

# A Guide to the Colorado Academic Standards



## Working Together

To support families and teachers in realizing the goals of the Colorado Academic Standards, this guide provides an overview of the learning expectations for high school comprehensive health and offers some possible learning experiences students may engage in during this time.

## Why Standards?

Created by Coloradans for Colorado students, the Colorado Academic Standards provide a grade-by-grade road map to help ensure students are ultimately successful in college, careers, and life. The standards aim to improve what students learn and how they learn in ten content areas, emphasizing critical-thinking, creativity, problem solving, collaboration, and communication as important life skills in the 21st century.

## Comprehensive Health for High Schools (9-12)

The comprehensive health standards in grades six through twelve focus on enhancing and strengthening skills in the areas of physical, emotional and social wellness and using those individual skills in family, school and community environments. In each grade the standards ask students to deepen their understanding of ways to set and maintain healthy relationships and continue to investigate healthy eating/living habits, positive communication strategies, effective decision-making, and ways to ensure personal and community safety.

## Where can I learn more?

- Contact your school district regarding local decisions related to standards, curriculum, resources, and instruction.
- Colorado Academic Standards Booklets: <http://www.cde.state.co.us/standardsandinstruction/GradeLevelBooks.asp>
- Phyllis Reed, Comprehensive Health and Physical Education Content Specialist at 720-498-2059, [Reed\\_p@cde.state.co.us](mailto:Reed_p@cde.state.co.us)



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# At the end of High School, students can...



Comprehensive Health

High School



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## Comprehensive Health Learning Expectations for High School

### Physical and Personal Wellness

Apply effective decision making skills in interpersonal relationships and sexual health; provide support for others in making healthy choices about sexual activity; demonstrate personal responsibility for healthy eating and analyze factors that influence dietary choices.

### Emotional and Social Wellness

Advocate to improve and maintain positive mental and emotional health for self and others.

### Prevention and Risk Management

Access valid information and resources pertaining to sexual assault, violence prevention, and alcohol, tobacco and other drugs; develop interpersonal communication skills and strategies to prevent violence; analyze factors that influence a person's decisions pertaining to alcohol, tobacco and other drug use; develop strategies to prevent violence and identify the emotional and physical impacts violence brings to individuals and families.

## Throughout High School, you may find students...

- Examining the causes, symptoms and effects of depression and anxiety.
- Advocating for themselves and others to improve or maintain positive mental and emotional health.
- Utilizing interpersonal communication skills to refuse or avoid alcohol, tobacco and other drugs.
- Demonstrating ways to take responsibility for healthy eating.
- Locating reliable school and community resources that provide information about sexual assault and violence.
- Analyzing internal and external influences/pressures in social and interpersonal situations.
- Utilizing strategies to develop healthy interpersonal relationships.
- Setting goals to improve personal health.