

## Health and Wellness Criteria for Success \*DRAFT\*

### Self-Management:

- Identify responsible health behaviors
- Name personal health needs
- Compare behaviors that are safe to those that are risky or harmful
- Demonstrate strategies to improve and maintain health
- Develop injury prevention and management strategies
- Demonstrate ways to avoid risky situations
- Apply skills to manage stress

### Interpersonal Communication:

- Demonstrate effective verbal and non-verbal communication skills
- Demonstrate healthy ways to express needs and feelings
- Show ways to communicate care, consideration, and respect of self and others
- Use communication skills to build and maintain healthy relationships
- Demonstrate refusal, negotiation, and collaboration skills for healthy conflict management

### Accessing Information:

- Evaluate the validity of health information, products, and services
- Demonstrate the ability to utilize valid health resources
- Analyze how media influences behaviors and beliefs about healthy choices
- Access school and community health services for self and others

### Decision-making and Goal Setting:

- Demonstrate the ability to use various strategies when making health related decisions
- Analyze how health related decisions are influenced by outside sources
- Predict how health related decisions affect self and others
- Implement strategies and skills needed to attain personal and community health goals
- Evaluate progress toward achieving personal and community health goals

### Health Advocacy:

- Express information and opinions about health issues
- Use strategies to overcome barriers when communicating ideas, feelings, and opinions about health issues
- Support others in making positive health choices
- Evaluate the effectiveness of communication methods for expressing health information