

Healthy Behavioral Outcomes for a Comprehensive Health Education Curriculum

A comprehensive health education curriculum should enable students to:

Promote an Alcohol and Other Drug-Free Lifestyle

- Use over-the-counter and prescription drugs properly and safely.
- Avoid experimentation with alcohol and other drugs.
- Avoid the use of alcohol.
- Avoid the use of illegal drugs.
- Avoid driving while under the influence of alcohol and other drugs.
- Avoid riding in a car with a driver who is under the influence of alcohol and other drugs.
- Avoid pressuring others to use alcohol and other drugs.
- Quit using alcohol and other drugs if already using.
- Seek help for stopping the use of alcohol and other drugs (for self and others).

Promote Healthy Eating

- Choose foods that provide ample amounts of vitamins and minerals and relatively few calories.
- Eat a variety of whole grain products, fruits and vegetables, and fat-free or low-fat milk products every day.
- Eat the appropriate number of servings from each food group each day.
- Balance caloric intake with caloric expenditure.
- Eat healthy snacks.
- Eat healthy foods when eating at restaurants.
- Prepare foods in healthy ways.
- Eat breakfast every day.
- Drink plenty of water.
- Eat the appropriate amount of foods that are high in fiber.
- Limit foods and drinks high in added or processed sugars.
- Avoid a high intake of fat, especially saturated fat.
- Prevent eating disorders.
- Follow a plan for healthy weight management.

Promote Mental and Emotional Health

- Express feelings in a healthy way.
- Engage in activities that are mentally and emotionally healthy.
- Prevent and manage conflict and stress in healthy ways.
- Use self-control and impulse-control strategies to promote health.
- Seek help for troublesome feelings.
- Be empathetic toward others.
- Carry out personal responsibilities.
- Establish and maintain healthy relationships.

Promote Personal Health and Wellness

- Brush and floss teeth daily.
- Practice appropriate hygiene habits.
- Get appropriate amount of sleep and rest.
- Prevent vision or hearing loss.
- Prevent damage from the sun.
- Practice behaviors that prevent communicable diseases.
- Practice behaviors that prevent chronic diseases.
- Prevent serious health problems that result from common chronic diseases and conditions among youth, such as asthma, diabetes, and epilepsy.
- Practice behaviors that prevent food borne illnesses.
- Seek out help for common chronic diseases and conditions.
- Seek healthcare professionals for appropriate screenings and examinations.
- Practice behaviors that support and improve the health of others.
- Prevent health problems that result from fads or trends.

Promote Physical Activity

- Get the recommended amount of moderate and vigorous daily physical activity
- Regularly engage in physical activities that enhance cardio-respiratory endurance, flexibility, muscle endurance, and muscle strength.
- Engage in warm-up and cool-down activities before and after exercise.
- Drink plenty of water before, during, and after physical activity.
- Avoid injury during physical activity.

Promote Safety and Prevent Unintentional Injury

- Wear safety belts in motor vehicles.
- Sit in booster seats in the rear of the vehicle when age appropriate.
- Sit in the back seat of the vehicle when age appropriate.
- Avoid using alcohol and other drugs when driving a motor vehicle.
- Avoid riding in a car with a driver who is under the influence of alcohol or other drugs.
- Use appropriate safety equipment.
- Refuse to dare others or accept dares to engage in risky behaviors.
- Practice safety rules and procedures to avoid injury.
- Plan ahead to avoid dangerous situations and injuries.
- Seek help for poisoning, sudden illness, and injuries.
- Provide immediate help to others with a sudden illness or injury.

Promote Sexual Health

- Practice and maintain sexual abstinence.
- Seek support to be sexually abstinent.
- Avoid pressuring others to engage in sexual behaviors.
- Return to sexual abstinence if sexually active.
- Support others to avoid risky sexual behaviors.
- Seek health care professionals to promote sexual health.

Additional sexual risk-reduction outcomes that would not be addressed in a sexual risk-avoidance curriculum:

- Limit the number of sexual partners if sexually active.
- Use condoms consistently and correctly if sexually active.
- Use birth control consistently and correctly if sexually active.
- Discuss contraception, disease prevention and HIV and STD status risk and status with sexual partners if sexually active.

Promote a Tobacco-Free Lifestyle

- Avoid using (or experimenting with) any form of tobacco.
- Avoid second-hand smoke.
- Avoid pressuring others to use tobacco.
- Support others to be tobacco free, including supporting a tobacco-free environment.
- Seek help for stopping the use of tobacco for self and others.
- Quit using tobacco if already using.

Prevent Violence

- Avoid bullying, being a bystander to bullying, or being a victim of bullying.
- Avoid engaging in violence, including coercion, exploitation, physical fighting, abuse, and rape.
- Avoid situations where violence is likely to occur.
- Avoid associating with others who are involved in or who encourage violence or criminal activity.
- Get help to prevent or stop violence including, harassment, abuse, bullying, hazing fighting, and hate crimes.
- Get help to address inappropriate touching.
- Get help to stop being subjected to violence or physical abuse.
- Manage interpersonal conflict in nonviolent ways.
- Get help for self or others who are in danger of hurting themselves.
- Engage in positive, helpful behaviors.
- Argue persuasively against the use of violence.

Source: Centers for Disease Control and Prevention, Division of Adolescent and School Health, (2005). "The Health Education Curriculum Analysis Tool", Atlanta, GA.