

Wyandotte Public Schools
Reproductive Health Advisory Committee

NATIONAL STANDARDS FOR HEALTH EDUCATION

The following National Health Education Standards were developed to assist students in achieving *health literacy*. The Joint Committee on Health Education Standards defines health literacy as: "The capacity of an individual to obtain, interpret, and understand basic health information and services and the competence to use such information and services in ways which are health-enhancing." The seven standards are:

1. **Concepts (CC):** Students will comprehend concepts related to health promotion and disease prevention.
2. **Accessing Information (AI):** Students will demonstrate the ability to access valid health information and health-promoting products and services.
3. **Self Management (SM):** Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
4. **Analyzing Internal and External Influences (INF):** Students will analyze the influence of culture media, technology, and other factors on health.
5. **Interpersonal Communications (IC):** Students will demonstrate the ability to use interpersonal communication skills to enhance health.
6. **Decision-Making/Goal-Setting (D/G):** Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
7. **Advocacy (AV):** Students will demonstrate the ability to advocate for personal, family, and community health.

MICHIGAN K-12 GOAL/OBJECTIVES/OUTCOMES

GOAL: To equip students with the knowledge and skills to develop healthy relationships and to avoid sexual behaviors that put them at risk for HIV, STD's, and unintended pregnancy.

OBJECTIVES

At the end of the K-12 Reproductive Health Program, students will be able to:

- Analyze characteristics of healthy and unhealthy relationships.
- Evaluate positive and negative influences on sexual decisions.
- Evaluate the possible emotional, physical, and legal consequences of early sexual activity.
- Advocate for abstinence as the only 100% effective way to avoid pregnancy, HIV and STD's.
- Accurately assess their risks for HIV, other STD's, and pregnancy.
- Demonstrate effective skills for avoiding or escaping risky sexual situations.
- Demonstrate effective skills to access and correctly use condoms and other risk reduction methods.
- Communicate with parents and other trusted adults regarding reproductive health, relationships, and sexual decisions.
- Seek additional information, support, and services as needed.

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LONG-TERM OUTCOMES

- Students will seek out healthy relationships.
- Students will delay sexual activity or return to abstinence.
- Those students who are sexually active will use condoms consistently and correctly.
- Students will avoid HIV and other sexually transmitted disease infections.
- Students will avoid unintended pregnancy.
- Students will seek family support and regular health care to maintain their reproductive health.