements). **Stress:** Day 3-4 ("I" statements), Day 7-8 (Skills-lab "I" statements). **Conflict:** Day 1 (Assertiveness/I-statements), Day 2 (Clarifying needs). **Violence:** Day 5 (Nonviolent Communication). **End a Term:** Day 1 (Scenario 7-8).
6. Asking For & Offering Assistance	**4.12.6:** Demonstrate how to ask for and offer assistance to enhance the health of self and others.	**Mental Health:** Day 5-6 (Seeking support), Day 9-10 (Offering empathy). **Stress:** Day 3-4 (Help-seeking), Day 7-8 (Help prompts). **First Aid:** Day 1 (911 Script).

Standard 5: Demonstrate the ability to use decision-making skills to enhance health and avoid or reduce health risks.		
1. Barriers to Healthy Decisions	**5.12.1:** Examine barriers that can hinder healthy decision making.	**Mental Health:** Day 3-4 (Reacting vs Responding). **Dangerous Decisions:** Day 1 (Decision fatigue), Day 3 (Groupthink). **Nutrition:** Day 5-6 (Identifying barriers).
2. Decision-Making Process	**5.12.2:** Apply the decision-making process in health-related situations.	**Dangerous Decisions:** Day 1 (STOP-THINK-CHOOSE), Day 2 (Substance quiz), Day 3 (Pre-decision challenge). **First Aid:** Day 4 (Crisis decisions). **Sex Education:** Day 7-8 (Decision Scenario). **End a Term:** Day 1 (Scenario 9/26).
3. Individual vs. Collaborative Decisions	**5.12.3:** Justify when individual or collaborative decision making is appropriate.	**Mental Health:** Day 1-2 (Care choices). **Violence:** Day 5 (Intervention choice). **First Aid:** Day 2 (Bystander delegation). **Sex Education:** Day 9-10 (Values check).
4. Generating Alternatives	**5.12.4:** Generate alternatives to health-related issues or problems.	**Stress:** Day 9-10 (Problem-solving). **Dangerous Decisions:** Day 2 (Coping). **Nutrition:** Day 1-2 (Hydration swap).
5. Predicting Impacts	**5.12.5:** Predict the potential short-term and long-term impact of each alternative on self and others.	**Begin a Term:** Day 1 (Healthy year vision), Day 2 (Vortex of Impact). **Dangerous Decisions:** Day 1 (Risky choice impact). **Alcohol:** Day 4 (Future you letter). **End a Term:** Day 2 (Waves of impact).
6. Defending the Healthy Choice	**5.12.6:** Defend the healthy choice when making decisions.	**Mental Health:** Day 5-6 (Assertiveness). **Conflict:** Day 2 (Assertive outcomes). **Dangerous Decisions:** Day 3 (PSA - challenging "cool" risk). **Sex Education:** Day 9-10 (Abstinence proactive choice).

7. Evaluating Decisions	**5.12.7:** Evaluate the effectiveness of health-related decisions.	**Empathy:** Day 5 (Empathy Lab). **Stress:** Day 9-10 (Toolkit implementation). **Nutrition:** Day 10 (Food log/MyFitnessPal expenditure tracking).

Standard 6: Demonstrate the ability to use goal-setting skills to enhance health and avoid or reduce health risks.		
1. Assessing Personal Health	**6.12.1:** Assess personal health status.	**Begin a Term:** Day 1 (Reflection). **Empathy:** Day 1 (Survey). **Self-Esteem:** Day 1 (Self-Esteem Survey). **Stress:** Day 1-2 (Survey). **Nutrition:** Day 5-6 (Balance survey), Day 7-8 (Energy check).
2. Personal Health Goal Plan	**6.12.2:** Develop a plan to attain a personal health goal.	**Begin a Term:** Day 1 (Health Mission Statement). **Self-Esteem:** Day 4 (Self-acceptance plan). **Mental Health:** Day 9-10 (Personal Mental Health Plan). **Stress:** Day 3-4 (Action timeline). **Nutrition:** Day 9-10 (SMART goal plan).
3. Monitoring Progress	**6.12.3:** Implement strategies to monitor progress in achieving a personal health goal.	**Empathy:** Day 5 (Empathy growth goal). **Self-Esteem:** Day 2 (Strength log). **Stress:** Day 9-10 (Habit building). **Nutrition:** Day 7-8 (Fuel-up goal), Day 10 (Food log/MyFitnessPal expenditure tracking).
4. Short- & Long-Term Health Plans	**6.12.4:** Create an effective short-term and long-term personal health plan.	**Begin a Term:** Day 1 (Future letter 1/5/10yr). **Mental Health:** Day 9-10 (Wellness Plan). **Nutrition:** Day 9-10 (SMART Power Plate meal/Plan design). **End a Term:** Day 1 (Long-term goal mapping).

Standard 7: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.		
1. Individual Responsibility	**7.12.1:** Analyze the role of individual responsibility for enhancing health.	**Self-Esteem:** Day 5 (Self-advocacy). **Mental Health:** Day 9-10 (Active seeking). **Body Systems:** Day 1 (Homeostasis challenge). **Sex Education:** Day 9-10 (Ownership/Rights). **End a Term:** Day 1 (Homeostasis).
2. Health-Enhancing Behaviors	**7.12.2:** Analyze health behaviors that will maintain or improve the health of self and others.	**Nutrition:** Day 1-2 (Macro/Micro functions), Day 9-10 (Steaming/Grilling vs Frying). **Body Systems:** Day 2 (Lifestyle efficiency), Day 3 (UTIs/Hygiene). **Diseases:** Day 5 (Lifestyle/Chronic prevention). **Sex Education:** Day 5-6 (Self-exam guides/Cancer prevention).
3. Avoiding & Reducing Health Risks	**7.12.3:** Demonstrate health behaviors to avoid or reduce health risks to self and others.	**Mental Health:** Day 7-8 (Digital Balance). **Dangerous Decisions:** Day 1 (Risky driving), Day 3 (Digital safety). **First Aid:** Day 2 (Hands-only CPR/AED sequence). **Alcohol:** Day 1-4 (Overdose/Poisoning response). **Sex Education:** Day 7-8 (Condom Demo/Steps).

Standard 8: Demonstrate the ability to advocate for personal, family, and community health.		
1. Health-Enhancing Messages	**8.12.1:** Utilize peer and societal norms to formulate a health-enhancing message.	**Mental Health:** Day 1-2 (Breaking Stigma PSA). **Stress:** Day 1-2 (Wellness advocacy project). **Dangerous Decisions:** Day 3 (PSA - challenging "cool" risk). **Nutrition:** Day 3-4 (PSA Project). **Tobacco:** Day 2 (Tobacco-free advocacy).

2. Influencing & Supporting Others	**8.12.2:** Demonstrate how to influence and support others to make positive health choices.	**Empathy:** Day 5 (Kindness conversations). **Mental Health:** Day 9-10 (Positive culture advocacy). **Violence:** Day 5 (Bystander/Confidential reporting). **Nutrition:** Day 3-4 (Supporting Diego). **Drugs:** Day 3 (Harm reduction leadership).
3. Cooperative Advocacy	**8.12.3:** Work cooperatively as an advocate for improving personal, family, and community health.	**Empathy:** Day 5 (40% reduction project). **Mental Health:** Day 5-6 (Planning an initiative). **Stress:** Day 1-2 (Wellness Advocacy Project). **Diversity:** Day 2 (Advocating for Equity). **Nutrition:** Day 9-10 (School Lunch Advocacy). **Alcohol:** Day 4 (Safe community advocacy).
4. Audience-Targeted Messages	**8.12.4:** Adapt health messages and communication techniques to a specific target audience.	**Conflict:** Day 1-2 (Guidebooks/PSAs). **Diversity:** Day 3 (Media for Equity). **Sex Education:** Day 7-8 (Testing bookmarks). **Tobacco:** Day 2 (Tobacco-free advocacy).